

The Runestone: Voice of the Asatru Folk Assembly



Óðinshof
First Hof of the Asatru Folk Assembly

October 2025

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Words from our Allsherjargoði



I am very proud to announce that we now have Freyshof: the Fifth Hof of the Asatru Folk Assembly! You all have read the monthly updates on this project for years; the quest has finally been accomplished and will be formalized at the dedication on December 6th!

THANK YOU! Thank you to Witan Clifford Erickson and Gyðia Catie Erickson for their hard work, including moving their family across the state of Pennsylvania to facilitate this Hof happening. Thank you to our generous but anonymous Óðinshof

member who is our lender for this Hof. Thank you to Kaleb Hawryluk and Lawspeaker Allen Turnage for facilitating our acquisition of the property. Thank you to all of you who have donated toward this project over the last 3 years. Thank you to Lord Freyr for his blessing us in this endeavor.

This is an amazing time to be alive and an amazing time for Ásatrú. In the last 10 years, we have established 5 Hofs for our Gods!

Heill the Æsir!

Heill the Folk!

Heill the AFA!

Heill Freyr!



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Words from our Founder



Winter Nights & the Disir
<https://youtu.be/KL2Xcv8IEek>



Founder Steve McNallen

October 15th - Happy Birthday Founder McNallen!



Words from our Witan

Bardagi Vættinna: Battle of the Landvætr



There has been many questions about the battle that takes place at Þórshof for the Haustblót. I wanted to explain how this community ceremony should not be exclusive to Þórshof and how Folk all over can adopt its practice. Much like a Sumarmál (May Day) festival, this is a large community building ritual that usually follows the traditional Blót of the autumnal equinox. This turning time is given spirit with a battle between the Light of summer and attempting to not fully give way to the encroaching Dark and cold of winter. Its function works very similarly to a "Groundhog's Day" or other similar omen-based cultural practices throughout Europe and the Anglo-sphere of the North America and Australia.

The origin of the celebration started as a celebration to the Moss People land spirits revered in Thuringia, Germany. However it morphed into its current practice with a broader meaning of Landvættir in general. Participants don masks of animals and plant life of their seasonal side, wear shrouded clothing of the white or black, and then carry stave or rods that they will battle against each other with. As each participant is removed, the outcome leads ultimately to how the winter season will come to the local area.

Unlike in the Mediterranean, where the year is divided into four parts, the Northern Europeans divided the year into two parts and included the Spring and the Fall as the beginning of each season. Hence why June 20th is the Mid-Summer while the secular world often calls it the first day of summer, likewise December 21st and Jól is the Mid-Winter instead of the first day of winter in the Gregorian Christian/secular time reckoning. So both sides represent the Summer and Winter tidings of the year, and this is symbolized in the white and black costumes adorned by the players.





Obscuring your features and representing the tiding is paramount. The Light or Summer side is often decorated with bells and whistles as used to show support when they process towards a fire or light in the center of the battleground area. They give treats to the children representing the bounty of the summer. They surround the light as defenders of warmth and life and proceed in Sunwise (clock-wise) fashion. The masks worn by the players are usually deciduous leaf and bark masks of all variety and also of animals of the local area that are most associated with the summer time. Avian animals like Hawks, Herons, Eagles, Cardinals etc. as well as Boar, Cattle, Deer, Horses, brown

Rabbits, Snakes, and varieties of Fish are often present in the masks.

The Dark or Winter side represents the inevitable coming of the cyclic patterns of nature to the cold and darkness and dying. The dark side is harkened to the battlefield by drums and horns and rattles. The Dark side processes counter to the sun in direction, often making noise and growling at the crowd, finally to meet nose-to-nose with the light in equal numbers. Their masks consist of coniferous foliage and animals associated with winter in the local area, like Crows, Buzzards, Owls, and animals like Bears, Wolves, Coyotes, and other animals like the white Rabbit, etc. have all been used.

The key is to use inspiration from the local area and do not use foliage or animals from the outland places. Interestingly an organic development has happened to where the Golden or Blonde Boar and the Black Bear have become the de facto leaders of each side taking the position of almost generals.



Then the master of the ceremony will dictate the beginning of the battle once an arrow is shot over the host. The participants are now the embodiment of the spirits of the season and get a chance to cross staves to judge distance. Then at the rapping of the drum, they get two strikes. The intention is to break the opponents stave. If their stave is broken, then the player is out. The light side will take a knee at the fire and the dark side pulls back into the shadows. Once there is one standing remaining, there is a clear and definitive winner. Usually with much cheering, all of the sides are brought together and the staves and masks are thrown into the fire as a gift and offering to the Landvættir.

This gift is huge since many people spend a lot of time making masks, though simple ones can be made as well.

I hope that this ceremony is adopted by the Folk of the church nationwide and that this write-up will help shed some light on the origins and the ongoing practice done at one of our glorious Hofs.

As Always,
Hail the Aesir
Hail the Ancestors
Hail the Landvættir
and Hail the Victorious AFA!!!!



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Words from our Goðar

Vetrnætr and Ancestor Worship



Vetrnætr and this season of year has always been a favorite time for me. You can feel the change in the air. It's a time of drawing in of hearth and family. For our Ancestors, this was a quiet time of remembrance and honour of our female lineage, our Dísir. Remembering that without their strength and determination we would not be here. It is

a good time of year to do self-reflection. Take a good look at where you are at in life and what you are actively striving for. Improve. Remember we are future ancestors and should view our life accordingly.

If you have talked to me for any amount of time, you will have heard me talk about how truly important it is to build a relationship with our Ancestors. That is our connection all the way back to the Æsir. How amazing is that! We are a part of something so much bigger than ourselves and some day we will take our place beside them.

Our Gods are concerned about the bigger picture—things like the AFA and the white race. That is not to say that we shouldn't reach out to them in time of need, but it's our ancestors who care about our day-to-day lives. Your Grandma cares if you ate today, if you get that job, or if your children are safe. Talk to her and start building that relationship. Engage your Ancestors in the gifting cycle, ask for their guidance, and seek their wisdom.

How to start this relationship? The simplest way is to quiet your mind and put your hand on your heart. Feel your heartbeat, concentrate on that. It is the same heartbeat that has been beating through the generations of your family all the way back to the beginning. Realize what that connection means to you and your life. Start the gifting cycle. I often have what I call "Coffee with the Grannies" in the mornings. This is where I very simply pour coffee for me and one for a gift to my Grandmothers. I offer the coffee, think of a memory I have with them, and pause to remember. You could also have photos on an altar dedicated to your Ancestors, light a candle and acknowledge them. Share your stories of them, speak their names out loud, and remember them.

Think of the earliest point in your life that you remember, the stories your Grandpa told you about his Granddaddy, that recipe your Mom taught you that her Mom taught her, or those traditions that have always been a part of your family going back generations. This is your connection. This will be the connection future generations have with you.

Always remember that you are a future Ancestor.

Hail the Ancestors!

Hail the Folk!

Hail the AFA!



Gyðja Sara Ault

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Forging our Mettle:

Some Thoughts on the Season, and the Struggles of Life



AFA Declaration of Purpose IX:

The affirmation of the struggle of life, welcoming the challenge of that struggle, living life wholly and with joy, and facing eternity with courage.

Life's struggle is the whetstone that sharpens the sword of spirit. We should not regret the obstacles that confront us, but use them to grow ever stronger and wiser. Nor should we let them drain away our enjoyment of life. Let us live our lives with vigor – and when it is time to die, let us do that with dignity, honor, and grace.”

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, stanza 15

As the leaves begin to turn and the air grows crisp, we feel the great wheel of the year shifting once more. Vetrnætr, our holy tide of Winter Nights, approaches. The bounty of the harvest is gathered, and our minds turn inward, toward the hearth, community, and the longer nights to come. In these moments of transition, it is natural to take stock; to look at the challenges we have faced and the mountains we have yet to climb. The world outside our holy spaces can often feel chaotic and heavy. It is easy to feel the weight of it all, to feel like a small ship on a vast, storm-tossed sea. But we must remember: we are the children of the storm, not its victims. The blood of explorers, survivors, and Gods flows in our veins. We do not pray simply for lighter burdens; we ask our Æsir for stronger backs to carry them.

Our faith is not one of passive waiting. Ásatrú is a religion of action, of deed, and of courage. Keep in mind that courage, one of our noble virtues, is not the absence of fear; it is moving forward with right action despite the presence of fear. We are called to be the smiths of our own souls. Think of the blacksmith at the forge; the raw iron is not a finished tool. It must be subjected to the searing heat of the fire, the repeated, forceful blows of the hammer, and the shocking cool of the quenching trough. The struggles we face are the fire and the hammer. They are not meant to break us, but to shape and strengthen us. Each challenge met, each fear faced, each duty fulfilled, is another blow of the hammer, beating away the slag and impurities, revealing the bright, strong mettle within. Do not resent the fire or curse the hammer, they are the tools that reveal your true form. It is this very trial by fire and force that transforms it, giving it purpose, strength, and a tempered edge. So too it is with our own inner strength, our might and main, our *Megin* in Old Norse; this comes from Proto-Germanic *meginą (“ability, might, power”), derived from the Proto-Indo-European root *megh- (“to be able”...this is also where “magic” comes from!).

This is the essence of understanding our Urð. We may not control every event that

befalls us; that is the realm of Urð, woven by the Norns. But we always control our response. Our deeds and actions in the moment we respond are the threads used to weave the tapestry of our future. What will you help to weave today? Will it be a thread of courage or a thread of despair? A thread of community or a thread of isolation?

Now, as the world prepares for its Winter slumber, is not the time for our own spirits to sleep. It is the time to reinforce our shield-wall. Look to your Folk: Who in our faith community needs a kind word? Who needs a helping hand? The strength of the wolf is the pack, and the strength of the pack is the wolf. Our Innangarðr is our greatest fortress. Look to yourself: What skills can you hone? What knowledge can you gain? Strengthen yourself, for a stronger you makes a stronger community. Look to our Gods and Ancestors: talk to them, perform our holy rites of Blót and Sumbl in their honour, and praise their mighty deeds. Remember our sacred tales of Þórr's might, Freyja's passion, Týr's sacrifice, and Óðinn's relentless quest for wisdom. Remember the resilience of our Foremothers and Forefathers, who endured hardships we can scarcely imagine. Their strength is your inheritance. Draw upon it.

We are a people of resilience, courage, and honour. Let us face the coming darkness not with fear, but with the steady confidence of a people who know that even in the deepest Winter, the spark of life is kept safe, ready to blaze forth when the sun returns. Let our Folk be the keepers of that flame; in our hearts, in our homes, and in our deeds. As you stand before the forge of life, may your hands be steady, your heart be true, and your courage never fail. We have so much to be grateful for, may this never cease to fill us with joy. May our holy Æsir continue to bless you and your loved ones, and always guide your path.

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



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Vetrnaetr



A son is better, though he be late born,
And his father to death hath fared;
Memory Stones seldom stand by the road
Save when kinsman honors kin
— Havamal, stanza 72

In honour of this month's holy tide, Vetranaetr, I'd like to speak about the importance of ancestor worship and what that means to us as Ásatrúar. I chose this particular stanza

from the *Sayings of the High One* to illustrate my point, and also because in just four lines, it tells quite the story.

To my eye, there is so much between the lines here, so much to ‘unpack,’ to use more modern language. We have a son that is born after his father has died, which on the face of it, is a tragedy that changes the lives of that family forever. The breadwinner is gone, the son will grow up without his father, and the wife/mother must face the stark reality of going on without her husband. Much like the transition from the warm, hopeful days of summer to the cold, bleak days of winter, the situation has gotten grim.

These are the same feelings that we all have when life throws tragedy and heartbreak at us, no matter the circumstance or severity of the problem. Many of us find ourselves off-kilter and unable to react with calm and clarity. Emotions are very powerful things, but they are natural and unavoidable. They also delay or prevent us from making good choices and doing the right thing regarding the situation at hand, for those around us and ourselves. So the question is, what do we do now?

The answer is that we turn inward to our family and our Folk. We don’t shut ourselves off, we don’t pretend the bad stuff isn’t happening. We do what our ancestors did without hesitation and turn to the people who have a vested interest in our well being and happiness. At this time of the year, that is tough for a lot of folks for a lot of reasons, it’s important to remember this. It is important because we must carry on. Our families, Our Folk, Our Church...all of them must continue.



Which brings us back to the second half of this stanza. Yes, his father is gone, it is a tragedy, and he must move on with his life. That does not mean that he has to forget or should fail to remember his father’s life and deeds. Those ‘memory stones’ are raised to

keep those memories alive in those who raise them and to serve as a testament to all who see them that the person honoured by that stone mattered. He mattered to his wife and son, and he mattered to his Folk. This is the foundation upon which ancestor worship is built. They matter to us; no matter the distance in time or location, we are here because of them. All that we are, in the larger sense, we owe to their lives and their deeds. And now that they are beyond the veil, this makes them worthy of reverence and adoration.

This is the time of our year that we give special attention to that reverence and adoration of our forebears. We acknowledge their passing, tell the tales of their lives and deeds, and we speak their names. We are in essence raising and maintaining our own memory stones, so that those that strove mightily upon the same 'Middle Enclosure' as us will not be forgotten. We must also not forget that during the darker times of the year and in our lives, they remind us that we cannot do this alone.

This Vetrnaetr, as the world gets darker and colder, go to your altar, go to your Hof. Remember your ancestors. And when things get tough for you or the season gets you down, turn inward to your Folk.



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Ásatrú Trúlgömál



Ásatrú Trúlgöml: 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!



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Sigrheim: Home of Victory

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and ready for our Folk!

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Upcoming Events





Folkbuilder Nicholas Rice

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Victory Never Sleeps



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

Æsir. Virtues. Runes. Beliefs.

Doctrine. Cosmology. Literature.

Holidays. Heroes. Lore.

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

Catch us LIVE with new episodes on Wednesdays at 8pm Central / 6pm Pacific on YouTube, Twitter, Odysee, VK, Rumble, and Twitch. Audio versions drop on Apple Podcasts, Spotify, iHeart Radio, and Amazon Music no later than the Friday after the live show.

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



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AFA Ásatrú Academy



Check out the Ásatrú Academy at AsatruAcademy.org

Doom and Gloom vs Hope and Purpose



Hello families! I found an interesting article in an edition of *Practical Homeschooling* magazine that hit a nerve. We live in a time of such negativity, black pills, and doom

scrolling.

In her article, “Showing Our Children a Path to Hope & Purpose,” Mary Pride writes,

It's fair to say that the message of today's public-school curriculum is:

- You are living in a systematically oppressive and corrupt county and economic system.
- In some strange, perverse way this is your fault, unless you belong to an accepted victim group.
- If you belong to such a group, you should be aware that you basically have no chance at success because the system is bent on crushing your hopes and dreams. Personal effort won't help you, and if it does, you will be suspected of aligning with “the system” that hurts everyone else.
- The Earth itself has turned against you, as the planet's continuing livability depends on whether adults, possibly aided by your activist efforts, make huge political changes that will lower your job chances and standard of living even farther.
- In any case, you're a random collection of chemicals that came about by chance, so if you think about it, how can you have a purpose in life?

Wow! Doesn't that sound like what we have been hearing(?), and it's no wonder there is so much depression and anxiety amongst our young people. Our children are precious, ready, and eager to explore. If we cultivate curiosity, they become life-long learners. If we cultivate character and hope, they become noble people. There are dragons to slay and we have the opportunity to raise the knights to do it. We can fight the negative messages pervading our culture and direct our children toward light, goodness, nobility. The title of her article was so key - homeschooling IS about Showing Our Children a Path to Hope and Purpose. Our religious material can help them understand those concepts and a new generation can brighten this dark age. Hail the Folk!



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Why Waldorf? Why the AFA Academy?



Hello good Folk,

I wanted talk to everyone this month about a few things.

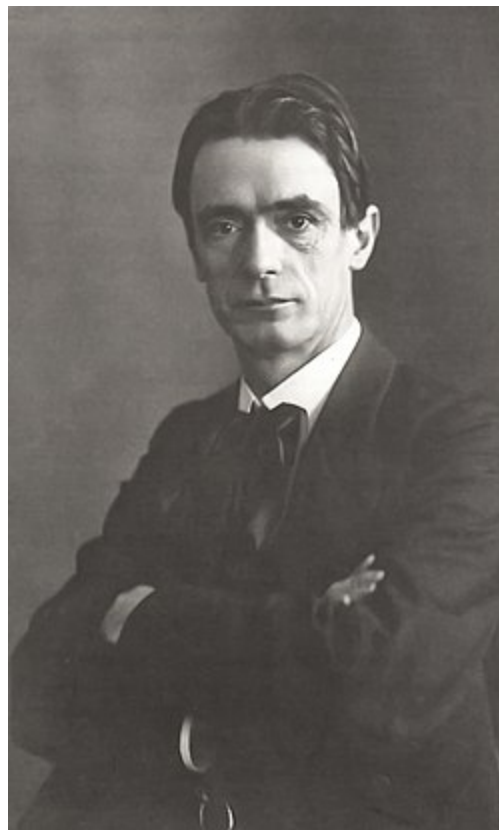
First, we understand. Not all parents are able to homeschool, even if they really would prefer it. Many families today must have 2 working parents, and homeschooling just isn't an option. We completely understand this. But, did you know that the AFA Ásatrú Academy doesn't just offer the complete program only? We also offer and encourage our parents to sign their children up for our religious instruction program. You don't need to be a full-time Academy student to enjoy our wonderful religious teachings and lessons. Even if your kids attend public or private school, we would love to have them enrolled in our religious studies program. This program will give your kids a solid foundation in our faith and teach them the fundamentals of Ásatrú and AFA doctrine and culture. Please reach out to us if you are interested!

Secondly, I'd like to take some time to talk to you about our educational philosophy and the program we use.

Our curriculum is heavily infused with Ásatrú, of course, but our foundational education and curriculum materials are from the Waldorf educational philosophy.

What is Waldorf?

Waldorf educational philosophy and application is a holistic and experiential styled education that focuses on developing the entire person. Waldorf education is based on experiences, imaginative play, and is developmentally based. This style fits a homeschool platform perfect. For example, even a trip to the grocery store is an opportunity to learn math, nutrition, economics, etc. Waldorf seeks to cultivate children's emotional life and imagination. The use of storytelling, drama, art, music is heavily focused upon. The founder of Waldorf, Rudolf Steiner, believed that standardized tests and textbooks should be kept at a minimum, and especially for younger children, that engaging in abstract intellectual activity too soon would actually adversely affect a child's growth and development. Waldorf breaks education up into 3 stages or epochs: early childhood, elementary, and secondary. Each of these epochs are 7 years long. Materials and strategies for learning are uniquely tailored to each epoch based on how a child develops at those ages.



Who was Rudolf Steiner? And why pick Waldorf? You may ask.

Rudolf Steiner was a German nationalist, writer, philosopher, spiritualist, and educator. He was a contemporary and was in the same circles as Meister Guido von List. Steiner also participated in this early 20th century spiritual movement. Aside from religion, Rudolf Steiner was also personally invited by Friedrich Nietzsche's sister to assist in archiving her brother's works. Steiner was an admirer of Nietzsche and jumped at the opportunity to meet the philosopher and to assist in preserving his works. Steiner got

involved for a time in theosophy, however in contrast to mainstream Theosophy, Steiner sought to build a Western approach to spirituality based on the philosophical and mystical traditions of European culture.

Rudolf Steiner used his deeply spiritual background, his emersion in European culture and nationalism, and his academic background to build an educational philosophy designed to educate and develop strong, proud, healthy European men and women. He saw that traditional education was not doing this, and he sought to fix it.

The first Waldorf school opened in Stuttgart, Germany in 1919, and today, it is the largest independent school movement in the world! With more than 1200 independent private Waldorf schools, and 2000 kindergartens in 75 countries. There are also numerous Waldorf-based public schools, charter schools, and academies. Waldorf also has a robust homeschooling program, of which the AFA takes part.

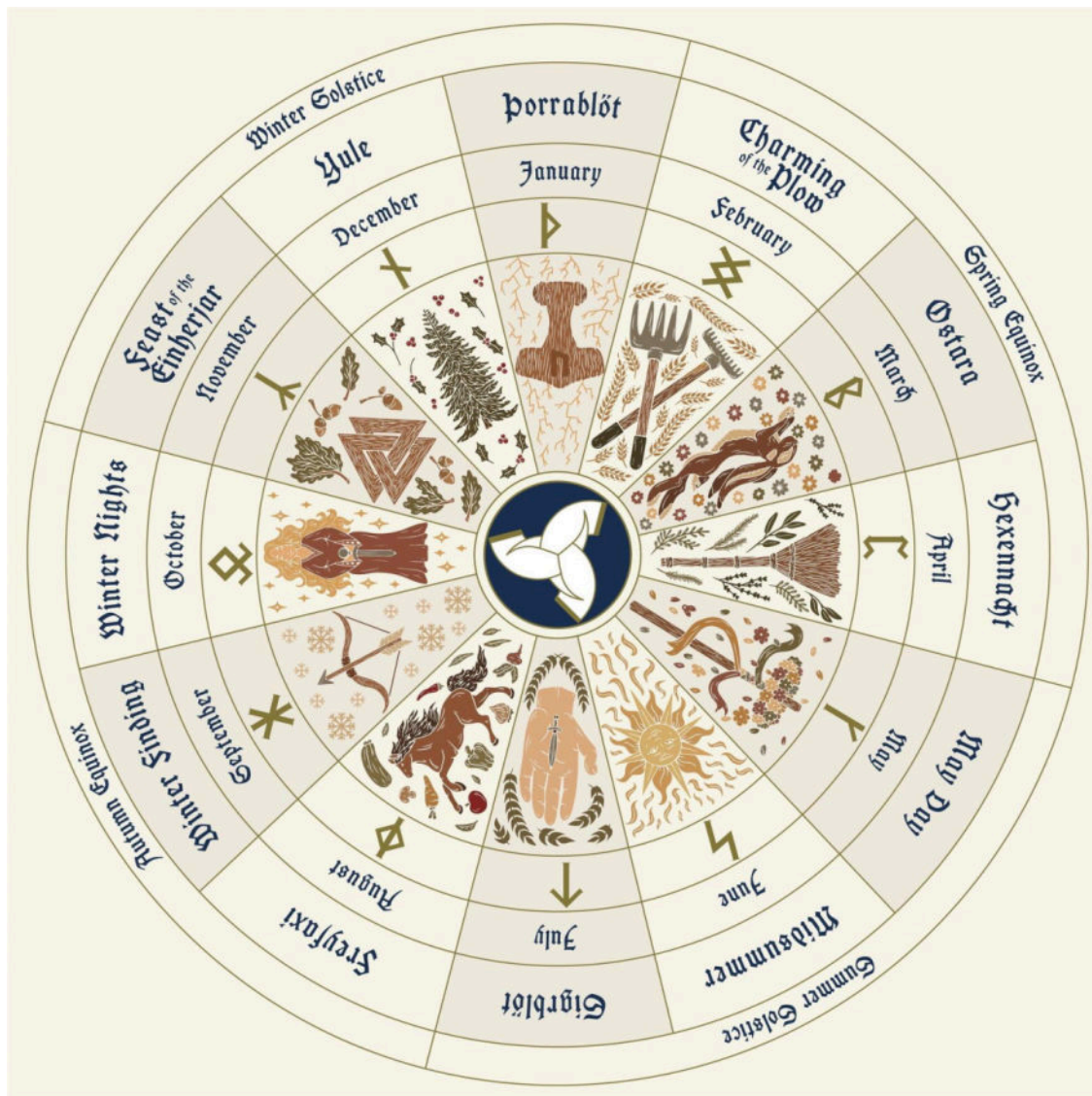
We chose Waldorf because Waldorf specifically sets out to develop the whole person. The program is designed specifically to give a quality education and develop the mind, body, and spirit of the European man and woman. Rudolf Steiner was a proud European, nationalist, and for lack of a better term: he was our guy.

We hope you'll take advantage of the program we offer, that Herr Steiner designed for us, by an Aryan, for an Aryan!



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Remembrance & Holy Days



Holy Days | Asatru Folk Assembly.

2025

- > January 9 - Raud the Strong <
- > January 18 - King Blót-Sveinn of Sweden <
 - > January 18 - Þorabrát <
- > February 1 - King Eanfrith of Bernicia <
 - > February 9 - Eyvind Kinnrifa <
 - > February 15 - Dísaving <
 - > March 9 - Olvir of Egg <
- > March 20 - Austr (observed on March 15) <
 - > April 9 - Jarl Hákon Sigurðarson <
 - > April 10 - John "Stubba" Yeowell <
- > April 30 - Nornanótt (observed on April 19) <
 - > May 1 - Sumarmál (observed on May 17) <

- > May 9 - Járnskeggja <
- > May 22 - John "Hoskuld" Gibbs-Bailey <
- > June 9 - King Athanaric of the Visigoths <
- > June 13 - Erik Klasson <
- > June 20 - Miðsumar (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 - Haustblót (observed on September 20) <
- > October 4 - Goði Þorsteinn Guðjónsson <
- > October 5 - Meister Guido von List <
- > October 15 - Birthday of Founder Stephen McNallen <
- > October 18 - Vetrnætr <
- > October 23 - King Aoric <
- > October 27 - Ragnvald Odiakarl <
- > November 9 - Queen Sigríðr of Sweden <
- > November 11 - Einherjablót (observed on November 15) <
- > December 9 - Egill Skallagrímsson <
- > December 20-31 - Jól (observed on December 20) <

October



https://youtu.be/L_XbAmkS51k

Days of Remembrance

Goði Þorsteinn Guðjónsson | October 4th



Y October 4, 1928 - January 21, 2000 A

Goði Þorsteinn Guðjónsson was born on October 4, 1928, in Reykjavik, Iceland. He was an expert in Nordic studies, fluent in both Icelandic and English, a loving family man, trusted friend of Sveinbjorn Beinteinsson, and a founding Goði of the Ásatrúfélagið. He passed beyond the veil and joined his ancestors on January 21st, 2000.

As a child, he contracted tuberculosis, which physically impaired him for the rest of his life. Many of the treatments at the time left him physically scarred and debilitated, but he was said to never pity himself for this. With more time on his hands, he dove into his thoughts and thirst for knowledge—books, dictionaries, and later, computer technology became a large part of his life.

By all accounts, young Þorsteinn often spent more time in his mind than in the mundane. When he finished his primary education, he moved onto Reykjavik Junior College, and then onto the University of Oslo. He studied history, Latin, ethnography, and sharpened his already great knowledge of our Nordic ancestors.

He also learned a great deal about how to deal with the Icelandic parliament when making institutions legally-binding, and this is where much of his work with the Ásatrúfélagið comes in. It has been said that while Sveinbjörn Beinteinsson was the heart of the Ásatrúfélagið, Þorsteinn was the brain. He led the charge to get the organization legally recognized by Iceland and was present at the famous moment where Lord Þórr knocked out power across the nation during the meeting where the Lutheran Bishop finally gave the Ásatrúfélagið his stamp of approval.

As a man with a substantial understanding of Ásatrú, Goði Þorsteinn was the most trusted advisor of the Ásatrúfélagið's first two Alsherjargoðar: Sveinbjörn Beinteinsson and Jörmundur Ingi Hansen both sought his counsel regularly. He was also a leading voice of Folkish Ásatrú in Iceland and is often cited as being the most outspoken proponent of recognizing Ásatrú as the native faith of the Aryan people.

Goði Þorsteinn was a man of great knowledge and ambition and piety, a beacon of right action for the Folk of the Ásatrúfélagið. Although he shouldered the heavy burden of tuberculosis and its consequences for his whole life, this never stopped his march to Victory for the Æsir.

May we all remain unbroken and undaunted in our loyalty to the holy Æsir!

Hail Goði Þorsteinn Guðjónsson!

Meister Guido von List | October 5th



Y October 5, 1848 - May 17, 1919 𐌿

Meister Guido von List (1848-1919) was an Austrian playwright, author, and esotericist. He was the founder of Wotanism, which was an integral precursor to the reforging of Ásatrú.

Born on October 5th, 1848, he was the eldest son of a wealthy family in Vienna, the capital of the former Austrian Empire. As was the custom in the area at the time, his family was Roman Catholic, and he was christened as a baby. He had a happy

childhood and enjoyed trips with his father to the Austrian countryside.

On one such trip, in 1862, he and his father visited the catacombs beneath St. Stephen's Cathedral in Vienna. Meister von List had come to strongly believe that there was formerly a shrine to one of the Æsir in those catacombs. He felt so strongly about this that he knelt before a destroyed altar and swore that he would one day construct a temple devoted to the All-Father.

Over the next 15 years, Meister von List joined the family leather business. During his free time, he sketched and wrote countless pages about pre-Christian Germany, as well as hiking and exploring the various Roman and Germanic ruins around the countryside. He even spent Miðsumar night alone on top of the Gieselberg hillfort, as a sign of devotion to the faith of his ancestors.

When his father passed beyond the veil in 1877, he left the leather business and became a journalist. He wrote for many nationalist publications, as he was a big proponent of folkism, mostly covering the practices and culture of the rural Austrian people. He also spoke to various groups about the "ancient priesthood of Wotan," which was his understanding of Goðar devoted to Óðinn. While his information was likely fragmented, he was clearly devoted to the Æsir and was doing his best to bring more people home to their birthright.

In 1902, Meister von List's ideas of Ásatrú developed a more occult and esoteric component, which many people now call Armanism. He received cataract surgery, and was left blind for nearly an entire year. During this time, he relentlessly studied Germanic language and the sacred runes. Once he regained his sight, he immediately wrote a manuscript explaining that the runes were the original language of the Aryan people. He claimed that a new Futhark of runes came to him via a vision during his blindness, and these are now known as the Armanen runes.

Although Meister von List passed away in 1919, he spent the rest of his life promoting his Armanen runes and spreading what he knew about Ásatrú to his Folk. His devotion to the Æsir was so deep that he held that troth until he passed to the next life.

While his version of Ásatrú was something of a rough draft compared to what we have now, his writings and sketches provided an invaluable pathway to everything that we have now. His interpretation of the runes is still used to this day in esoteric work, even practiced by many in the AFA. While Meister von List did not build a "temple to Wotan" as he promised in the catacombs of St. Stephen's Cathedral, a man named Stephen McNallen DID devote a Hof to the All-Father a mere 96 years later in the

United States. This “temple to Wotan” is Óðinshof, founded in 2015 by the Asatru Folk Assembly, and it contains a dedicated shrine to the memory and works of Meister von List himself.

May we never fail in remembering where we came from! May we honour forevermore the brave men who laid the bricks so that we could walk this sacred path!

Hail Meister Guido von List!

King Aoric | October 23rd



King Aoric of the Tervingi Goths, father of AFA Hero Athanaric, was raised during the 4th century in the Eastern Roman Empire’s city of Constantinople. There was a statue erected there in his honour. Outside of these facts, we know nothing of his personal life.

The only other fact about King Aoric passed down to us is that he, like his son Athanaric, recognized Christianity as a foreign faith that would weaken his people by severing their ties with the mighty Æsir. According to Auxentius of Durostorum, he led a concerted effort in 347 and 348 to root out Christianity amongst his people. Since being Ásatrú and being a Goth were the same thing, those Goths that abandoned the

Æsir were seen as betraying their Gothic identity. King Aoric dealt with these betrayals seriously, punishing the traitors with death if they did not revert to their correct faith.

The story of King Aoric is short on details, but just as grand as one of our heroes resisting the scourge of Christianity. He refused to submit himself or his people to the universalist poison, choosing instead to fight it relentlessly for his Gods and Folk.

May we all be brave in the face of adversity!

Hail King Aoric!

Ragnvald Odiakarl | October 27th



1484 𐌹

Ragnvald's date of birth is unknown, but he was executed in 1484, and almost certainly lived his entire life in the 15th century in Sweden. His second name, Odiakarl, means "Óðinn's Man." We know precious little about his life, outside of his case which is recounted here.

Ragnvald was put on trial on October 27th, 1484, for having stolen from a number of churches in the southern portion of Uppland. He robbed the churches in Skepptuna,

Markims, Orkesta, and Vallentuna. Stealing from a church during this time was sacrilegious, yet Ragnvald did this without fear, as he knew that he owed no allegiance to the foreign Christ. Once on trial, Ragnvald openly admitted to being a “pagan,” saying that he had been a devout follower of Lord Óðinn for seven years by that point. All of this implied that some number of Swedes still held troth with the Æsir, 500 years after much of the nation had converted to Christianity.

Ragnvald Odiakarl was, of course, found guilty by the Christian Swedes and was burned alive. Not once did he attempt to apologize or betray his loyalty to the Æsir, and he died as he had lived for the last seven years—as a man of Óðinn!

Hail Ragnvald Odiakarl!

Holiday

Vetrnætr | October 18th



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 honoured in a rite called Dísablót.

Today, Vetrnætr 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 honour 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.

Upcoming National Events

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 will be held in Cheshire County, New Hampshire, from October 10th–12th. 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!

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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

Check out these videos from past events and about the Winter Nights holytide—Playlist of previous events > <https://tinyurl.com/AFAWinterNights>

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

Get your tickets [HERE](#)

Hail the Disir!
Hail the Alfar!



Witan Clifford Erickson
cerickson@runestone.org

Goðar Spotlight

Goði Robert Stamm, Dean of the Ásatrú Academy



Ordained October 2021,
Mentored by Witan Svan Herul

Rob was raised in a German family, which had members that were Catholic and members that were Lutheran. His German heritage was at the forefront from the very beginning, and pride in that heritage was instilled in him at a very early age. Rob credits his Opa for his immense pride in where he comes from.

That pride in heritage is where his split from the Christian church began, like many of us Ásatrúar. “There are no palm trees or camels in Germany,” says Goði Stamm.

Goði Stamm has always had a great interest in history, and along with his pride in his own heritage, and through this, he began looking into Folk religions as a teenager. He eventually would serve his country with the US Navy, and through a chance encounter with a shipmate, who had runic tattoos, found his path.

“It began with Ancestor Worship and just kind of grew from there,” he says, and after college, he found a version of his Folk faith in Anglo-Saxon Heathenry. This is what he practiced from 2013-2018.

In 2018, he found the Asatru Folk Assembly. Later in 2018, he had gotten together with Iron Guard Kindred in Virginia, headed up by Apprentice Folkbuilder Svan Herul. Urð was at work, as you’ll see. This was a Dísaping event “down a barely passable dirt road in the middle of nowhere.”

In the Spring of 2019, Rob stepped up to be an apprentice Folkbuilder, for which he took his Oath at the dedication of Þórshof in July 2020. His youngest daughter also took her Ausa Vatni at that same event. The foundation of Þórshof would be laid with Folkbuilder Stamm, Goði Svan Herul, and Apprentice Folkbuilder Daniel Young.

That same summer, Rob began his training and apprenticeship in the AFA Goðar program. Rob, with his background in history and his pious devotion stood out amongst his peers in a very stacked Goðar class. In October of 2021, he took his ordination oath alongside classmates Trent East and Daniel Young at Winter Nights in the Poconos. This was the culmination of hard work, more than a little shenanigans, and pious dedication.

In 2022, Goði Stamm was named Dean of the Ásatrú Academy, and took on the monumental task of launching a home school program for AFA children. Rob heads the program to this day, and leads a dedicated staff and many families. This is where he shines, in my opinion, as Goði Stamm is an incredible teacher. And when asked what he wants is legacy to be, “I want to be remembered as a teacher, above all else. I want to help lead our people away from make believe and into real, living religion.”

I think I can speak for all of us in agreement with that statement.

Rob Stamm attended the University of South Florida as an undergraduate, Arizona State as a grad student, has a BA in History, a BA in Sociology and a Master's in European History. He is fluent in German, and conversational in Castillian.

Goði Stamm is universally respected by his peers, as you'll see below.

Goði Rob Stamm is a man who will inevitably go down in history—not only as a credit to his Folk, or as a servant to his Gods, or as a man who can leg press more weight than everyone else, but as the first Dean of the Ásatrú Academy. The work he is doing will be responsible for entire generations of Ásatrúar, unlike anything we have seen since Stephen McNallen picked up the torch in 1968. Beyond this monumental work, he is also an expert in both esoteric and exoteric Aryan religiosity, making him a constant credit to our people and our church.

—Witan Trent East

I've always been impressed by Rob. Seems like a bland statement, but I mean it in a profound sense. His immense knowledge, and the fact that he doesn't have to flex it because it's just there.

Knowing a lot of the major points of his life since I've known him, and the way in which he has carried himself through it all, makes me admire the man even more. I can honestly say that we would be much poorer without his presence.

— Goði Bodi Mayo

Goði Stamm is one of our most pious, educated, and dedicated Goðar. His knowledge is astounding and he is a deep well of spiritual insight. He doesn't just read lore and history, he understands it and carries with that understanding the power to help our Folk rise above the modern world of frivolity.

— Witan Brandy Fassett

Goði Rob Stamm is a man among men. His determination, drive, and brilliance as Dean is the sole reason that the Ásatrú Academy is what it has become today. He is a devoted and loving family man. He has a softer side that has a million and one "Dad" jokes. His knowledge of the history of our Folk and his piety not only helped me grow when he was my mentor, but inspired me to strive to always learn more and continually grow. Hail Goði Stamm!

— Gyðja Sara Ault

Goði Stamm is my best friend. He is among the most loyal men I have ever met. He is also among the most pious of men. With all that being said, and I echo my peers' commentary on what he means to Ásatrú, what I admire most about him is his dedication to his children. Rob is one of the best fathers I have ever met. Rob is a beacon of joy and of laughs, but you'll never see a man smile bright as his when he is spending time with his daughters. And you'll never see a child smile as much as his girls do when they are with him.

Rob's dedication to the education of our Folk is immeasurable, and his commitment to our church is unmatched. We are all better with Rob's involvement.

— Witan Daniel Young



Witan Daniel Young
dyoung@runestone.org

AFA Prison Ministry



The importance of this AFA Prison Ministry is so much more than just for those who are actually incarcerated, it benefits not only them as followers of Ásatrú 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 Goðar 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

Sour Cherry Pie



Crust

- 1 cup sifted flour
- 1/2 teaspoon salt
- 1/3 cup lard or other fat
- 1/3 cup cold water, approx.

1. Mix the flour and salt. Cut in the fat. Add the water a little at a time, careful not to get the dough too wet. It should form a ball of dough that stays together without being too dry or wet.
2. Work the dough as little as possible. The less the dough is worked, the flakier it will be.

Filling

- 2 cans sour cherries packed in water
- 3/4 cup white sugar
- 1/4 cup flour
- 1/2 cup cherry juice
- 1/4 teaspoon almond extract

1. Drain the cherries, saving the water.
2. In a medium saucepan, mix the sugar and flour. Add cherry juice and cook over medium heat, stirring constantly, until the mixture thickens and boils. Remove from heat and add the almond extract and cherries.
3. Cover bottom of a pie pan with crust, pour in filling, and cover with crust. Trim and slice holes in the top.
4. Bake at 400 degrees F. for 30+45 minutes or until the crust is brown and the filling bubbles.



Annika Peterson
Apprentice Folkbuilder
apeterson@runestone.org

Erin's Awesomest Pumpkin Bread



- 1 cup canned pumpkin
- 2 eggs
- ½ cup vegetable oil
- ½ cup water
- 1 ¾ cup flour
- 1 tsp baking soda
- 1 ½ cup sugar
- A dash of salt
- 1-2 tsp cinnamon to taste
- 1 tsp nutmeg
- A dash of ground cloves
- 1 tsp vanilla

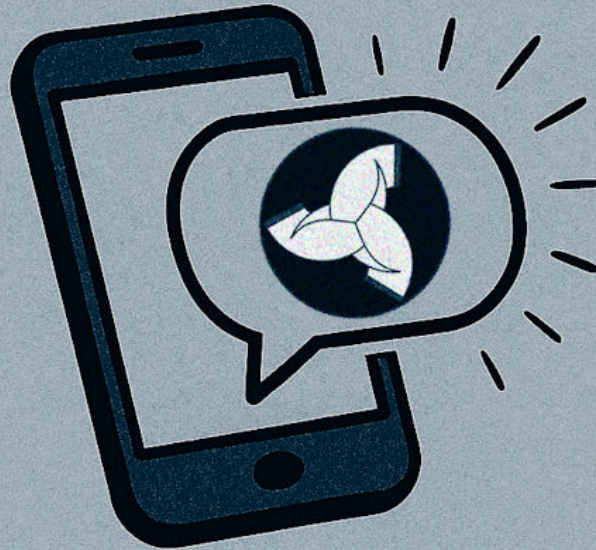
1. In 2 medium sized bowls, put all the dry ingredients into one bowl and all the wet ingredients into the other bowl.
2. Mix each separately and thoroughly.
3. Then slowly pour the dry ingredients into the wet ingredients.
4. Mix well during blending.
5. Pour into a greased and flour'd bread pan, and sprinkle top with cinnamon.
6. Then bake at 325 degrees for 1 hour and 15 minutes.
7. Let cool and enjoy!



Erin Harrison
Apprentice Folkbuilder
eharrison@runestone.org

AFA Reminder Texts

GET AFA TEXTS STRAIGHT TO YOUR PHONE



REMINDERS, DAILY SPIRITUAL,
PRAYER REQUESTS

CONTACT SIERRA AT
schapman@runestone.org



Folkbuilder Sierra Chapman

schapman@runestone.org

Online Events and Meetings

Lore Study with Gothi Jason Plourde

Join us every Tuesday night

at

6:00 pm EST

5:00 pm CST

4:00 pm MST

3:00 pm PST

2:00 pm AKST

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

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



AFA Ladies Book Study

MEAD CUP MONDAYS!

LADY

WITH A MEAD CUP

Every first Monday of the month
Starting June 2, 2025 5pm PT/8pm ET
PDF and Meeting Link available on MeWe
or by request
landerson@runestone.org

LADY WITH A MEAD CUP

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



Michael J. Enright



Eldri Virtual Meetings

A place for members age 50 and above to gather and chat

"Thought and Memory"

An illustration of two birds perched on a dark, leafless branch. The background is a warm, orange-yellow glow, suggesting a full moon or autumn light. There are several small, dark silhouettes of bats or leaves floating in the air. The overall mood is serene and contemplative.

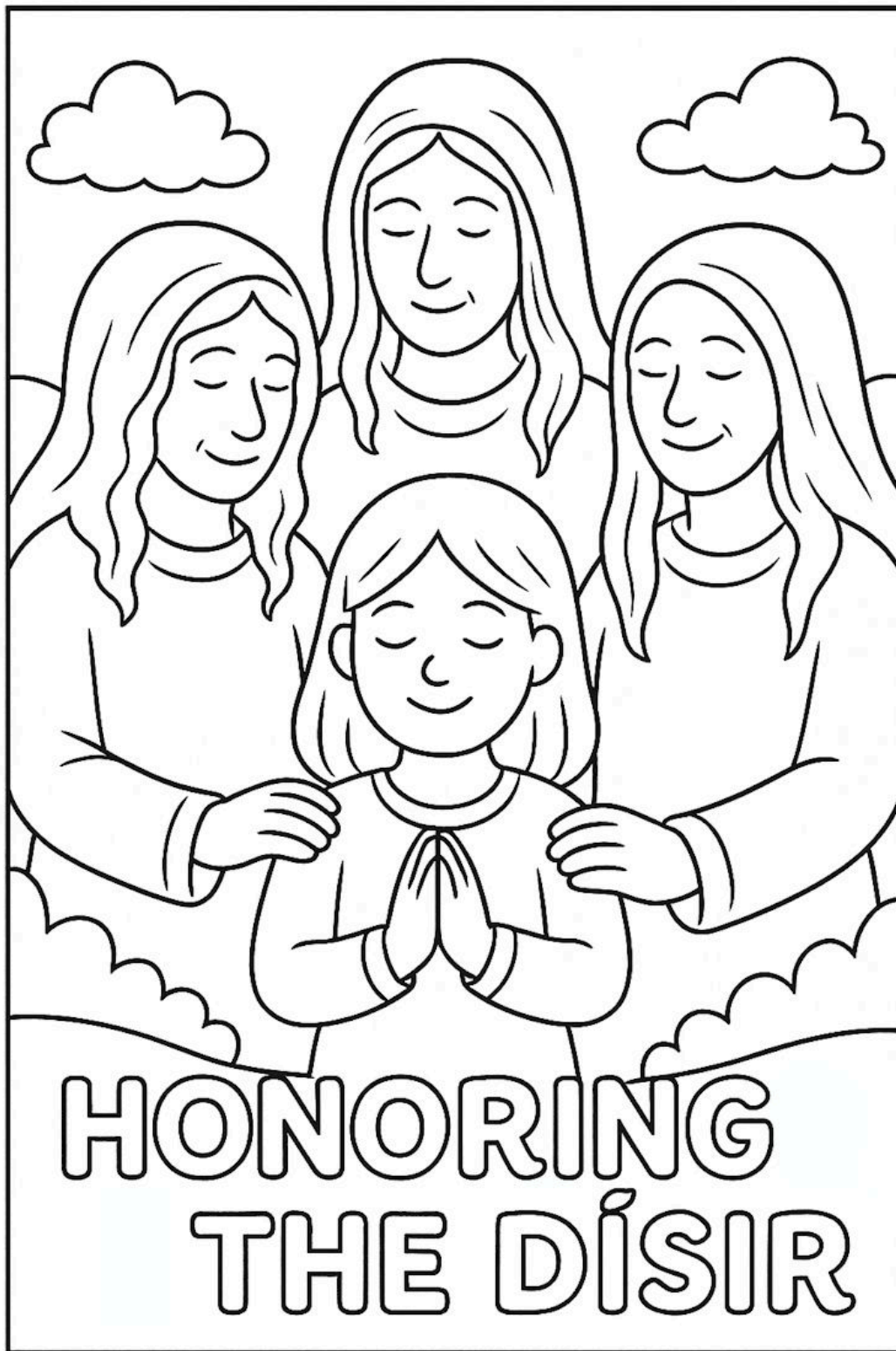
Tuesdays
October 14 & 28

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

Hosted by
Hofgyöja Sheila McNallen
Sheila@runestone.org




Just for Fun



Blessed Vetrnætr to you all!

Reading Club Fun!

Climbing Family Trees!



I don't care that my family is a little "squirrely" ... I love them all!

Here are some things that help us to save family memories.

Family Location

Come to Visit

Family Favorites

Families are fantastic!
Can you find and circle all of the "family" words below in the puzzle?

history
stories
baking
brother
reading
singing
walking
building
heirloom
daughter

postcard
bicycling
camping
memories
ancestors
swimming
picnicking
family tree
scrapbook
experience

son
dad
aunt
mom
uncle
letter
sister
hiking
cousin
fishing

grandfather
mini-golfing
recipe book
grandparent
photo album
grandmother
photographs
grandchildren
family reunion
spending time



Families Share Bedtime Stories!

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

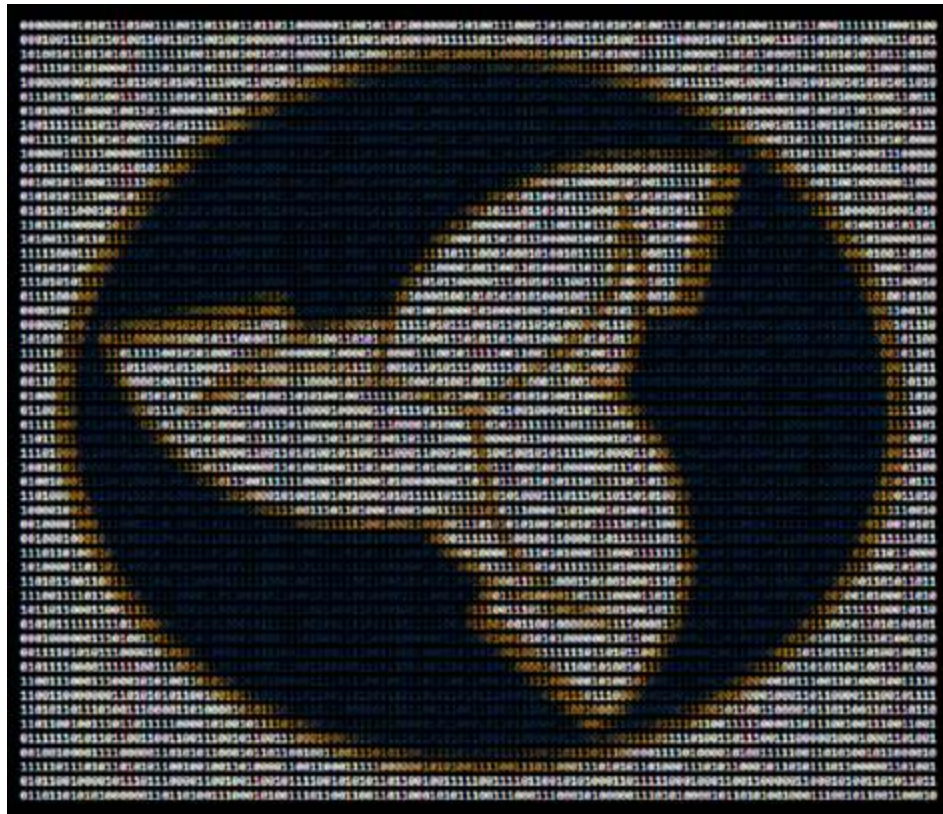
Feel free to send your colored creations or finished puzzle to press@runestone.org for a shout-out in the next issue!



Enjoy! Hail the Dísir!

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.



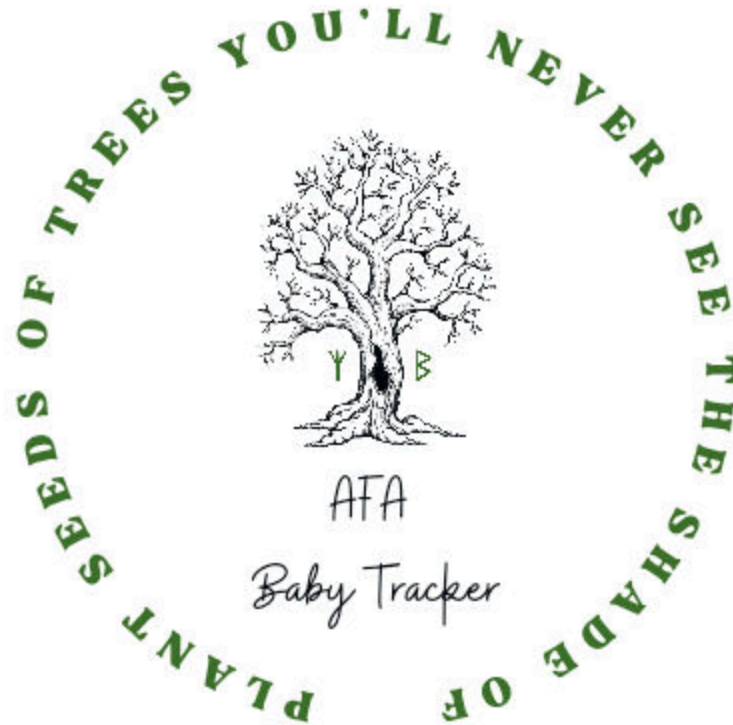
Witan Clifford Erickson
cerickson@runestone.org

2026 Ladies' Retreat





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: 19

Baby Blanket Project

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

This project has been going strong since 2020 and has been a resounding success! The Ladies of the AFA have knitted, crocheted, and sewn beautiful baby blankets for over

120 of our littlest folk, with more on the way. They've been delivered everywhere from Alaska to Florida to California to Sweden!

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



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

Óðinshof

Food Pantry at Óðinshof



Our worth in words. Three words that define values of our Óðinshof District were chosen by the *Daughters of Frigg* a few years ago. Generosity – Joy – Resilience. Each Hof has its own characteristics as determined by the ladies of that Hof .

For the Óðinshof Food Pantry, the virtues of joy and generosity are ever-present when our clients drive in to receive their monthly donation. But the seasonal change that comes with Haustblót is also time of uncertainty. Illnesses like flu and other maladies kept AFA families at home, and those who usually stay-over made it a day-trip. That word “resilience” comes to mind since we found ourselves in an empty Hof Saturday night.



Sunday morning, three of us bagged the food, set up tables, and welcomed the community in. It was the first time for Hof Steward Alexander Casto to experience the Óðinshof-method of distributing food. He proved that “resilience” is a trait that comes natural to him.



Besides food, we take joy in offering other handy items that have been donated. In the past, we filled a table with medical supplies for the elderly. For two months, we've offered quality children's books donated by teachers. We encourage drivers to park their cars and take time to peruse those books. Filling young minds with love-of-reading is one more thing we offer the community.



In the end, Steve, Alexander, and I handled all the cars that came through. Our final numbers were 52 households fed, representing 116 individuals. Generosity, joy, ... and resilience!



Hofgyđa Sheila McNallen
sheila@runestone.org

Haustblót at Óðinshof



This month, we celebrated Haustblót at Óðinshof. We started the weekend on Friday night by going to apprentice Folkbuilder Dan Odom's house where we had a wonderful fend-for-yourself meal and a beautiful candle-lit Sumbl. We took turns laughing, crying, and comforting each other. The next day, we got up bright and early to begin preparing for the Folk to come. We baked cinnamon rolls, homemade biscuits and gravy, and took the morning slow. As Folk slowly trickled in, we sat and drink coffee, catching up on what we've missed in each other's lives the past month. Around 11 o'clock, we had a wonderful Blót to Sif in the Goddess Circle. We the filed inside and had some delicious chili and homemade cornbread until it was time to split off into our groups and have our men's meeting and ladies' tea. Once we were done with that, we came inside and had our quick District Updates talk. We had some relaxation time until dusk came and we it was time for Blót. With loud hails ringing the mountain and our weapons being blessed, the palpable feeling of the Hunting God's presence was in the air. At that point, we came inside hailing Óðinn as we stepped into his hall. Gathering around for a delicious comfort meal after dinner, once clean-up was done, the night began to draw to a close with Folk gathering around the fire pit outside for Sumbl. This event was much more laid-back than usual, but it was a nice way of taking that time to sit back relax and catch your breath before it was time to shift focus and heighten your senses as we reached the time for hunt and winter draws ever closer.

Folkbuilder Sierra Chapman

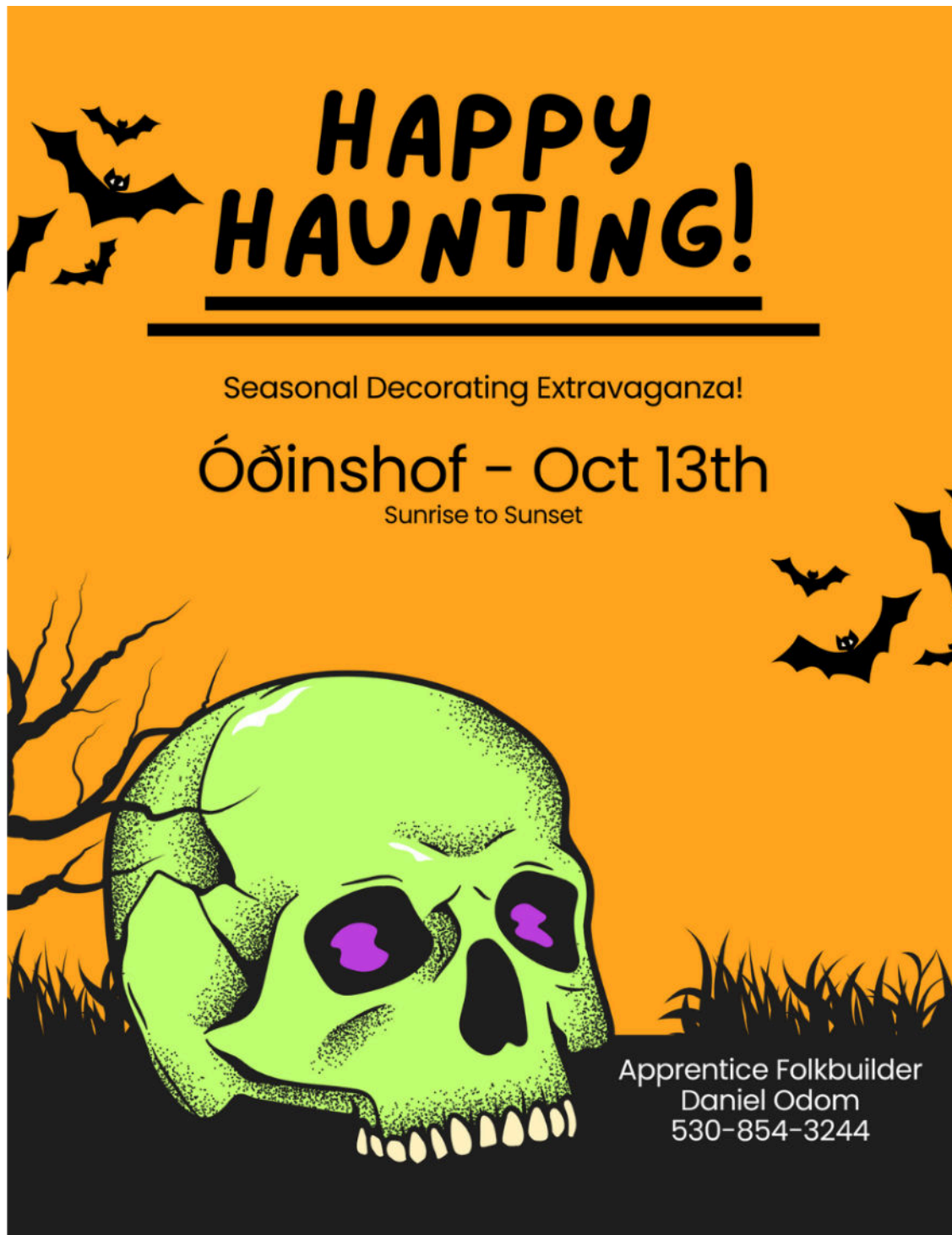
schapman@runestone.org



Upcoming Events at Odinshof

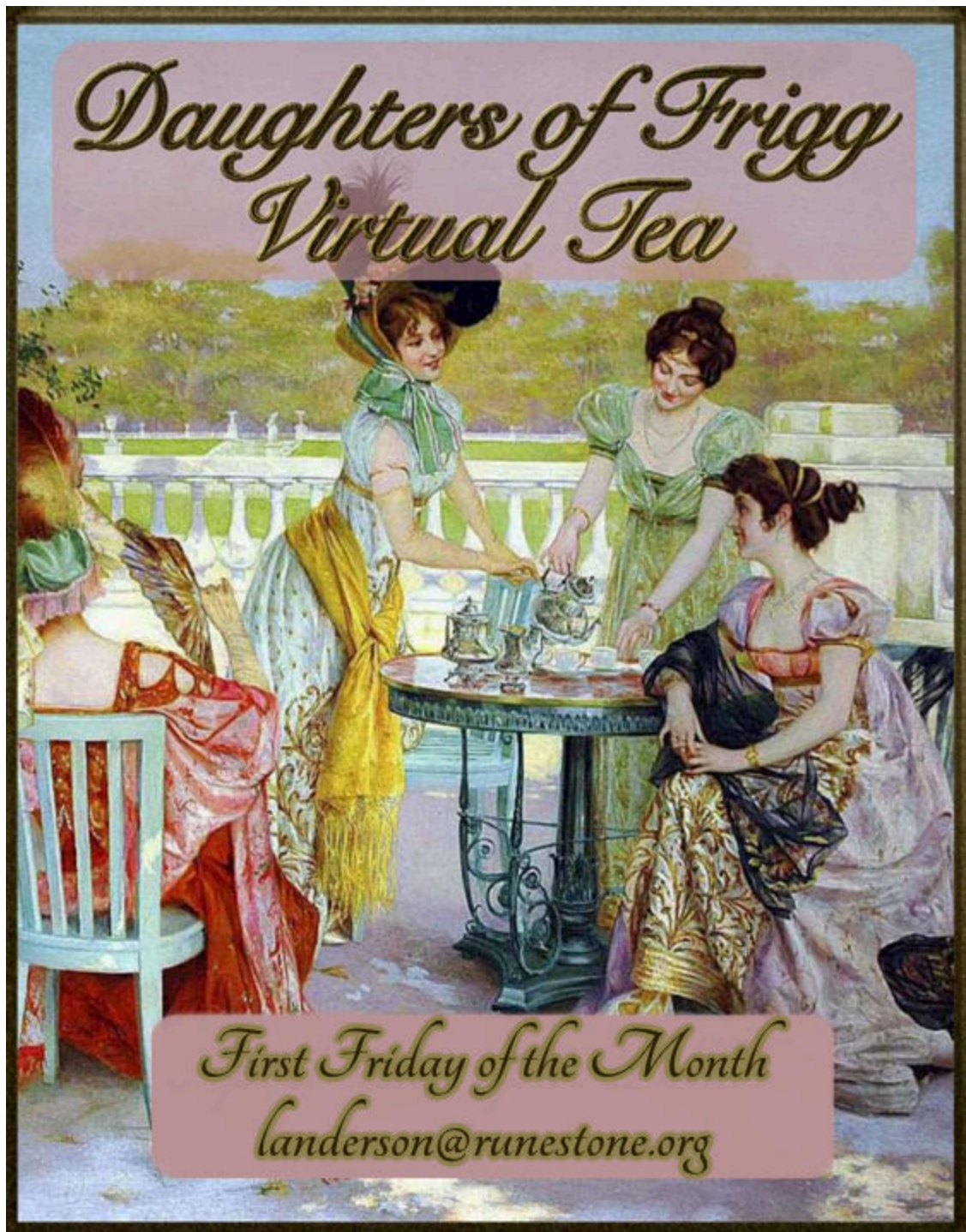








Monthly Virtual Members' Meetings





Monthly Members' Meeting

Óðinshof

Monthly Members' Meeting

Special Date for October: 10/24/25 at 7pm



Links Emailed and Posted to MeWe
Contact Any Folkbuilder for Assistance

Óðinshof Wish List



Óðinshof Member Ritual Requests

Member Ritual Requests



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

How to Submit a Request?

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

Members and Moots



Training Opportunity



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

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

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

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



Arizona

Additional Arizona Events

GERMAN LUNCH MOOT



Phoenix, AZ

For more info: schapman@runestone.org

Australia

Steadfast Through Life's Seasons



Life is full of seasons. At times, people move on and challenges rise to test us. In those moments, it's easy to feel weighed down, but we can trust that the Nornir weave a greater pattern than what we see.

Hardship doesn't mark the end — it's part of growth. Each trial strengthens what remains, and each loss clears the way for new beginnings. Time and again, we find ourselves standing taller once the storm has passed.

The Æsir bless those who endure. Even when life feels diminished, new opportunities always come. The path continues, and brighter days will follow.

Upcoming Events



AFA QLD Hike Moot

Brisbane 20th October

RSVP for Details



Chris McDonald
Apprentice Folkbuilder
cmcdonald@runestone.org

California

Back Home



Greetings Óðinsfolk, I sincerely hope you are well. With the cooling of the season comes fresh air and a fresh mind. Fall has always been an exciting time of year. What started in my childhood as a yearly countdown to the best night of the year; which is obviously Halloween. It has now morphed into a joyful season of perpetual gift-giving, house-welcoming, and a general "hunkering down" in front of the fireplace. Trips into town become less frequent, and most chores come from a necessity, not a desire. Water poured in through the roof last year, and our goat house became infested with mice during the winter months. Not to mention the wasps, or hornets, or whatever angry, and

abundant flying creatures took over my barn this summer. None of these chores are reminiscent of spice scented-candles or a cozy fireplace. Yet, approaching them this time of year is something I look forward to. Maybe it's the cool air and the moisture back in the ground. Maybe it's knowing that no matter how bad climbing up on the roof is going to be, in a couple weeks, family will start to arrive for their yearly visits. Which is perfect for me, as my younger brother is better than me at everything! I would love to tackle the wasp problem in the barn, but I'm positive he's got a much better, and far manlier, way to do it. I personally can't wait for the coming together of family!



Going forward, into the heart of winter, no chore or crossroad in life seems to bother me much. My mind becomes focused on family; hearth and home, as they say. Circle the wagons, or dig in. Make up your own metaphor if you'd like. I understand that groceries need to be bought, and people have meetings, obligations, or places to be. But at the end of it all, I would argue that you should be doing those things only to the extent that it affords you maximum time with people that matter. Hard working people, mothers and fathers, are easily caught up in being providers during this time of year. From costumes, to turkeys, to presents under trees, the season of (over)providing starts now. I would encourage all parents and providers out there to keep the season in mind, and do your best to stay true to who we are as a people. Welcome the travelers, give sincere gifts, and take a slice of pie with a smile. Of course I want my kids to have cool, realistic, movie-quality costumes for Halloween. I wanted those too when I was young! Thanksgiving week follows shortly after, and of course I want to be a great host. But nothing can come at the expense of the family. If we can't afford it, we can't afford it. If the kids don't need more of something, then let's not be afraid to discourage people from buying it for them. I will not stress and yell at my kids to get their rooms cleaned before guests arrive. They will either keep their rooms cleaned, or when she gets here, they can explain to grandma, or rather, my 6'2" mother, as to why they did not help to prepare the house for her arrival. At the end of the day, these boys are growing up for the first time. We already did that; you and I. We don't get to make new, old memories;

just new ones. What was the season like for you? Was Halloween a night of fun with ghastly ghouls and a thin veil to the other side? Or just candy, and maybe Wal-Mart and some other stores decorated in orange for a few weeks. Similarly with Einherjablót, Thanksgiving, Jól, and Christmas. The trope has become *spend money, argue about politics, stress out*. I refuse to adopt that tradition, or to normalize a hectic holiday culture. Though it is not lost on me, that I have a habit of floating too far into idealism. When the reality for many, nothing changes with the calendar. Every day is still a 5am wake up followed by a 90 minute commute. Or it's a loved one, still in a hospital bed. Let this time of year be the time you give back to yourself, that you may better welcome your Folk when they arrive at your door. Build your fall traditions if you don't have any, or reinforce the ones you have. All in all Folk, dig in, and let your home be your place of warmth. Sincere gifts, and calm minds can turn your house into a home for everyone you welcome inside. I hope you all have a great October, and a strong start going into the cold season. Do right, and fear no one. We are the future for our youth.



Daniel Odom
Apprentice Folkbuilder
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Shadows, Stone, and Memory: Black and White Photography in Chico Cemetery



For the past three years, I have found myself drawn to the Chico Cemetery, not only as a place of remembrance but as a canvas for artistic expression. With my camera in hand, I capture headstones in black and white—allowing light, shadow, and stone to speak a language that color sometimes obscures.

One of the most striking discoveries during these years is the difference between older tombstones and newer headstones. The monuments of the past are often ornate, carved with intricate detail and flourishes that reflect the artistry of their era. Angels with

weathered wings, elaborate floral engravings, and tall obelisks stand as silent storytellers of grief, hope, and love. By contrast, many modern markers are simpler, more uniform, and often standardized—a reflection of changing tastes and practicalities over time.



Through photography, I feel I am preserving these histories in a way that honours those who have passed. A photograph becomes more than an image; it is a meditation on the enduring presence of the departed, carried forward into new eyes and new generations.

What makes this practice endlessly compelling is the ever-changing canvas nature provides. Seasons shift the mood of the cemetery: autumn casts long, sharp shadows across fallen leaves; winter mutes the landscape with a quiet starkness; spring brings softness as sunlight filters through budding trees; and summer drenches stone in a brilliance that sharpens detail. The play of light and shadow transforms the same headstone into countless different impressions, reminding me that memory, too, is never fixed—it is alive and reshaped over time.



In black and white, Chico Cemetery becomes timeless. Stripped of color, the contrast emphasizes form, texture, and emotion. Cracked marble, moss-covered names, and the stillness of statues become more profound, as if illuminated from within by the weight of history.

For me, this practice is not morbid, but reverent. Each photograph is a way of bearing witness, of acknowledging those who rest here and ensuring their stories are not lost to silence. In a world that moves quickly, these moments behind the lens slow me down and remind me of what endures: memory, artistry, and the quiet beauty of honoring life through the shadows of death.



Caitlin Covington
Apprentice Folkbuilder
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Climbing Higher Together



On September 14th, 2025, my wife Carli, our middle daughter Amelia, and I set foot on the trail to Mt Lassen at 9am. This was my fifth climb of Lassen this year, and each one has carried its own meaning.



In earlier climbs, Carli and I did three together on our own and once with the whole family. That family climb was memorable but one moment stood out the most. Amelia full of energy and determination asked to press ahead. She wanted to see how far her strength could take her, but she slowed down to check on us instead. She never got to feel that full rush of pushing herself to the limit. She told us she wanted another chance to go all the way.



This trip was for that very reason.



As a family, we've been on a long journey of change. Just a year ago, I weighed over 110 pounds more than I do today. Carli has lost 85 pounds, and even our youngest daughter has lost 93 pounds. We made a choice to change our lives by eating better, moving more, and living by a simple rule—go to bed either physically or mentally exhausted, and know the day was spent well.



The trail up Lassen is never easy. It demands respect with every step. Watching Amelia drive herself upward determined and smiling even as the air grew thin was more than a proud father's moment. It was proof that willpower and courage carve victories that outlast any single day.



At the summit, Amelia stood taller than the mountain itself. She didn't just climb Lassen, she conquered her doubts and fulfilled the goal she had carried with her for a year. Carli and I stood by her knowing the strength we've rebuilt together is the same strength we carry into our faith, our Folk, and our future.

For us, this climb was more than a hike. It was a living reminder that every step upward matters—whether on the mountain, in our daily habits, or in the pursuit of our highest calling.



Folkbuilder Ryan Skinner
rskinner@runestone.org

Greetings Óðinshof



Hello everyone, Folkbuilder Alexander Casto here all the way from Sunny Florida.

I felt I ought to introduce myself to the wonderful Folks of Óðinshof as I've officially moved out to California. I took my Folkbuilder Oath this year at Njörðshof during Dísaping (Charming of the Plow) and continued to serve as the Hof Steward there as well. During my visit at Miðsumar to Óðinshof, I couldn't shake the feeling of belonging I felt, and I did not want to leave. Even though I was having a rough time health-wise, I loved every moment I was there.



After some thought and discussions, I made the decision to pack up and move across the country to Óðinshof District without too much of a plan in place just knowing what needs to work out will work out. I packed up my car and hit the road; only really stopped to see some of my fellow Njörðshof members in Texas on the way. I also had the pleasure of being hosted by the Flavels on the last leg of my journey. Finally, a night I didn't have to spend sleeping in the car. I made my way to Sacramento met by my beautiful fiancée and she showed me around after a date night.



I couldn't be happier here and I look forward to doing anything I can to serve our wonderful Folk here at Óðinshof. Thank you everyone who's supported me on the journey out, and thank you all for the inspiration and warm welcome during my Miðsumar visit. I can't wait to get to know you all and get some amazing things going at the Hof and throughout the district. Please don't hesitate to reach out for anything at all.



Folkbuilder Alexander Casto

acasto@runestone.org

Pie Baking Moot



This month, we did a pie-baking Moot with some of our Daughters of Frigg ladies. It was doozy getting started, as we originally were going to have over ten people, but due to sicknesses and other factors, we dwindled down to three ladies. So we shifted gears and went to a local member's house where we set up stations and took turns cooking and rolling and baking.





We baked apple, peach, and cherry pies, taking turns adding our own little flairs to each one while the children ran, laughed, and played. It was such a wonderful time. Please join us this coming month for a soup making moot at the Hof on October 11th.

Upcoming Events



Folkbuilder Sierra Chapman

schapman@runestone.org

Colorado

Colorado Haustblót



Our amazing Folk that live in the Rocky Mountains of Colorado held their Haustblót event on Saturday, Sept. 27th way up at 9000 feet elevation.

Eight of us gathered at the home of Dan and Annette in Bailey, Colorado. Friends brought delicious food to share. There was a baked potato bar, home made chili, rotisserie chicken, and Theryn's amazing zucchini bread made with zukes from her beautiful garden. Dessert was her wonderful apple cake and chocolate mousse.





We taught the lore of who Sif is and we held a Blót to Sif on this beautiful autumn day. Shortly after, we gathered for a Sumbl with amazingly delicious meads made by Dan and Theryn. There was a divine butterscotch bouche and a peach mead made with the peaches from Palisade, Colorado. So delicious!

Upcoming Events



Please join us next month in Cañon City, Colorado for our Vetrnætr on October 25th.

Erin Harrison



Apprentice Folkbuilder
eharrison@runestone.org

Idaho

Upcoming Events

Trick-or-Treat Moot

Idaho Falls, ID
October 31, 2025 @6PM



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



Folkbuilder Kyle Reader
kreader@runestone.org

Montana

Fall at Fólkvangr



September has finally come to a close, and fall has arrived to the valley. The harvest feast complete, serious winter preparations are underway here. Much like our lives and relationships, everything must be sorted and put where it belongs, so as to not be an obstacle when the snows come. This is a time for the oiling and sharpening of blades, for splitting wood, stockpiling supplies, and taking care of livestock. We have multiple meals together every week, at which time we plan our days out and celebrate our victories as a community. We reflect on what it was that brought us all together in this place: to establish a true Ásatrú community where we seek to live our lives according to the Noble Virtues and in harmony with the world around us. We celebrate life, and oaths well kept. We honour the changing of the seasons, both in the literal sense and in the sense of the immense changes in our lives these past months.



As we experience the birth of a new season and the death of the old, we reflect on the hardship and sacrifice needed to get to where we are now, and to the rebirth we are experiencing. I spent the bulk of this summer away from my family, working in the Pacific Northwest with other AFA members on various remodeling jobs. The intention behind this endeavor was to give our men the opportunity to work exclusively with other Ásatrú men, but it entailed so much more. As a result of our close proximity with each other, we were able to come together and reforge our bonds, cutting much dead weight in the process. We realized, over the weeks of spending every waking moment

together, that we are incredibly strong together and there is much we can accomplish. When we put our collective heads together, there isn't a challenge that we can't overcome. Much like the AFA, when we all pull together, the odds are greatly in our favour. There were days where I was so homesick it took all I could do not to head home; other times, I would get frustrated with one of the guys on the crew and think about how easy I had it at my "real" job, and these are obstacles that present opportunities for victory. I adjusted my mindset in regards to missing my family to an attitude of working as hard as I could for their benefit, knowing the sooner I finished, the sooner I could go home and bring them to Montana. When I had gripes with a guy on the crew, we'd step away and discuss it, leading us to develop even closer bonds by problem solving.



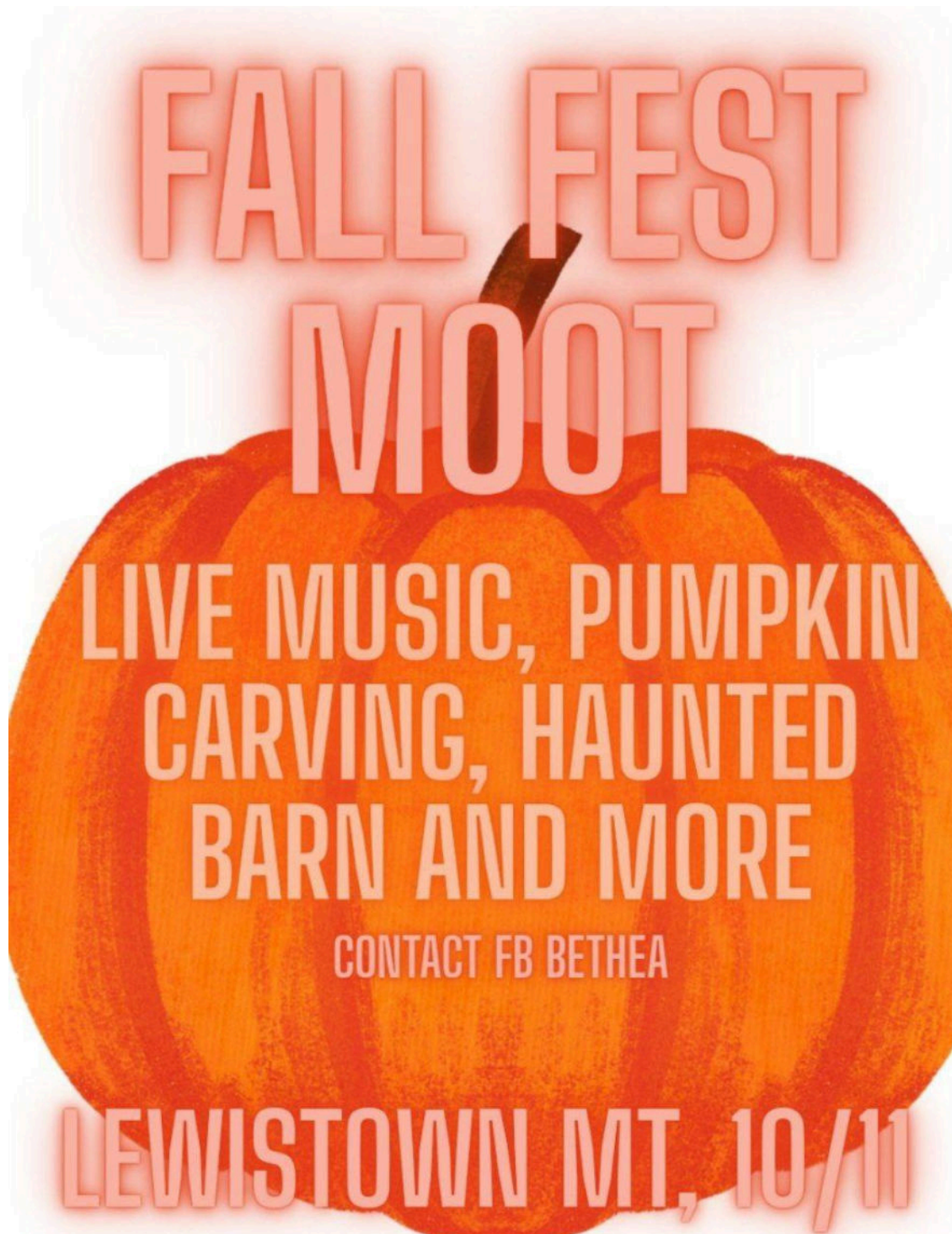
The Asatru Folk Assembly faces obstacles every day: our detractors slander us or attempt to pull our members away; weather and illness keep members from attending events; our Folk suffer from a soul sickness that almost maddeningly makes our mission that much more difficult. Despite these obstacles, this month the AFA acquired our fifth Hof; dedicated to the holy Freyr, we will dedicate Freyshof in Austintown, Ohio in December of this year. When Njörðshof was paid off, our collective effort was turned to making Freyshof a reality, and by having us all pull the same direction, holy Freyr will have his own temple once again. Overcoming obstacles and achieving

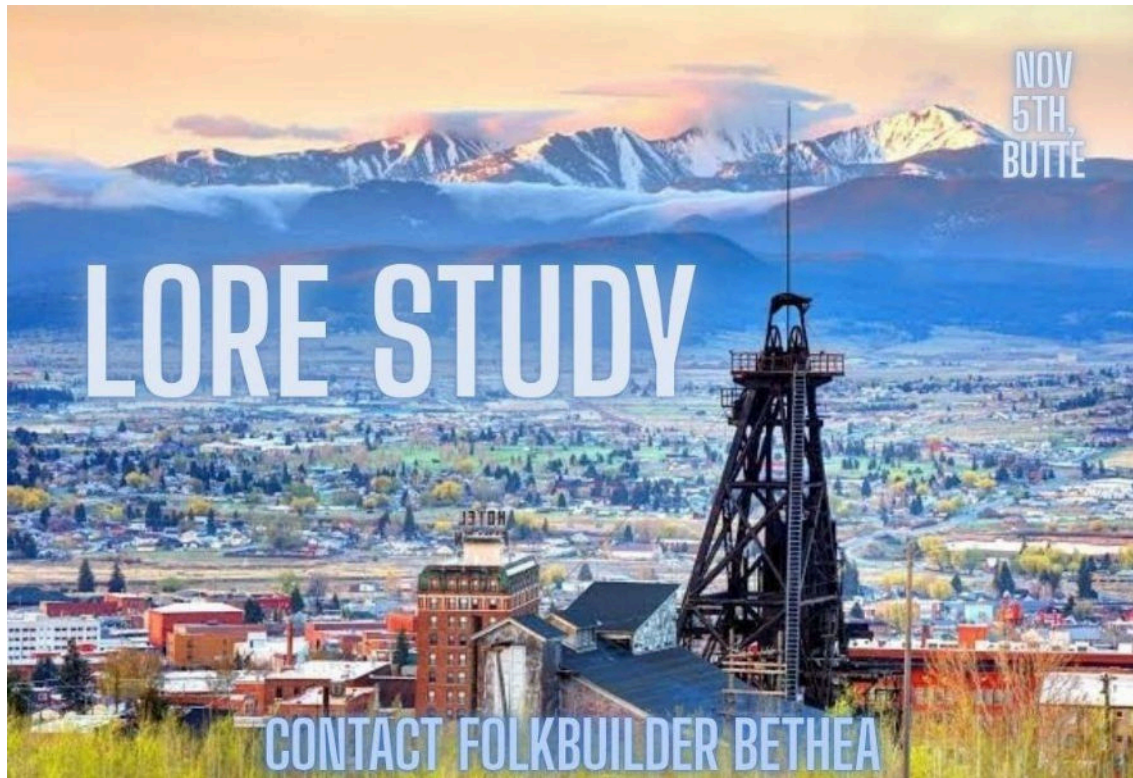
victory is something that we excel at, both as a church and as a race. The next time life starts to bend a direction you don't like or find uncomfortable, lean into it with square shoulders and a steel resolve and seize victory at any cost. You will be significantly more happy just from the doing of it, I guarantee it.

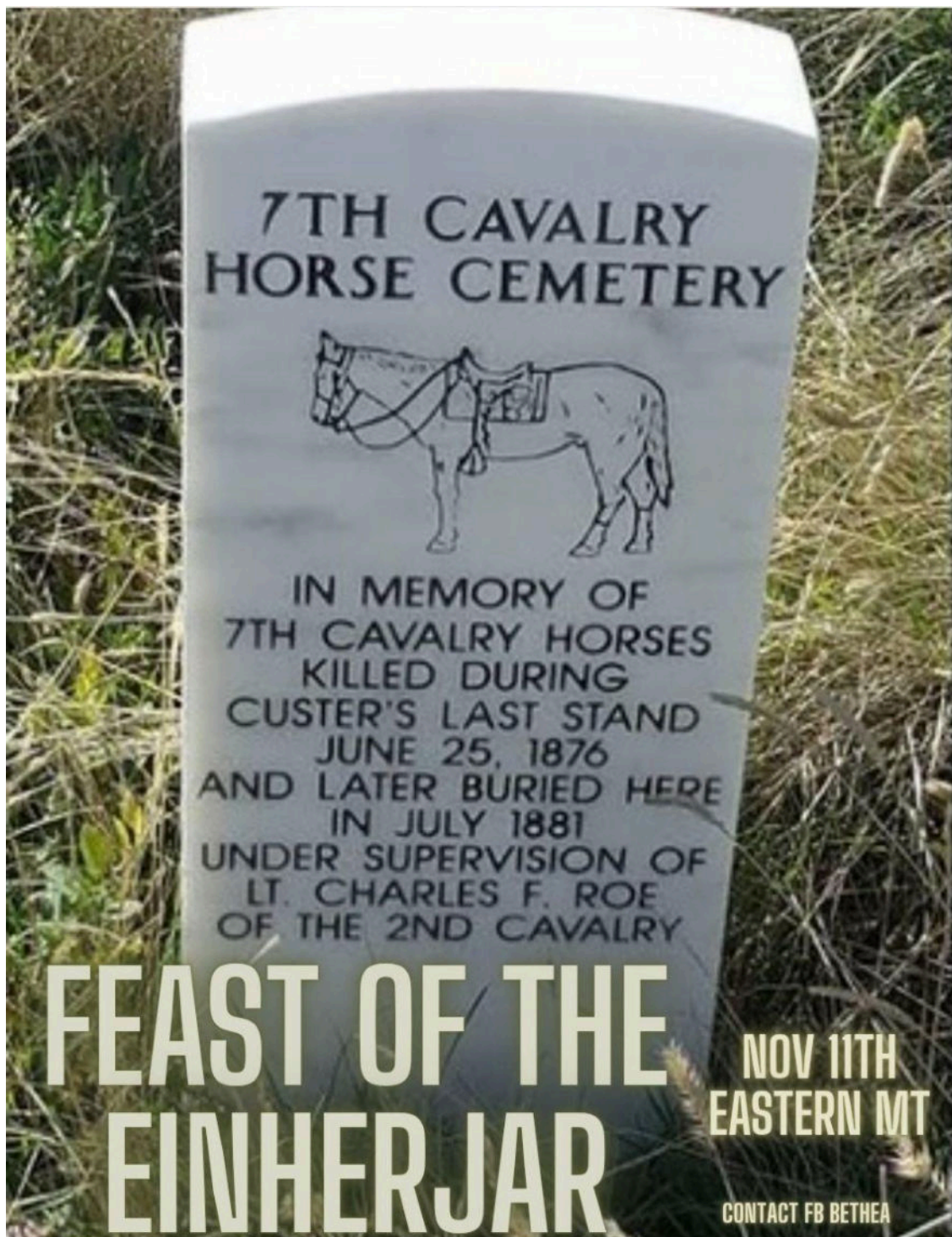
Hail Freyr!

Hail the Asatru Folk Assembly!

Upcoming Events







Folkbuilder Tyler Bethea

tbethea@runestone.org

A Feast of Victory

<https://www.youtube.com/watch?v=s5vBnzmD4OM>

In its own right, each Freyr's Harvest Feast is special. It's a time to come together with friends from near and far. It's a chance to share in the harvest with one another. An opportunity to boast of bold deeds and celebrate victories. This year in particular was special for another reason.



We gathered together with the knowledge that Freyshof was to be announced in a matter of days and that victory glowed brightly on the whole event.

Those of us living at Fólkvangr have eagerly awaited and aided the procurement of Freyshof for a long time. Its acquisition puts a solid foothold for our church in a much needed region its true; but Yngvi-Freyr deserves his place of worship regardless of logistics. We are eager to go be at the next victory of Freyr's Hof, the dedication. Everyone that can be spared from tending livestock will be attending the Hof's dedication in December and I hope to see many of you there. Share with the rest of your church our victories.

Indeed, victories seemed to be the common theme of this year. We celebrated adding forty acres to the project and three more households to the valley. We celebrated much progress as a community and as individuals.



On Friday, we had the pleasure of welcoming Witan Brandy out to Fólkvangr. Witan Brandy's presence was an opportunity to glean wisdom from the best and a delight to all that attended. She began the weekend with the Welcoming of the Gods.

After some socializing and getting guests settled into our brand new lodgings we have onsite, we turned our attention towards Lord Njörðr. With all of us having come into the safe harbour that is Fólkvangr without ill fortune, we gathered to give thanks for another wonderful year of sacrifice, struggle, and victory.

Blótar is our opportunity to give back the best of ourselves and Blót to Lord Njörðr is always dear to me, as the very first Blót I led was to Lord Njörðr on the banks of Lake Couer D'Alene years ago.

This year, we waded out into the river where the trees are filled with soft singing of birds and the late afternoon sun glistens off gently flowing water. The rocky beach gives way to soft riverbed clay and the water temperature is inviting. It is here, on the bend of the river, that I am afforded the opportunity to share one of my favorite serene spots with the gathered Folk. This is a holy spot, and it is here we give offering. Hail Lord Njöðr!

The evening following Blót is filled with the tales of the year as Folk catch up while dining on smoked salmon. Pesto pasta and shoreline salad round the meal out while boasts and toasts fill the air. While all could talk through the night, the paired red wine rounds the evening off nicely with the setting sun across the steppe coaxing people into settling down to sleep before the main event day to follow.

Come the Saturday morning, as people gather to eat breakfast, we collected the names of those signing up for the annual Viking Games. This fun test of might and main is simple in its form but allows men comradic competition and our young boys the opportunity to sign up to be alongside the men. This opportunity for the young boys to take a step towards manhood means that they will eat last with the men, take part in the discussion with the men, and be steadfast in a high service to the Folk not just for the event but for the following year. It's more than a way to play with axes and bows with the men, its part of coming of age.



This year in particular, we had two young boys participate in the games. They knew that their run would be timed and that they had to move swiftly across the open field. When their turn in line came the boys ran the same course without modification. Tristan Bethea, Folkbuilder Bethea's oldest son, announced himself to the Folk like all those in the course before him had and he shot off like a cork. He crossed the distance to the wooden pillars and with one swing from his hand axe, he brought down the first pillar. He ran to the next and toppled the second and then the third. Once the stand-in for monks had been defeated came the throwing axes.

Swiftly after his throws, he moved on to archery where he placed his three shots. He then ran to a new feature of the games. We had our very own Aaron adorn himself in

monk robes, and with his very best Friar Tuck impression, the monk asked nine questions to the contestant. Upon completion of the last answer, the monk would dramatically and comically fall down dead. A sprint back completed the course. So it was for all that partook and while Tristan did well, his father ultimately proved the best out of all that ran the course that day.

But viking games were just the tip of the iceberg for the main day. Shortly after the ladies held discussions on feminine gifts and mysteries while the men gathered apart and discussed responsibility and stewardship. We came together and discussed the Royal Virtues with Witan Brandy. After many great discussions, we all enjoyed a wonderful lunch. Rueben sandwiches and beer is hard to go wrong with, and in future years, our beer garden will be more established.



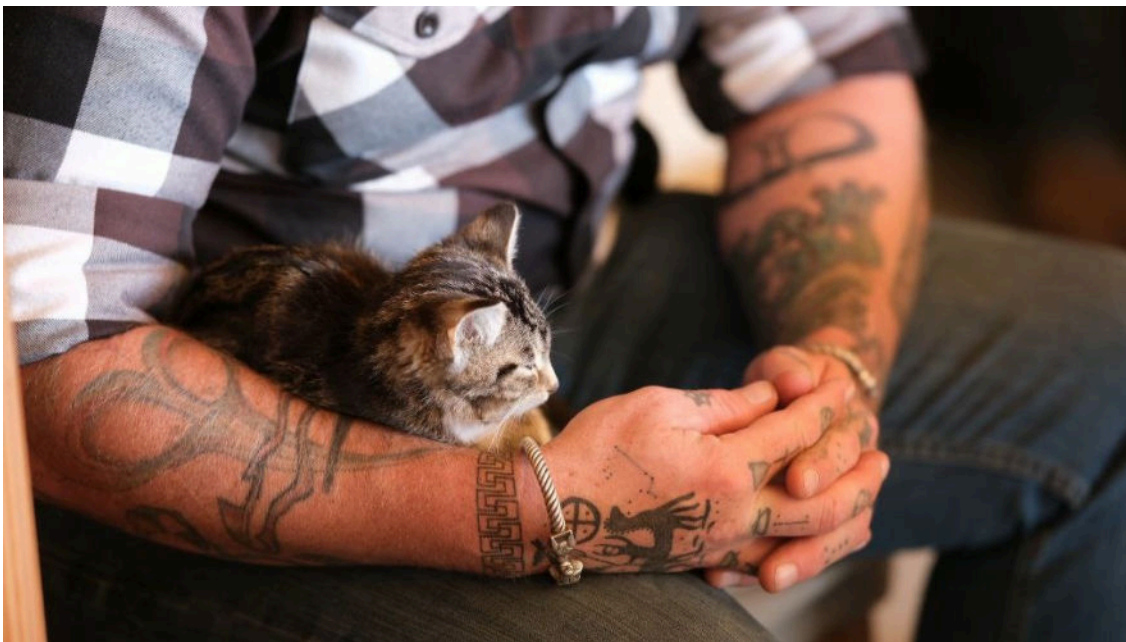
With lunch out of the way, we went into town to hold the main feast in honor of Yngvi-Freyr and the harvest. Dance cards were passed out to the ladies and food prep was underway by our kitchen staff, Drac and Rachel Cameron, who worked tirelessly for the Folk. Having classically-trained staff work in a full kitchen was certainly an upgrade from previous years. Throughout the night, we had great revelry but a particularly fun trivia game that the talented Russ Henderson put on is of note. Our lore and our history was put forward as the subject matter and the Folk had gathered into teams. Team names included the Owls, the Cooks, In it to Winnett, and my own team, The Hobos. Each had their own little joke in the name and each fell to the Hobos' knowledge.

While these games were of great enjoyment to all, nothing brought greater joy to our people than the dance. We danced waltz's, foxtrots, and polkas. For so long our people

have been taught that to sing, dance, draw, and such required great skill and talent. Surely, we praise those that possess talent in these artful expressions, but one need not be good at any of them to participate. Its part of being human, its part of life. Enjoy life and allow yourself to reclaim that part of the experience. Dance we did, and the joy was contagious.

The feast itself was delicious. Schnitzel, jäger gravy, German potato salad, brats, sauerkraut, green beans, homemade pretzels, rolls and bread, and much more. The smörgåsbord of delights filled our stomachs as great conversations filled the dining hall's air.

Eventually, the evening grew late and the dawn near. The last feast-goers cleaned the place up and headed back to the valley to the nice cozy new beds installed for the event.



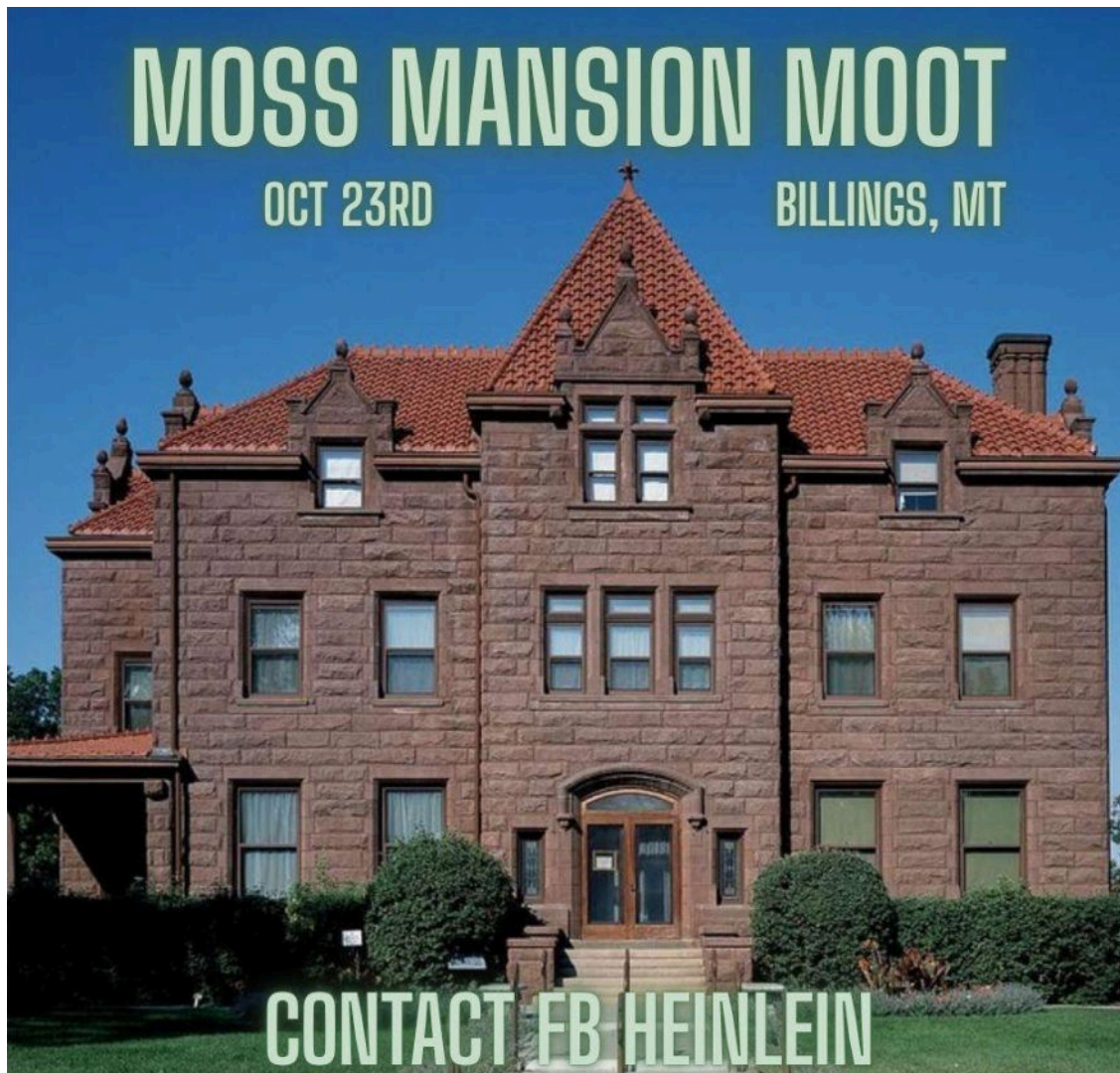
Sunday morning came and with it, a quieter day of reflection. We gathered together for meals and Blót. We said our goodbyes and packed up our things. Slowly, one by one guests left. Things were cleaned up and a stillness swept over the valley.

All was quiet and the last day of the event left a feeling of satisfaction of another year well spent and well celebrated. All those who left are ready to come back next year with new boasts, new stories, and old friends to hear them.

Hail Victory!

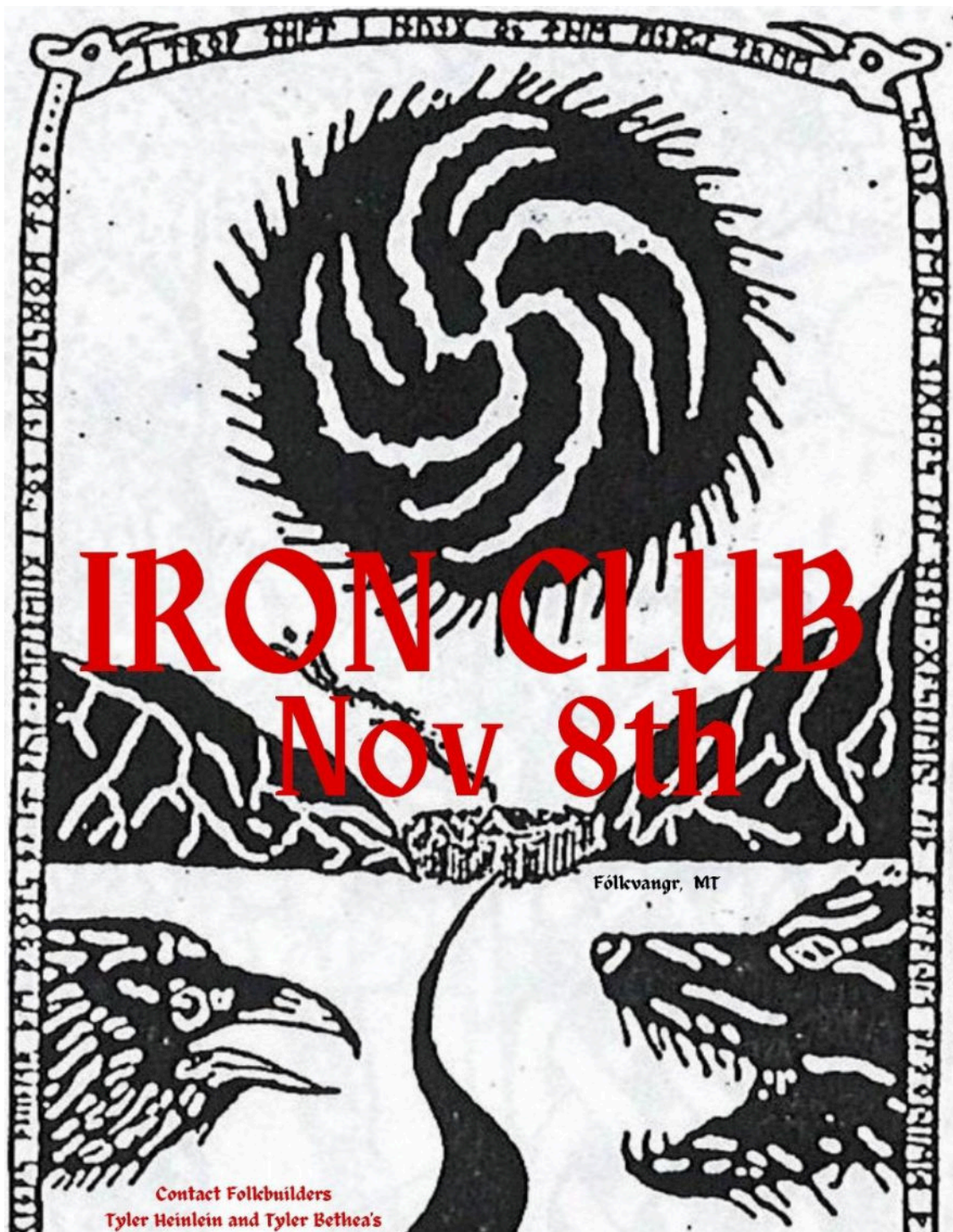
Upcoming Events













Folkbuilder Tyler Heinlein

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It's a Wonderful Life



Our household began the month of September with a wedding anniversary. Mine and my wife's to be exact. On the evening of September 3rd, we celebrated 9 years of marriage, and four beautiful children together! We were able to have a nice little dinner together at the local steakhouse owned by our friends and enjoy a bit of time to ourselves. Here's to my love and may we celebrate many more anniversaries!



September 9th, we made the trek to the top of Mount Belmont, over 7,000ft in elevation, and providing awesome views of the surrounding valleys and hills (providing we're not socked in by smoke from wildfires). There we gave honour to Prince Hermann of the Cherusci for his Day of Remembrance. We spoke of his life, exploits, bravery, and his dedication to his people, and ultimately to us. His actions, deeds, and devotion to his Ancestors and the Æsir, pushed Rome out of Germania, and stemmed the tide of foreign influence in the North for a time. Hail Prince Hermann!







September 14th saw us gathering for Ullr Blót. Archery season is in full swing here in Montana. The Aspen leaves have shed their former green and traded it in for glorious hues of gold and yellow. Temperatures are moderating and we soon expect our first hard frost. Fall is here once again, and with it, Ullr's time. Those of us that hunt or forage begin to spend more time in the woods. The sought after huckleberry has been found for the season. Chokecherries still weigh down the branches; animals are on the move. A full freezer is a boon to all, but doubly so for us in the North when temperatures hit double digit negatives, and snows make it difficult to get to town. We

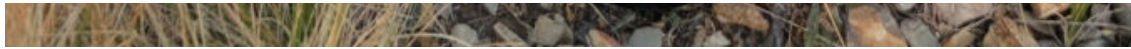
gave the Glorious One his honour, asked for his blessings upon our tools of the hunt, as well as good luck in the coming winter. The kids and adults both had some fun with our bows, and a feast to the Best of Archers closed the night.



The following weekend was our Kindred camping trip. What a fun weekend together to celebrate Haustblót! Though the nights brought a slight chill, the days were too warm still! We're ready for the change of weather ahead, and relished this opportunity to get one final camping trip in before the cold.







Mornings were started with coffee and hot cocoa before we greeted the day. The best camping breakfast was whipped up: eggs, bacon, and pancakes! The two newest dogs to the Kindred met and were instant friends. The Harlan girls had many adventures throughout our secluded patch of the mountain top. They also learned how to braid cordage into rope, start a friction fire, and snare-making, amongst other basic survival skills.



Though the end of the weekend came too soon, the relaxation and rejuvenation from being outdoors with most of our Kindred made the trip worthwhile. Following our sojourn to the woods, an impromptu Moot was held when our good friends, the Maurers, were in town from further north. Great food was consumed, and future dates were discussed as our children played.

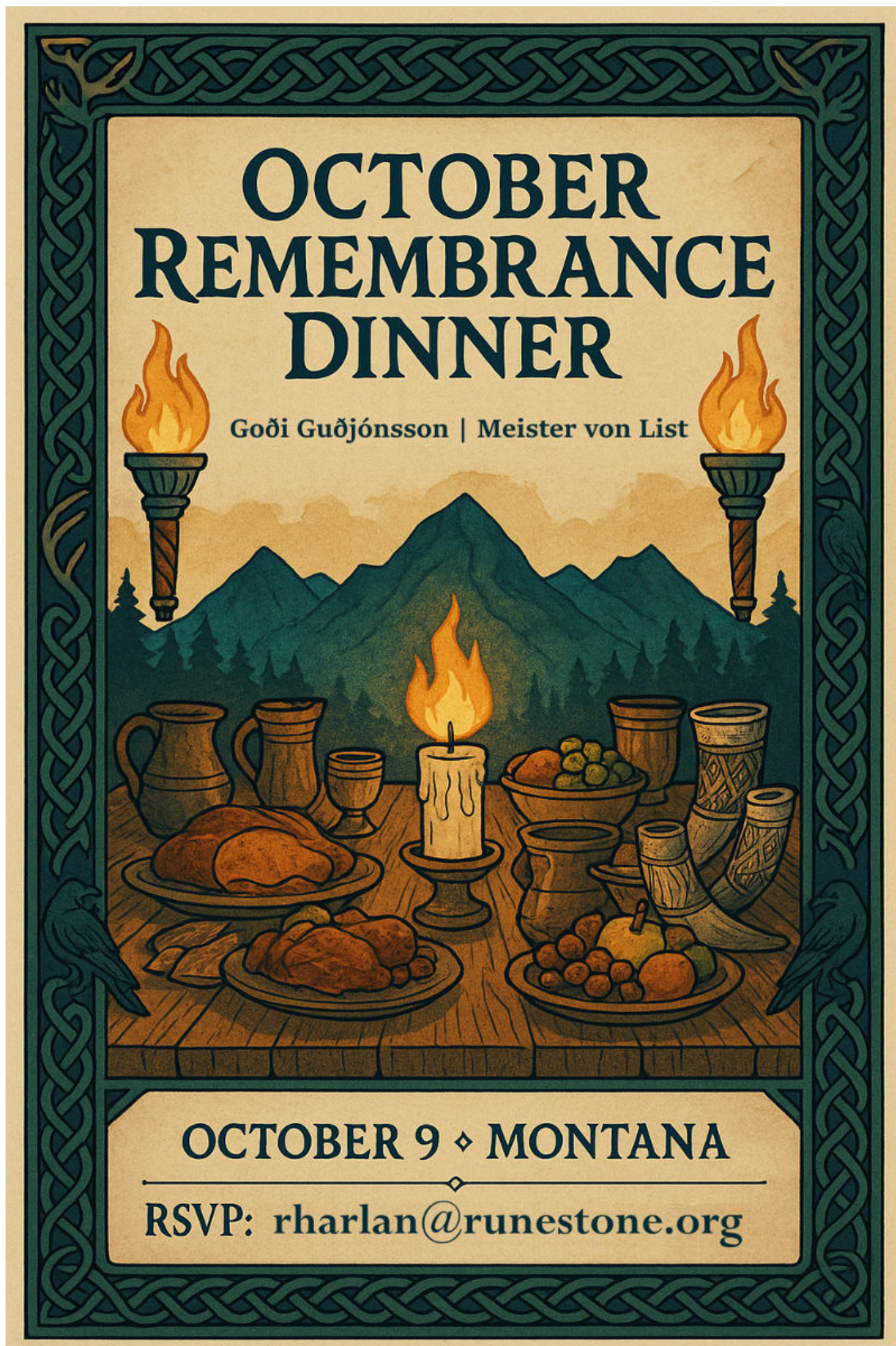






My family closed the month out with a quick weekend getaway to Crystal Park and Elkhorn Hot Springs. Located in the Pioneer Mountains, Crystal Park is a 200-acre day-use area where people can go rockhounding to their heart's content. Citrine, Quartz, Amethyst, and others can be found aplenty. A few shovels and other digging implements, some classifying screens, and containers in which to keep our finds are the tools recommended, but a keen eye and a bit of geological knowledge doesn't hurt! The opportunity gave itself to explain to my daughters how digging into the Earth for mineral riches was how one part of our family survived for generations. Prospecting of any kind has always brought me closer to the Ancestors on my Cornish side of the family, and this was no different. Digging and sifting, watching the girls romp through nature, and finding crystals to boot, made for a fun afternoon adventure before retiring to our rental cabin and a soak in the hot spring. A bit of dinner with friends as the air got nippy, and the continued energy of children playing closed the night. Up early for a bite of breakfast and more hot water before we headed back for some additional digging, we enjoyed a bit more time in the Pioneer Mountains before returning to take care of our responsibilities. The pile of firewood in my yard won't split itself, and the deer and elk aren't going to jump into the freezer. As mentioned before, winter will be here before we know it, and then, as Sunna's time in the sky dwindles, our efforts turn inwards.

Upcoming Events









Folkbuilder Ryan Harlan

rhylan@runestone.org

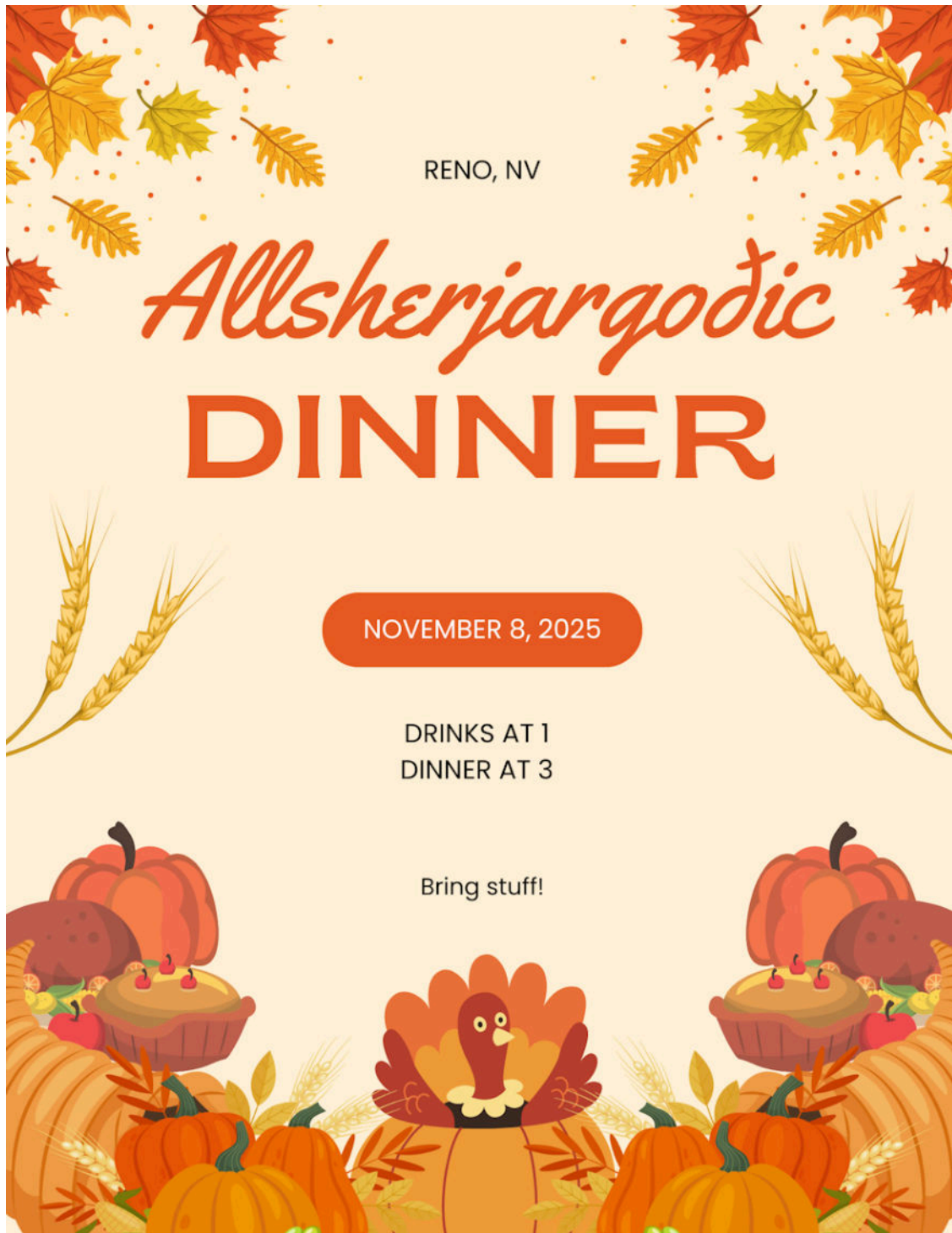
Nevada

Allsherjargöðic Dinner



Fall came quickly to Norther Nevada—it seems like it changed seasons overnight! Thank you to everyone who came out for our September dinner. As always we had a great meal and a great time. By the time this is published we will have already held our October dinner (10/4). We are looking forward to see everyone who can make it to our next dinner on November 8th!

Upcoming Events



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

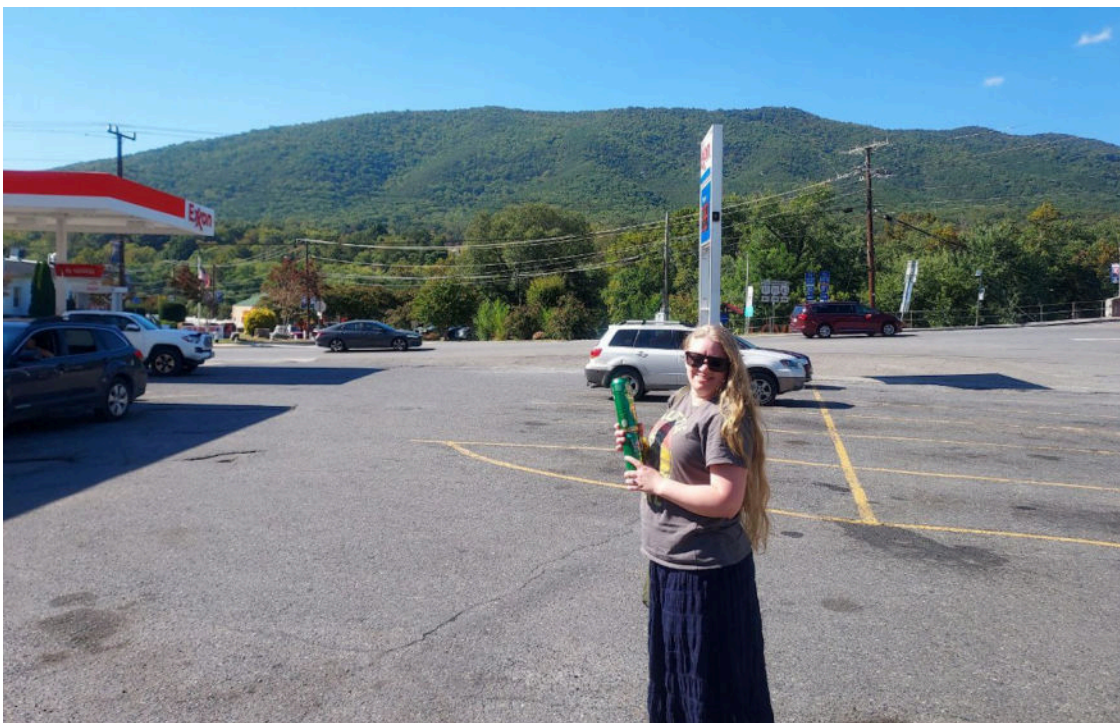
Oregon

Upcoming Events



Washington

East of the Sun, Part One



It's been slightly less than a week since me and Annika made the 2,400 some odd mile journey from her previous home in the Blue Ridge Mountains to my domicile in Spokane, and I've had a cacophony of thoughts running through my head that I'll try to organize somewhat here. It's been a major life transition for the both of us, more so for her than for me, but it's still a drastic change from what I'd been accustomed to for the last few years. I met this amazing woman through the AFA, we'd been talking every single day for the last six months, and I felt like I had known her for years. And yet, the reality was in that time frame, I'd spent maybe just shy of a week in person around her. A road trip spanning close to the entire width of a continent is a trial-by-fire way of getting to know someone, even someone you think you already know well. The stakes are increased by that person also moving in with you. Both of us went into this thing expecting there to be more hiccups, not necessarily in the form of interpersonal disagreements but in terms of mechanical failure or tapped funds at the bare minimum. Turns out, none of the above came to pass. Everything went shockingly smooth for a trip that long, though we weren't really pushing it. I think if we'd have wanted to, we could've covered all that ground in three days, but why if we didn't have to? A lot of this was new territory for the both of us, and we wanted to enjoy the ride.



I flew into Roanoke the Thursday before Haustblòt, technically early Friday morning if you want to split hairs. This was my first time in Virginia, and since it was the middle of the night, I wouldn't get to see it till the next day. I wasn't expecting to be as blown away by the Blue Ridge Mountains as I ended up being. Everything was lush and green in a way I'm not accustomed to, and every little town we drove through felt like it held on to a lot of history that most towns out west simply don't have. Streets are narrow, suggesting they weren't built with cars in mind, and the amount of buildings older than a century that were not only still standing but well maintained probably holds a lot

more novelty for me than it does for our fine folks out east. Whether in Lexington or any of the surrounding towns, Annika definitely got an earful from me about how cool it was to see anything built before 1970, which I think she took in stride.

She showed me around the college she went to in the next town over, which has this sweet bronze statue of a knight out in front. Knights aren't a common theme in statuary out west either, much less at a college. Animals and various historical American Indians are usually the name of the game, and it's apparent that our people's Folk soul has left a much deeper stamp on the part of the country east of the Mississippi. This should be self-evident, but I still feel the need to voice it out loud. Visual markers of Colonial America are endemic out that way, and I think it's really awesome to see. Lexington in particular has a ton of charm, and part of me feels like a bit of a jerk for stealing her from it.

That feeling extended to the next couple of days when we drove first down to Þórshof for Haustblót and then over to the Kinsler's place in Tennessee for Second Haustblót. It definitely felt bittersweet in a way. All the Þórshof Folk are wonderful people, and I want to thank you all for your hospitality and reassure you that Annika is going to be well taken care of out here in Óðinshof District. Me and her have got some ideas we've been bouncing around since before we even got home, and they're starting to morph into big plans for the region.

I've got a lot more to say but neither the time nor space to say it here, so this will be a multi-parter. Til next time!

Upcoming Events



Folkbuilder Nick Gunn

ngunn@runestone.org

Be a Doer



We need you to volunteer for the AFA!

Yes, you. We have work to do and need folk who are artists, editors, writers, accountants, lawyers, publicists, reputation managers, professionals of all manner, technical support, web developers, system admins, tradesmen, craftswomen, and

more. See the list of amazing projects we have below. We will find a way for you to help our Folk.

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

Eir's Blessings



Everybody needs a little extra help sometimes.

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

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

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

You can reach us at EirsBlessings@runestone.org

Calling all Folk Photographers



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 Ásatrú!



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



Lawspeaker Allen Turnage
aturnage@runestone.org



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