

The Runestone: Voice of the Asatru Folk Assembly
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Óðinshof

First Hof of the Asatru Folk Assembly

www.odinshof.org

September 2024

 Runestone.org

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 Rumble



Donate to the AFA

Words from the Alsherjargothi



Thank you to the amazing folks at Baldrshof for hosting another fantastic Freyfaxi celebration! I was so honored to show this beautiful Hof to Mandy and to Aubrey for the very first time. I am exceedingly proud of this Hof and of the amazing people that have made it such a special place.

If you have never made it our to a National or Regional AFA Event, now is the time! We have Freyr's Harvest Feast coming up a few weeks in Montana. We have Winter Nights in October, for the first time ever in New Hampshire. And in November we have the Feast of the Einherjar in South Dakota. I am looking forward to all of these amazing events and I would love to see as many of you as possible there. This is a great opportunity to get involved and really get a feeling for the amazing things we are building and the wonderful people who are part of our AFA family. The time is now.

It is great to go out to these big events and I encourage you all to do so. I would also encourage you to engage in hospitality this season closer to home. My experience in Ásatrú started with inviting others into my home and sharing a meal. I do that monthly still today and it is a special thing to gather the Folk around my table. It can be at your home, it can be at a park, it can be at a local restaurant. You don't have to be a Folkbuilder...our Folkbuilders would love to help you though. I encourage all of you to exercise hospitality by gathering the Folk near you and building the connections that make all this a community and a family. As we Find Winter this month, lets find it together, surrounded by AFA friends and family.

If you are interested in hosting anything locally, reach out to any of our Folkbuilders and we will help make it a success.

Hail the Æsir!

Hail the Folk!

Hail the AFA!



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Words from our Founder



<https://youtu.be/xxl86tRBQzo>



Founder Steven McNallen

Words from our Gothar

Blótferð—Ásatrú “Pilgrimage,” and Why It Matters



I've spent the last few weeks looking for the best possible Old Norse equivalent of the English Christian word "pilgrimage", and I have finally decided on the term "Blótferð"-roughly translating to "sacrificial journey". It means to travel to a Blót, whether it be to your local Hof, to a rented campground, or to a Hof on the other end of the continental United States.



Our ancestors would often travel quite far to participate in a Blót with their cousins across Germania or Scandinavia, the most well-known example of this is the former temple at Gamla Uppsala. This travel itself was seen as a necessary sacrifice, and it was a tremendous honor to be able to attend rituals led by the Goðar of Uppsala.



Times have changed, of course, but many things remain unchanged. We should all do what we can to attend ritual as often as feasible, and to see the glory of all five of the Ásatrú Folk Assembly's lands. The raw power of Óðinshof, the southern piety of Þórshof, the shining devotion of Baldrshof, the prosperity of Njörðshof, and the endless potential that is Sigrheim- these are already such a huge part of our Folk's reawakening, already nearing the equivalent of Gamla Uppsala. We are making history, living in what our descendants will look back on as a foundational period for Ásatrú!



There are quite a few of us across the AFA who have made these long road trips or flights to attend one of our Hof events, and I can tell you from experience that the sacrifice is worth it. Your effort is rewarded 1000 times over with great rituals, memories, food, and Frith.



Consider this a call to action! I urge everyone reading this to start planning a Blótferð to any of our Hofs, or to Sigrheim! Ásatrú in real life starts here!



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Declaration of Purpose 1



Our purpose in the practice and implementation of Ásatrú in the AFA is to tap into our ancestral ways, our ancestral spirit, and practice it as things are today. We are uniquely tied to this as a people and culture. These ways have been passed to us by our forebearers and our Gods, shaping us to be who we are. This is our cultural history belonging to our people with the divine heritage that our Gods and ancestors passed down to us at a cellular level in metagenetic form.



It has been millennia since we forgot what our ancestors inherently knew to be true. And that is that we come from the Æsir as they created our Folk in Askr and Embla. That we are a noble race with the ability to change our world around us as we see fit, opposed to being a race of stagnation, naivety, and lethargy. For over a hundred centuries our ancestors have been methodically weakened and now muzzled to the point of instilling fear and self-loathing by those afraid of us. This could never have happened in an all-out frontal campaign, no, it was methodical, deliberate, and

thorough with the utmost patience and arrogance, or so they think it to be thorough. It is up to every one of us to keep that flame of our Folk alive, to nurture that flame, and to share it with our Folk in our own campaign to reopen our eyes. This is all of our responsibility, from the Alsherjargoði to the new member that goes to a Moot for the first time. WE, have the ability to change our environment, to build each other back up to our former ancestral glory. When fear and hopelessness set in, reach out to your Folk and remind yourself that it is up to us as a people to come together in this, you are not alone. Don't be distracted by petty disagreements amongst each other, don't be drawn in to those who aim to divide and weaken us. Build your Folk up and they will build you up, strengthening your Folk will strengthen you. The adverse is also true so when you feel wronged or hurt by something, draw from your inherent nobility that the Æsir gave us and work it out with Courage, Fidelity, and Perseverance.



Gothi Nathan Erlandson
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As the Year Draws to a Close, Embrace the Season of Reflection



As we approach the end of the year and the season of outward work and harvest comes to a close, a new season emerges—one of introspection and inner work. Especially for those who experience the deep quiet of winter, it's a time when our focus naturally shifts inward, towards the warmth and comfort of home and the workings of our inner lives.

One powerful tool for this inward journey is journaling. Journaling has been a cornerstone of self-discovery and growth throughout my life, appearing in various forms—whether as a "Dream Journal," a "Book of Shadows," or simply a diary. Each form has served as a guide to understanding the complexities of my inner world, helping to affirm the more intangible aspects of life.



Think of journaling as taking inventory in the "business of you." Much like an inventory sheet in a commercial business, journaling allows you to keep track of your experiences, progress, and projections for the future. It's an opportunity to catalog the joys, pains, strengths, and weaknesses of the past year.

When you find yourself feeling stuck, confused, embarrassed, lost, or overwhelmed—write it down. Record it alongside your successes and victories. As you periodically review what you've written, you may start to see patterns emerge, offering insights into what drives you and what holds you back.

In the coming year, consider inviting the wisdom of the Gods and the guidance of your ancestors to help you cast away what no longer serves you and to bolster the elements that propel you forward. Through this practice, may you find clarity, peace, and a deeper understanding of yourself.



Gothi Jason Plourde

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Goði Thorgrun Odden ~ A Life Well Loved



Writing this has been a slow process for me. How does one compress the sharing of lives, spanning three decades, into a single article? Interwoven like knotwork, there was joy, heartache, births, deaths and weddings. I knew it was my role to see this last stage to the end; to help Thorgrun and his wife grasp the unknown.

Thorgrun Odden's passing added a new page of the AFA story. For the first time, we began preparing an Asatru funeral based on the "forever" role of a Goði. Tools and handwork had been his trade as a carpenter. Our Folkbuilders brought those same skills to the forefront to plan a memorial that celebrated Thorgrun's love of tradition and the

ancestral ways.

There was already a familiar grave in our Óðinshof Cemetery. Their daughter, Rebekah Thompson Roth, passed away suddenly, leaving two young children behind. At Midsummer 2020, we gathered to intern her ashes, the first sacred remains in our cemetery. It was understood that Thorgrun's ashes would be placed within arm's length of Bekah's grave.

Over several days, Brodie and Daniel dug through the cement-like soil and lined the hole with concrete, doing everything "the right way" - for that is what Thorgrun deserved as a beloved family-member and leader within the AFA. By the time we gathered at Thorgrun's grave on August 18th, a stunning Algiz rune made from hefty limbs stood in the place where a headstone will eventually lie. Chunky rocks curved around the length of the gravesite in the shape of a ship - a Viking ship, with an upright boulder at each end - just as Thorgrun would have wanted it.

The date for the memorial service fell on the weekend of Freyfaxi, which was always Thorgrun's special event as a devotee of Freyr. As Founder and Gyðja respectively, Steve and I recounted to everyone the significance of the Freyr Blót which we were about to lead. Thorgrun was honored throughout the ritual, but the next day was wholly Thorgrun's. Sunday was also Thorgrun's 78th birthday. Whether deliberate or Wyrð-at-work, it was the perfect date. Katie, Thorgrun's life-long wife and partner of 55 years, was delighted at the synchronicity of dates, and so the invitations went out far and wide.



For weeks, Katie and I had planned the splendid reception that would follow the funeral rite. She called on Mother Frigg as she gathered the treasured items he had collected along the way, reflecting his dedication as a Freysgoði. All of these items, as well as family photos and Thorgrun's ritual garments, were on display when guests entered the Hof.

The Hof was bright and welcoming in autumn splendor. The efforts of the last few days showed. Fall leaves in various hues of orange covered the black tablecloths.

People were directed to a table with writing and crafting materials so they could make “grave-goods” as gifts for Thorgrun to take on his journey. Eventually, the moment arrived: It was time to proceed to the cemetery.

The Hof-team made sure that rows of seats were waiting beneath the shade of popups. Guests and kin were seated as we began our procession across the parking area to the cemetery gate. Steve and I led the way, carrying the AFA horn and the handmade box with Gothi Thorgrun’s remains. We were followed by Olivia, holding the small box of grave-goods. With the horn filled and raised, we called to the Holy Æsir, the Ancestors, and the Landvætrr to be with us to honor this great man. I spoke of Thorgrun’s journey through life, describing him as a good and stalwart friend to everyone who now sat by his grave, and a man of high principles who could always be counted on to give his best and share his wisdom.

Founder McNallen and I together dipped a frond of cedar into the bowl of mead. We called on Daniel to bring forth the box containing Thorgrun’s ashes, which Daniel had lovingly built with rare woods and runic symbols. We placed it in the grave, heavily sprinkled with mead. Olivia and her family then stepped forward with the box of grave-goods and placed it next to the wooden box. It, too, received blessings of holy mead as we said our words over the grave. Calls went out. “Hail, Thorgrun Odden!”



But we were there at two graves belonging to this family. To our right, was Bekah. We stepped to her graveside to give special blessings and love for this reunification with

her father. From everyone's heart, came the shouts, "Hail Bekah!"

Final blessings to Thorgrun included thanks for sincere friendship, and for leading so many lost souls to a noble and virtuous life under the banner of the Aesir. At that point, Founder McNallen said his own words of farewell, ending with the Hávamál stanza, "Cattle Die, Kinsman die..." Hail to those, worthy of remembrance. Gothi Odden was now one of the esteemed Ancestors.

The rite was done. As people filed back through the wrought-iron gate, Olivia stood with the small bowl of mead. For those who wished, she gave the rune Raido on their foreheads. Most asked for that blessing, in honor of Thorgrun, while Katie received condolences and hugs.

The rest of the afternoon had a festive atmosphere as we offered mead and cider for a group toast to Thorgrun. As all stood up, a thunderous, "Hail Thorgrun!" filled the Hall. Next was a slideshow, beginning with Thorgrun's ancestors, then traveling through his personal years with his young family. Then came memorable events during his AFA years. The slideshow ended with recent photos at Óðinshof, among the folk who so loved and respected him – all to the tune of Willie Nelson's "On the Road Again." Yes, that would be Thorgrun...



We feasted in his honor from a table laden with croissant-sandwiches, salads, and trays of veggies and fruit. The final task before us was to celebrate his birthday with a cake made for the occasion. Our voices filled the hall with joy as we sang “Happy Birthday” for his 78th.

This part of Thogrun’s life was done. We had given good closure to family and friends who had come to give homage to this exceptional man. Our own AFA Folk saw how well our leadership worked seamlessly, in unison, to create this day of tribute. We were the Do-ers. We ARE the Do-ers!

Hail the Folk!

Hail, Goði Thorgrun Odden!



Gythia Sheila McNallen

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The Runestone - A Throwback

In honor of the upcoming Winter Finding celebrations

Ullr's Gifts to Hunter by WulthuthewaR

From The Runestone, Fall-Winter 1999



Long ago, in the days before man received the gift of iron or runes, he hunted. During the long, cold winters, it was the heart of the tribe. Long after the plants were gone, hunting provided food. Long after Sunna's warmth had gone, it provided furs for warmth.

The whole tribe hunted together as the whole tribe ate together. With nets they captured the large game, with rocks and sticks they killed the small. All was well.

Until the year the tribe almost died.

It was a harsh winter. Cold enough that a sapling bent to set a snare would snap. Cold enough that the people had to go far out on the ice to break through for water. Cold enough that a child grew deathly ill.

The child's sickness swept through the tribe, making everyone too weak to hunt, save one. He was called Hunter, for he was the best at killing a rabbit with a thrown rock or stick.

He tended his tribe, waiting for the sickness to pass. None died, but none regained their

strength. Then the stored food was gone, and the fever did not pass.

Hunter gathered his rabbit sticks and went out. The snow was deep, and Hunter had to force his way through it. The hares and rabbits, who walk on the crust of the snow, heard him, and stayed out of his range. Hunter wished that he too could walk on the snow, but he was not a rabbit and had to return home at the end of the day without food.

And his tribe grew weaker, and his daughter no longer answered when he talked to her.

The next day he took the tribe's nets out to the trails the larger animals left in the snow. He found two trees close on either side of the trail and placed the net across it. Hunter then circled far around and, with his flint tipped spear, waited beside the trail. Deer rushed down the trail towards his net but stopped in front of it. Hunter rushed towards them, yelling, and hoping to scare them into the net, but they ran around it. Hunter threw his spear, but even at his closest, he was far out of range.

Without others to cast the net, the deer could not be caught.

Again, Hunter returned home unsuccessful. And now many of his tribe no longer spoke, and all were close to death.

The next day Hunter brought all of the tribe's nets. Hunter skillfully created a trap from them, so that no matter which way the deer ran they would be ensnared. Hunter again circled far around and, with his flint tipped spear, Hunter waited.

A bull moose ran down the path and, being poor of sight. into the net. Angered, it began tearing the precious nets to pieces. In horror, Hunter jumped forward and thrust the spear into the moose. But a spear thrust will not kill a moose, and Hunter had to climb a tree for his life.

As Hunter sat in the tree, he felt a new type of cold, this one starting from his heart and flowing out. Hunter had failed. He could not provide food for his tribe, and without food all would die. Hunter wept for his people.

A movement in the snow caught Hunter's attention. He watched in amazement at a tall man walking across the top of the deep snow carrying a bent stave. Hunter had never seen a man such as this before. who seemed to shine brighter than the snow. He looked at his feet and saw that he walked on nets stretched between sticks. The man stopped before Hunter and reached up, touched his tears.

"My people," said Hunter "they die. They are starving and I cannot feed them."

The brilliant man pointed across the field toward several deer, who were poking their heads deep into snow to graze.

"I have tried." Hunter said, "but they are too wary for me to net alone, too wary for me to approach in this snow."

The man lifted his bow. He pulled an arrow from his quiver and fitted it to the string. How strange thought Hunter, yet his heart raced with excitement. With a snap, the bow sent an arrow across the field, dropping a deer.

Something else snapped in Hunter's mind, and he fell from the low branch. Suddenly he understood the bow, and how it sent the arrow further and faster than he could throw it. Suddenly he understood the snowshoes, and how they trapped the snow like a hunting net.

He got to his feet and looked around. The man was gone, but his belongings remained. "Who are you?" breathed Hunter. A voice inside his head told him "You will hear my name in the howl of the wolves," and he shivered.

Hunter picked up the snowshoes and looked at them. "We can make these!" he said, and tied them to his feet.

Hunter picked up the quiver of arrows and examined one. "We can make these!" he said, and tied the wolf hide belt around his waist.

Hunter picked up the bow and drew the string. "We can make this!" he said, and slung it across his chest.

Hunter then hurried to the deer, for he had many to feed in the coming days. As he dragged it home, he heard wolves in the distance. He listened to them calling to him who is first among them.

"Uuuuulllll" they called.

"Ulll" Hunter replied.



<https://youtu.be/cofmBz0Qxv4>

Ásatrú Trúlögmál



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

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

We have known for a long time that a clear expression of the fundamental beliefs of the

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

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!



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The Quest for Freyshof

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

– Gylfaginning



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

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

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

1. We need to pay off Njörðshof.
 - The first of 2 loans have been paid off!
 - We now owe \$79,111 on our remaining loan.
2. We need to raise our monthly donation average by 9.6%.
 - This is membership dues/Hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.



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

Hail Freyr!



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Sigrheim: Home of Victory

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨ ✨ ✨
amazon

Thank You!

[CLICK HERE](#)

Upcoming Events

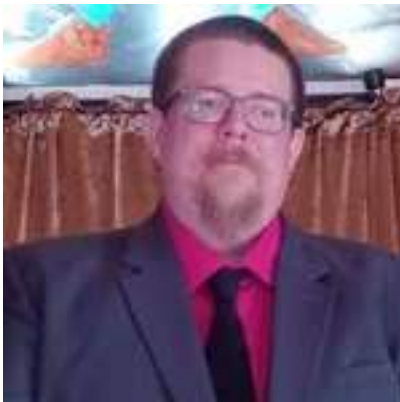




Winter Nights at Sigrheim

October 19th at 830pm

RSVP to
nrice@runestone.org



Folkbuilder Nicholas Rice
nrice@runestone.org

Victory Never Sleeps



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

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

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

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

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



We've got merch month over at the [Runestone Store!](#) Go check it out!



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AFA Asatru Academy

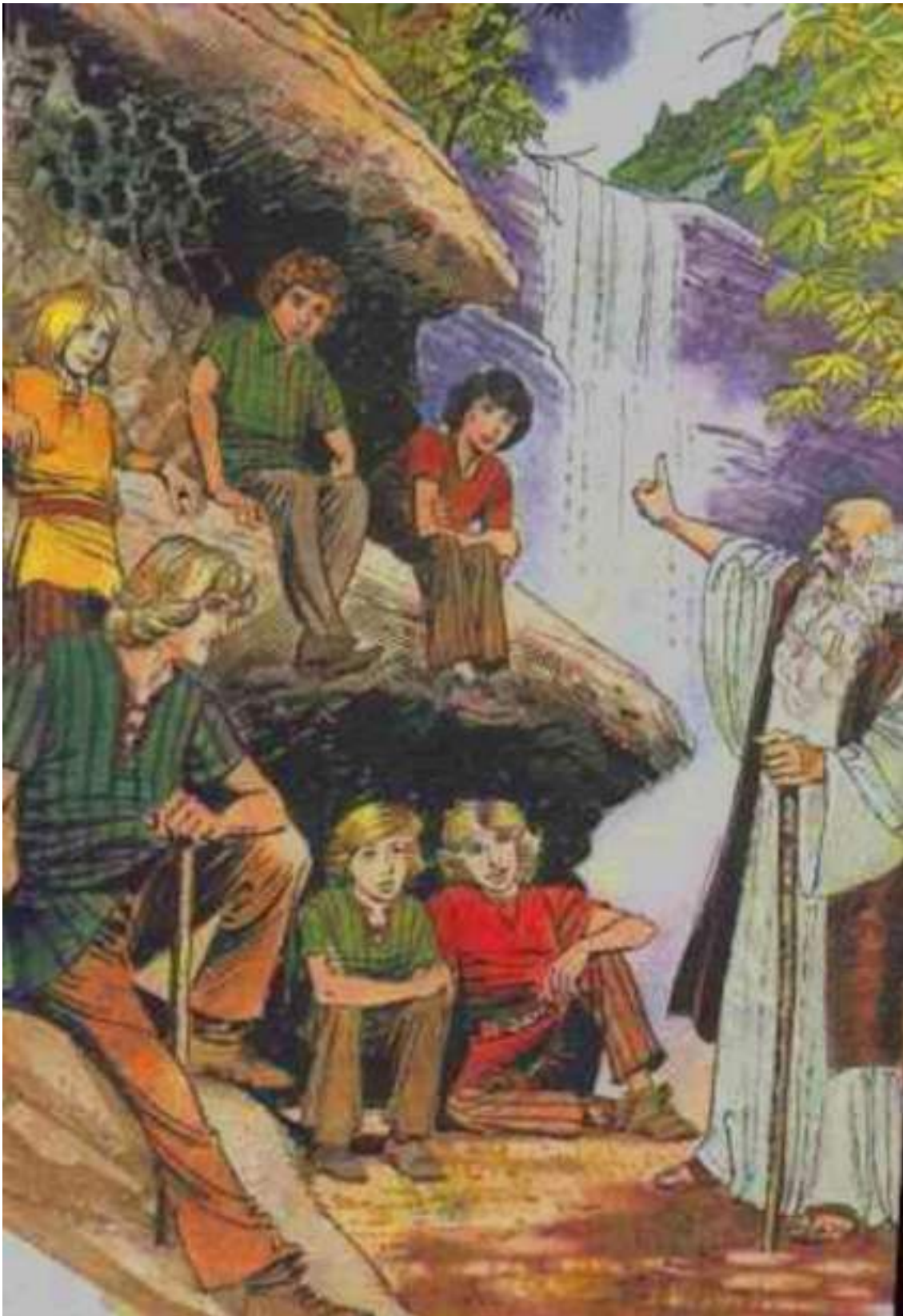


Check out the Asatru Academy at AsatruAcademy.org



We've got merch month over at the [Runestone Store!](#) Go check it out!

Asatru Academy Offers Religious Instruction to All Our Kids



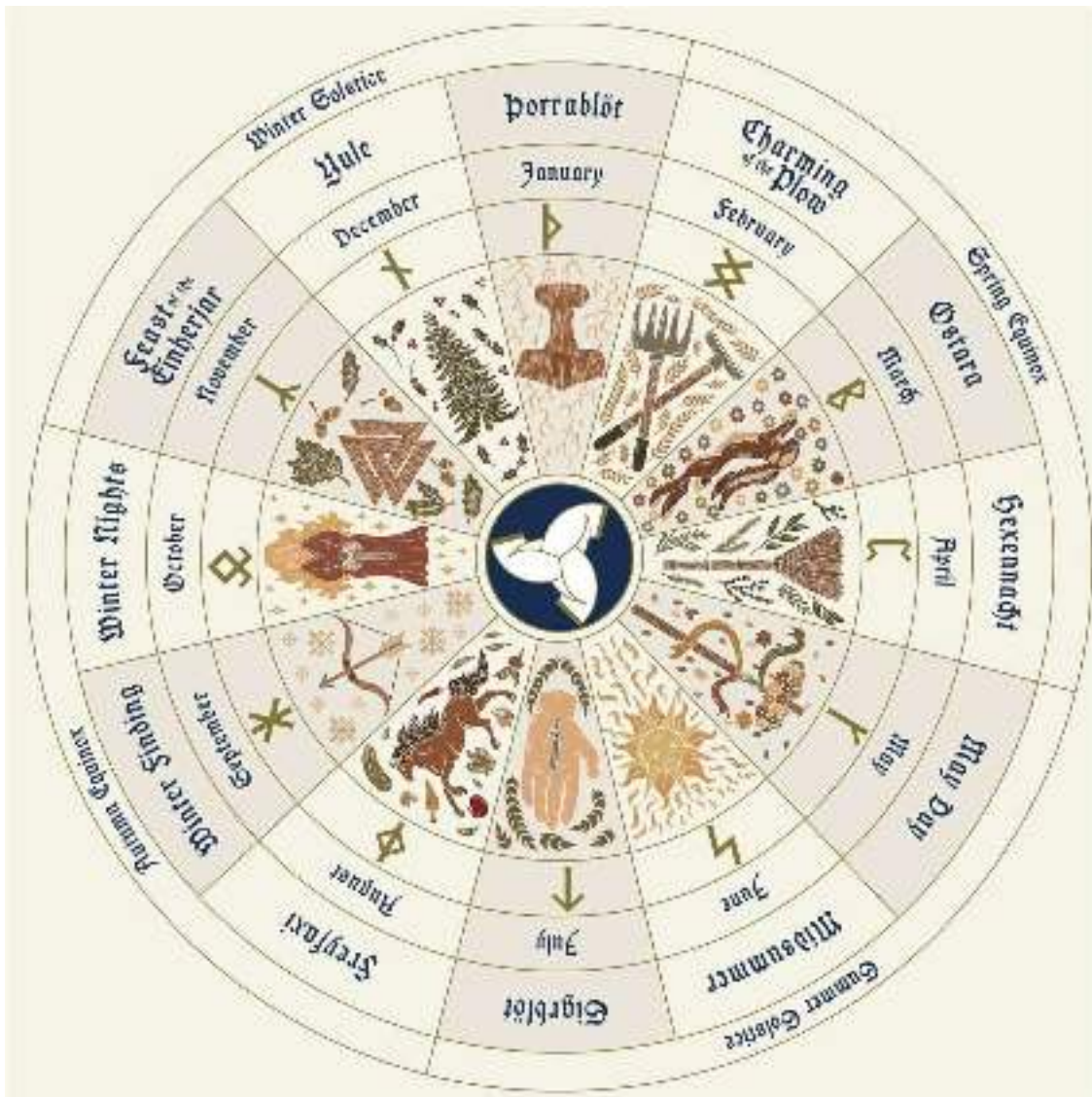
Something that the Academy is doing different this year. We are opening enrollment to our kids who may have to attend public or private school for one reason or another. Why would a parent duel enroll you might ask? Well, we want all our AFA kids to benefit from a solid folkish Ásatrú religious upbringing. To that end, even if your child is in a public or private school, we would still love for you to enroll in the Academy, so

that your child has access to our Ásatrú religious lessons and activities! We certainly understand that in today's economy and circumstances, some parents may not be able to commit to a full homeschool program, however we don't want that to be an obstacle for our parents when it comes to giving their children quality Ásatrú teachings. We would really love to see all our AFA kids enrolled, and learning about our beautiful faith together. Reach out to any of our Academy staff with any questions you have, we are here to help. Your local Folkbuilders and Goðar are also ready to help and answers your questions. We sure hope to see you soon!



Goði Rob Stamm
Dean of the Ásatrú Academy
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Remembrance & Holy Days



[Calendar – Asatru Folk Assembly \(runestone.org\)](http://runestone.org)

2024

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 20	Porrablót
February 1	Day of Remembrance for King Eanfrith of Bernicia
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 19 (observed on 16th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 10	Day of Remembrance for John Yeowell “Stubba”

Date	Observance
April 30 (observed on 20th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 18th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 20 (observed on 15th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 20	Sigrblót
August 1	Day of Remembrance for King Osric of Deira
August 9	Day of Remembrance for King Radbod of Frisia
August 17	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 21st)	Winter Finding
October 1	Day of Remembrance for John Gibbs-Bailey "Hoskuld"
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 19	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 16th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31 (observed on 21st)	Yuletide

September



<https://youtu.be/UpNZ3lhRNLc>

Day of Remembrance

Prince Hermann of the Cherusci | September 9th



Υ 18 BCE - 21 CE Ⴛ

Prince Hermann of the Cherusci, or Gaius Julius Arminius, was born to the Chief of the German Cherusci Tribe, Segimer in 18 BCE. Segimer was a Roman sympathizer and both of his sons, Hermann and Flavus, were raised in the Roman Empire under Roman “guardianship”. Hermann proved to be equal to the task and it did not take him long to excel as a soldier in the Roman Legions. He earned both Roman citizenship and the rank of a Roman Knight before distinguishing himself in His exploits in the Great Illyrian Revolt, after which he was sent to Germania to aid in finishing the conquest of the Germanic Tribes.

Once in Germania again, Hermann was able to quietly unite five Germanic tribes with the intention of overthrowing the Roman occupation of his land. His deep knowledge of Roman warfare and his sharp tactical mind led to the historic Battle of Teutoburg

Forest, and Rome's most devastating defeat. Despite backlash from his Roman sympathizing father and brother and the loss of his wife and then-unborn son, Hermann continued to fight against the Romans and their retaliatory attacks.

Ultimately, Hermann was assassinated by Germanic tribal leaders who were frightened of his great power, in 21 CE. Even so, it was his crucial victory in the Teutoburg Forest that forever changed the face of Germania and the Roman Empire.



So, what can we learn from this story?

We no longer have the ancestral homeland to fight for as our ancestors did. We live too scattered, and the countries of our ancestors are not what they once were. However, we still have families, we have ideals, and we have Ásatrú. Every day is a battle to hang onto those ideals that no longer have a proper place in our modern society. Every day is a battle to make our world a little better, a little stronger for those who we leave behind when we die. Patience and fortitude will get us far. So will the knowledge of how-to best fight for what we want. With the knowledge of how to do things the right way, it might take that one decisive victory to reshape the future of our Folk.

y Germanic tribal leaders who were frightened of his great power, in 21 CE. Even so, it was his crucial victory in the Teutoburg Forest that forever changed the face of

Germania and the Roman Empire.

Holiday

Winter Finding | September 22nd (Observed 21st)



The ancient calendar only recognized two seasons. There was summer, and there was winter. Just as May Day was their first day of Summer, Winter Finding was their first day of winter. The temperature slowly begins to fall, the days get shorter. Those who grow their food begin preparations for the final harvests. The larders are growing full with the fruit of earlier efforts. Now it's time to begin the hunt, to kill enough game to finish winter's preparations.

Today, many of us don't have the same connection to the need for food and preparation that our Ancestors experienced. Food has become easy to access, and therefore not so vitally important. Those who hunt, usually do it for sport not because without it they don't have the food to survive the Winter. This doesn't mean, however, that we cannot take the time to think and reflect. Thus begins the Winter season. Thus begins the death of the "world" too dark and cold. We can all see and feel the change in the world around us. Our days are shorter, the nights grow colder. The leaves change and begin to fall.

Get outside and find someplace to sit and feel the changes. Make a hearty meal to share with your family and with the Gods. If you hunt dedicate, your first kill to the Gods and Ancestors, to Ullr. Share a choice cut with them. Now is time to begin the “closing in.” Everyone begins to gather closer to home, sticking close to push away the wintery drear. Take time to remember what’s important.

Freyfaxi, a Recap



<https://youtu.be/lr-45bVjqy0>

The very wonderful leadership of Baldrshof spent weeks and months in careful planning, diligent preparation, spent sweat and tears and elbow grease, all to bring you out showcase event for the year, Freyfaxi! And what an event it was!



The festivities kicked off with a morning dedication on Friday to the Folkmother Else Christensen performed by Folkbuilder and Gyðja student Sara Ault. Friday was packed with moving and uplifting spiritual activities. Witan Fassett lead the Folk in the now famous Æsir meditation, also known as the litany. If you haven't experienced this, you must! Sara Ault performed a beautiful Welcoming of the Gods Blót. Friday ended with a beautiful Baldr Blót performed by our Alsherjargoði Matt Flavel, and then the Folk danced and had a blast at Baldr's Ball! Witan Fassett Rules: everyone MUST dance at least once!



Saturday started off with a delicious breakfast, and a dedication for Baldr by Folkbuilder Ashley McStocker. The day kept rolling with an ice bucket challenge where some brave Goðar, and even a few Witan, volunteered to be doused with ice cold water for Baldrshof charity.



Saturday also saw a very moving Freyfaxi Blót by Witan Daniel Young. Witan Young is best described as a fiery southern Goði. Witan Young's Freyfaxi Blót was (in this Goði's opinion) the best Blót he has possibly ever done. If you weren't inspired, uplifted, your soul alight with passion for the Gods, then you may need to check your pulse. Passion and piety are a tradition in the Young household, as we were also treated to a very beautiful Nanna Blót by Folkbuilder and Gyðja student Heather Young. Saturday night ended with a wonderful, heartfelt Sumbel enjoyed by all present.



The last day of Freyfaxi dawned on Sunday with an ancestor dedication performed by Folkbuilder Chris McDowell. Goði Stamm officiated our final ritual of Freyfaxi on Sunday, the Wayfarer Blót. This final act of worship is bitter sweet.



We celebrate the wonderful weekend filled with Frith, family, and worship. We hug, we cry, we say farewell. We do not say "goodbye" we say "see you later" until next time. Freyfaxi was really a joy. Folk left with full hearts and spirits renewed. We sure hope you'll join us next month for Winter Finding, and of course, Freyfaxi 2025!




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

Upcoming National Events

Freyrs Harvest Feast | September 20th-22nd

FREYR'S HARVEST FEAST SEPTEMBER 2024





Freyrs Harvest Feast is the time to honor the Gods after a productive year's Harvest. As we gather together for a weekend filled with activities, we honor the three Vanir deities Njörðr, Freyr, and Freyja.

During the course of the weekend, the Folk gather together for three Blótar using mead donated by Heinlein's Hollow Meadery.



In addition to Blót, we see the display of Freyrs Proposal on stage and host the viking games tournament with a prize to be revealed at the feast. In addition to brawn, brain is tested in our Hnefatafl competition. While this competition is less fierce the bragging rights are still pretty good. Guests can also test their luck at a game of Orlog.

While there are plenty of contests, we still have plenty of time for several workshops, speeches by guest speakers including Gothling student and renowned Folkbuilder Tyler Bethea. Craftsmen will also bring their wares out to sell and authors to sign their books. An auction benefiting the AFA will provide ample opportunities to walk away with a bag full of spoils.

The whole event is hosted on a private 20-acre ranch in a very low population area. It's on the river and away from prying eyes. So not only do you get to enjoy a full event, you can take in the beauty of rural Montana, enjoy the river, and see what an AFA homestead looks like. For those of you that came last year, you'll notice quite the host

of improvements, including new buildings, showing we are anything but idle at Fólkvangr.



Lodging is straightforward as well. Bring an RV or tent and camp under the beautiful stars. Trust us when we say there's more of them visible than wherever you're coming from, and on lucky nights, the Northern Lights can be seen.

For those who want some less rustic accommodations, there are numerous hotels and motels within a reasonable driving distance. In a few more years, we will have cabins available too!

So that's lodging but everyone's got to eat right? Well we got you covered as well. The meals are all plentiful and delicious, none more so than the feast itself. We fed forty people last year with plenty to spare, and this year even more gardeners and hunters have chosen to add to the feast. Gallons of mead will be provided for the feast, and the couples dance that follows is always great fun.



Remember to dress your best at the feast and dance, but it won't all be formal. For the first Blót, we go into the water to honor Njörðr. Ladies especially, make sure that you wear clothes that you're not only comfortable getting wet but are also modest when wet.

While the prospect of getting into the water in September might be daunting to some, the month has a wonderful climate. It has a high of 70 and low of 50 with a nice mid day breeze.

The truth is, unless you come out, you won't know what you're missing, so don't make that mistake and come out to Freyrs Harvest Feast.

Any questions please feel free to reach out.

Get your tickets [HERE!](#)



Folkbuilder Tyler Heinlein
theinlein@runestone.org

Winter Nights XIII | October 11th-13th



Started in 2012, the Asatru Folk Assembly's Winter Nights festival was hosted at a beloved camp in Pennsylvania for its first decade. Winter Nights has since been hosted in Ohio and in Tennessee and this year Winter Nights XIII will be held from October 11th – 13th, in Cheshire County, New Hampshire!

This long-running AFA festival is dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, Goddesses, and Ancestral Mothers. 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!

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.

Winter Nights III Troy, NH Oct. 11th-13th

Friday
 12:00 Arrival
 13:00 Lunch
 14:00 Welcoming of the Gods
 16:00 Presentation by Folkbuilder Jon Rock
 17:00 Blot by Alsha (Jurgoth) Matt Flavel
 19:00 Supper

Saturday
 08:30 Breakfast
 10:00 Adults vs Kids Battle
 11:00 Women's Group / Men's Group
 12:00 Lunch
 13:00 Presentation by Folkbuilder Mike McIlillo
 14:00 Oseomoney with Gythia Guffe Erickson
 15:00 Folk services
 17:00 Auction
 18:30 Supper
 20:30 Disir Blot
 22:00 Sumbel

Sunday
 09:00 Breakfast
 11:00 Wayfarer's Blot

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.

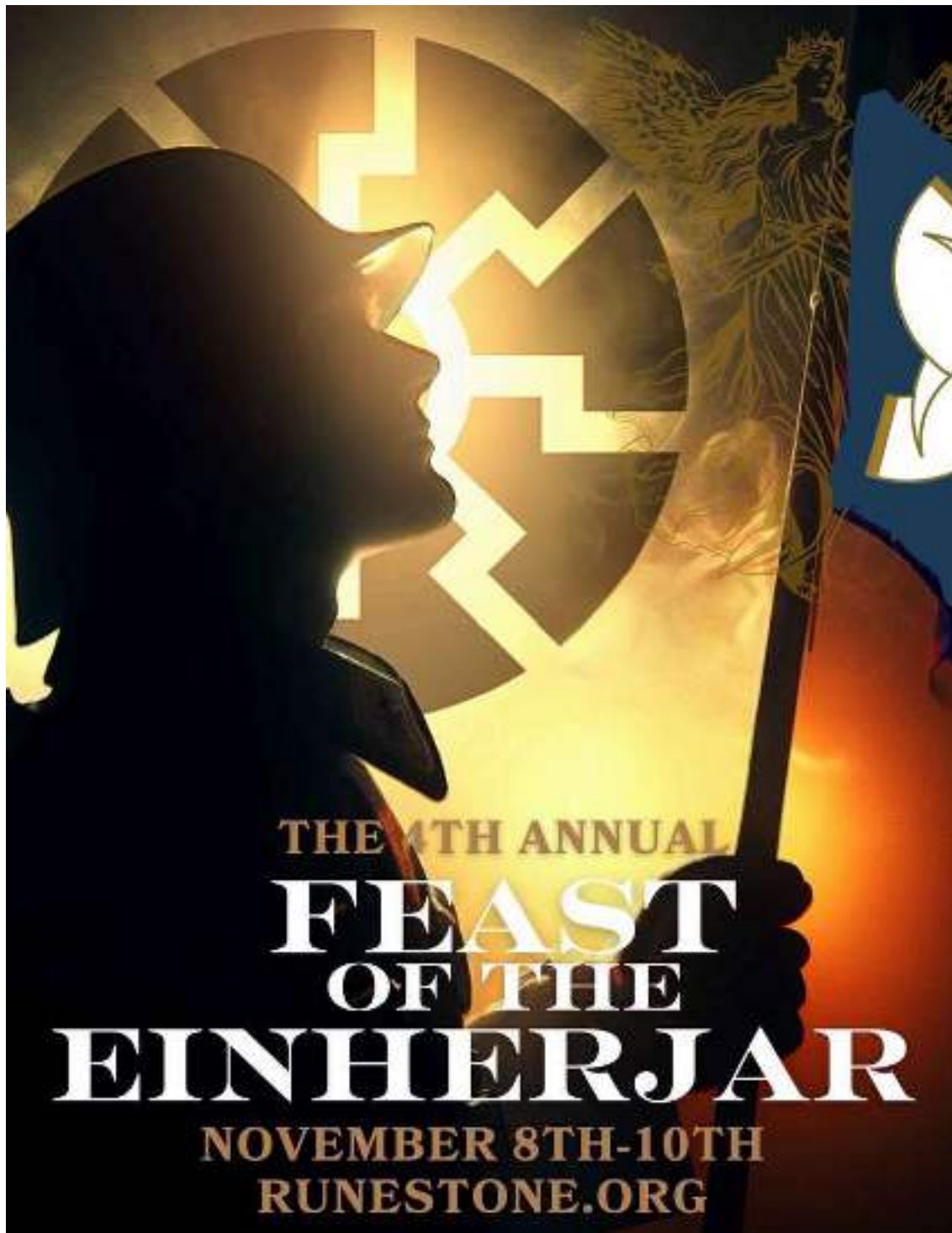
If you have any questions or concerns, please email cerickson@runestone.org

Get your tickets [HERE!](#)



Witan Clifford Erickson
cerickson@runestone.org

Feast of the Einherjar | November 8th-10th



Mark your calendars. Join your Folk in honoring our warrior ancestors and those that still fight for the Folk today! Meet us in South Dakota for the 4th Annual Feast of the Einherjar, November 8-10. Ticket includes all meals, lodging, Folk activities, and ceremonies.

Get your tickets [HERE!](#)



Gothi Nathan Erlandson
nerlandson@runestone.org

A Folk Services Campaign

Helping Chris Keep His Home (and that awesome garden!)



If you're able, please consider donating at
<https://store.runestone.org/product/helping-chris-keep-his-home/>

Hello Folk, I need to ask for your help. I am a disabled veteran and due to some unfortunate circumstances, I am facing foreclosure. In order to prevent that from happening, I need to make a large payment before they can put me on a

payment plan. I am on a fixed income which makes this very hard to do, I appreciate the help and support of the Folk. Thank you.

Hail the Gods! Hail the Folk! Hail the AFA!
Hail Victory!!!



Folkbuilder Christopher McDowell
cmcdowell@runestone.org

AFA Prison Ministry



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

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

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

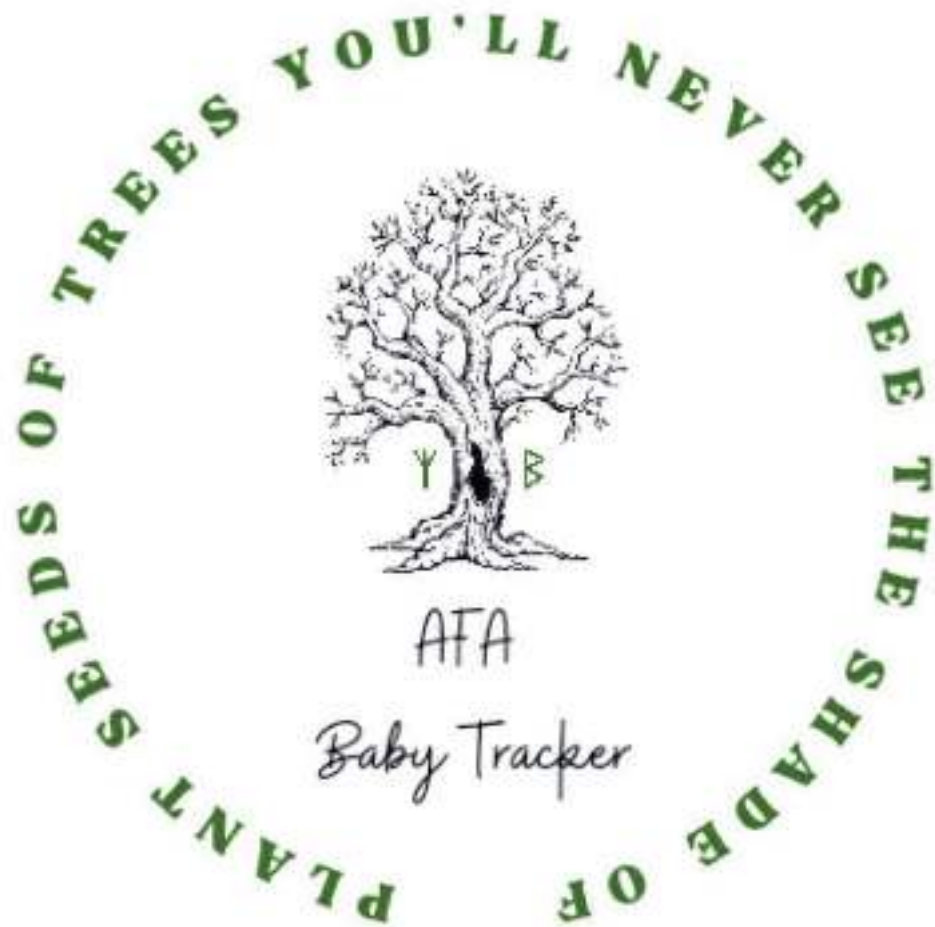
By the example of our Folkmother, Else Christensen, we will also be going into prisons as we are able to. Some of our Gothar and other leadership, will be going into the prisons to hold study groups, lead blot, and encourage continued growth in the folk inside.

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



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

Baby Tracker



To show the growth of our folk we present to you an ongoing baby tracker. We will be keeping track of how many children have been and are born within the AFA from 2022 and forward. 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 2024: 23

Online Gatherings



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

AMcStocker@Runestone.org



SISTERS SUNDAY CHATS

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

The poster features a dark brown background. At the top, the text "SISTERS SUNDAY CHATS" is written in a light pink, arched font. Below the text are two illustrations: on the left, a white cat with orange stripes is curled up on a striped mat, surrounded by green leaves and a purple flower; on the right, a branch of a strawberry plant with green leaves, white flowers, and several red strawberries is tied with a red ribbon. At the bottom, the text "Second and fourth Sunday of the month", "10 am central", and "Contact Folkbuilder Ali Clausen" is written in a light pink, serif font.



AFA Reading Challenge Meetings



1/9/24	Link will be	7/9/24
2/13/24	posted on	8/13/24
3/12/24	MeWe the	9/10/24
4/9/24	weekend	10/8/24
5/14/24	before the	11/12/24
6/11/24	meeting	12/10/24

CONTACT FOLKBUILDER ALI CLAUSEN FOR DETAILS
ACLAUSEN@RUNESTONE.ORG OR ON MEWE

These meetings are family friendly so please, no politics or overly mature topics

Ladies Book Study

Revolt Against the Modern World

by Julius Evola

Starting

July 11th

7 pm CST

**We will meet
every Thursday.**

**Unless there
is a national
event that
week.**



For more information contact

Witan Brandy Fassett

Folkbuilder Sara Ault





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

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

I hope to see you there!

Lore Study with Gothi Jason Plourde

Join us every Tuesday night

at

6:00 pm EST

5:00 pm CST

4:00 pm MST

3:00 pm PST

2:00 pm AKST

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

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

ELDRI

Meetings

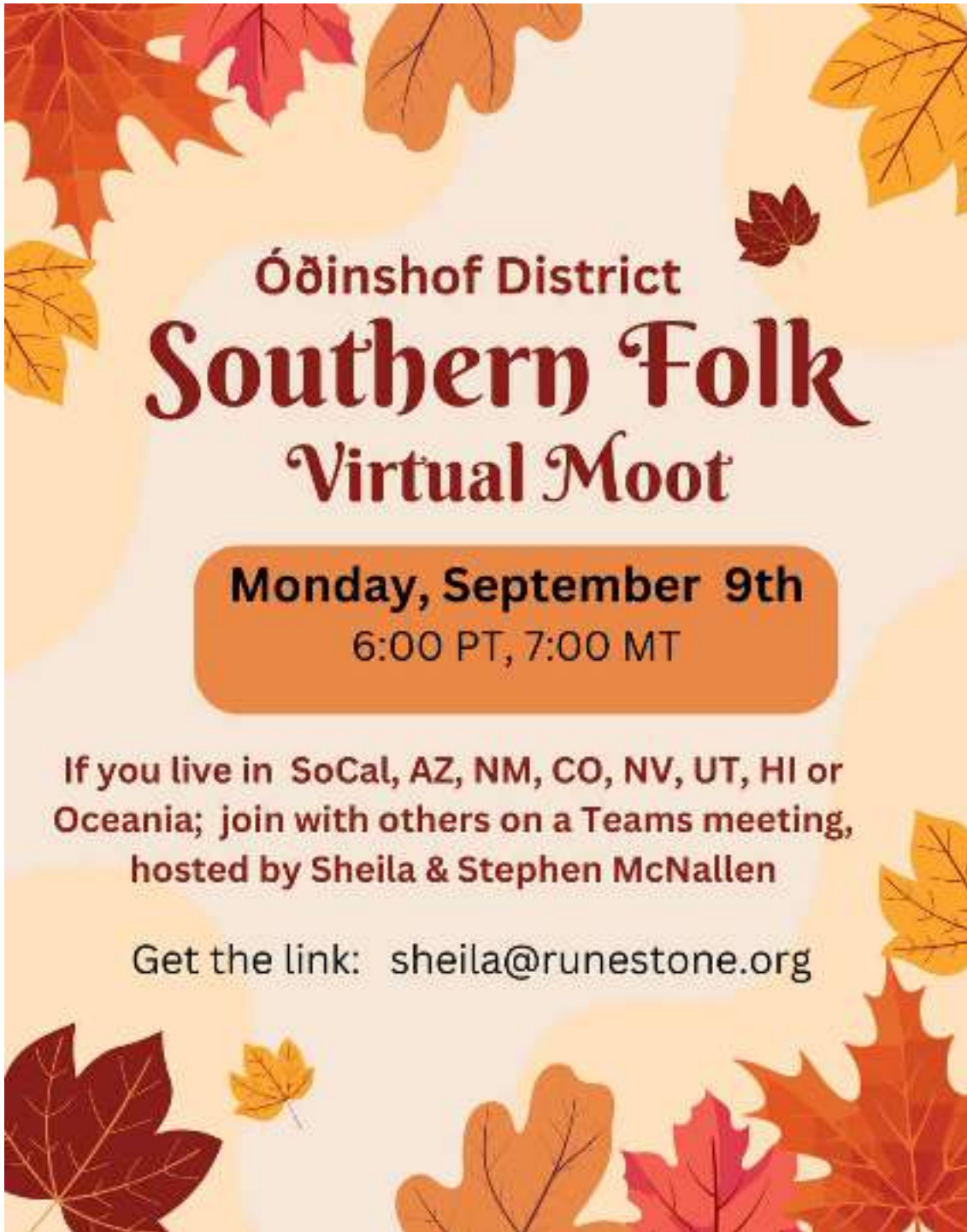
A social group for all
AFA members
age 50 and above

Contact Sheila McNallen
for details & the Teams link:
sheila@runestone.org

Tuesdays
September 10 & 24
5:00 PT, 6:00 MT, 7:00 CT,
8:00 ET

Fridays
September 13 & 27
2:00 PT, 3:00 MT, 4:00 CT,
5:00 ET

TOPICS:
Where did "the road" take you?
What was "the road less traveled?"



Óðinshof District
Southern Folk
Virtual Moot

Monday, September 9th
6:00 PT, 7:00 MT

If you live in SoCal, AZ, NM, CO, NV, UT, HI or Oceania; join with others on a Teams meeting, hosted by Sheila & Stephen McNallen

Get the link: sheila@runestone.org

For our Folk in the far northern latitudes. Come share ideas, dreams, and plans.

Northern Folk
of Óðinshof District
Virtual Moot!

Monday, September 16, 2024

5:00 AkT, 6:00 PT, 7:00 MT

Hosted by Sheila & Stephen McNallen







Just For Fun

Congratulations to Bob Stanley of Óðinshof, the winner of last month's rune word unscramble! I guess it was harder than I thought. The answer? ΧΝΙΜΗΒΝΡΞΠ or Gullinbursti, Freyr's boar!

We also received some creative autumn stories from our youth:

Title: "Deer Die"



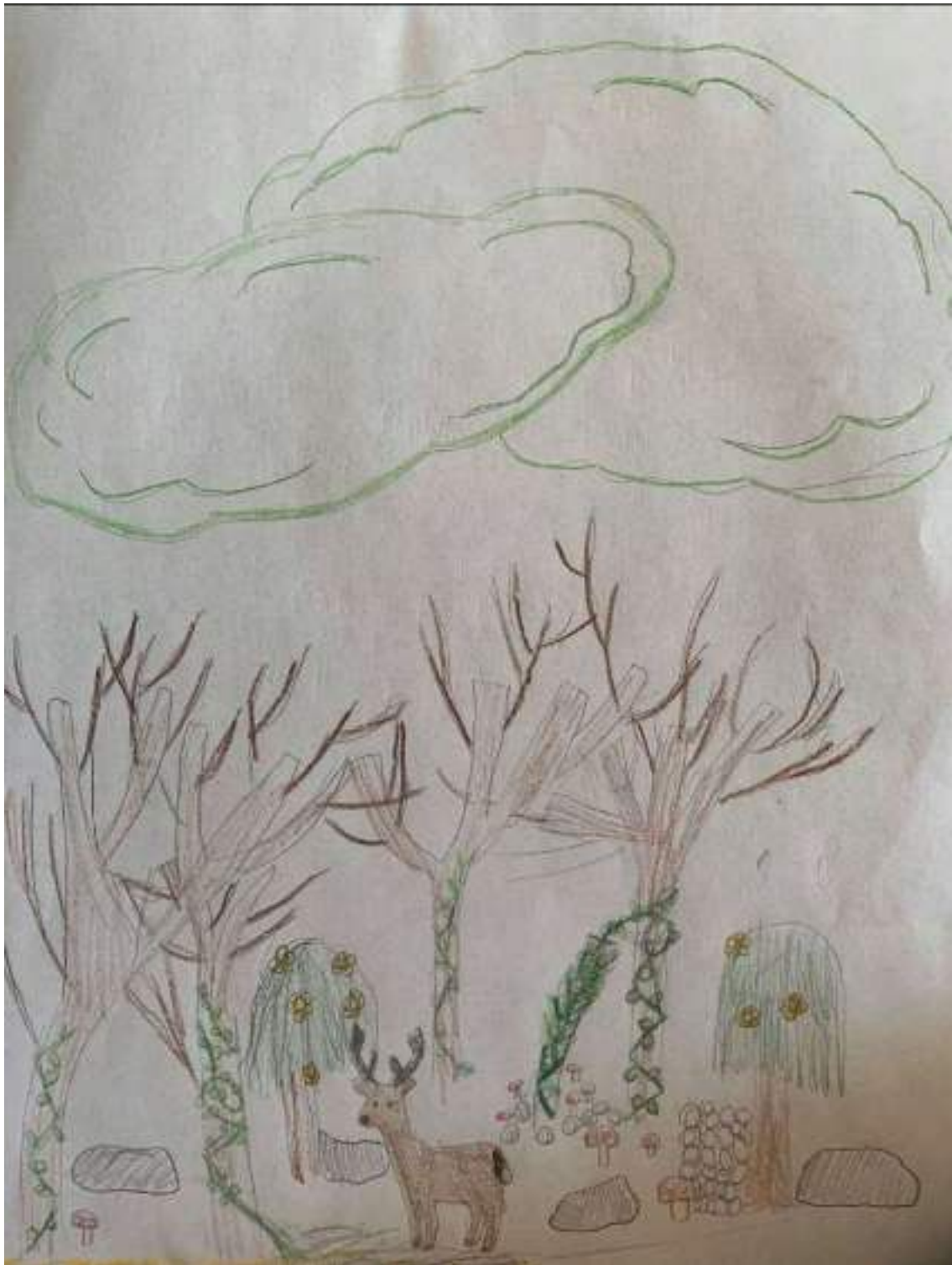
"So, there's a dead deer and a live deer. The deer went to the house, and then all the leaves came on the dead reindeer. The live deer was the biggest strong one. He was mad. Then, the biggest one, "Poni Pow", lifted the dead deer and gave it to the deers that are the God Deers. The Gods said, "Give it to the Goddesses". The Goddesses fixed the reindeer with their magic.

The End."



By: R. V. S. S. S.
Age: 5





Title: The Deer Who Hates Fall



Once upon a time, there was a little deer. His name was Tamson. He loved summer, spring and winter, but he hated fall. Fall? Why does Tamson hate fall? Tamson: I hate fall because when I try to sleep leaves fall on me. Oh, and it gets odd at night. The food turns brown. The leaves taste like rotten dirt! That is why I hate fall.

THE END



By: Madilene
Age: 10



Wonderful work, Russell and Madilene!

Autumn Word Hunt

Find all the words and send proof to press@runestone.org for a shout-out in next month's Runestone.

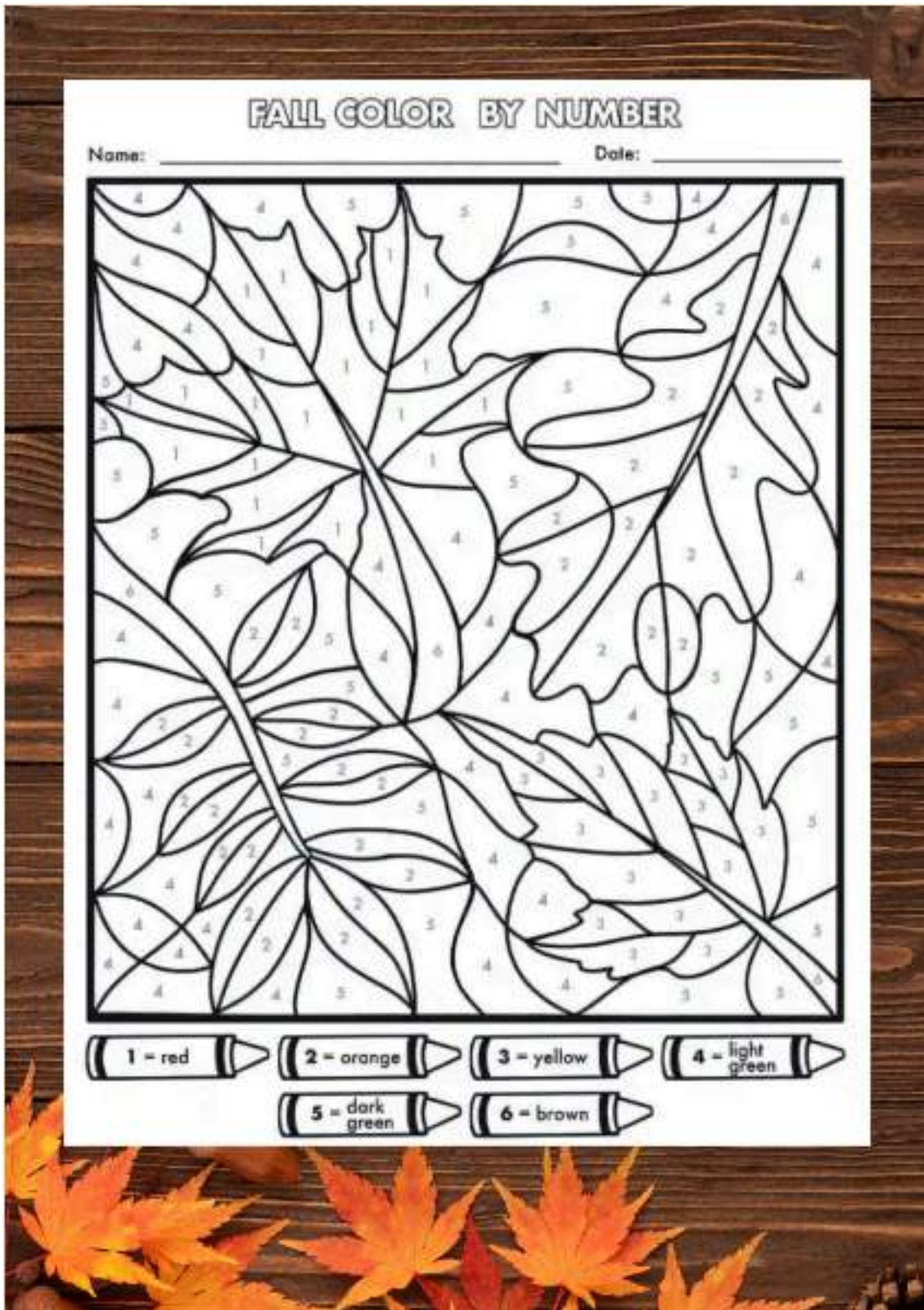


FOLIAGE
ULLR
YDALIR

ACORNS
HUNTING
BREEZE

PROSPERITY
ARCHERY
EQUINOX

This month we have a Word Hunt with autumn words. As always, the first member to complete the word hunt and send it in to press@runestone.org will get a shout-out in next month's edition.



For the youth and youthful, I offer two autumn-themed coloring by number activities. The first is for younger children to help them learn to identify numbers 1-6.

Name _____ Date _____

Multiplication Color by Number

Tables 1- 12

Product = 1 - 12
Beige

Product = 14 - 32
Dark Blue

Product = 33 - 54
Gray

Product = 55 - 80
Green

Product = 81 - 144
Light Green

Multiplication problems in the bear's face include: $7 \times 2 =$, $1 \times 7 =$, $3 \times 4 =$, $5 \times 3 =$, $4 \times 8 =$, $2 \times 3 =$, $11 \times 1 =$, $3 \times 7 =$, $12 \times 2 =$, $5 \times 12 =$, $4 \times 5 =$, $7 \times 2 =$, $6 \times 2 =$, $7 \times 2 =$, $3 \times 8 =$, $7 \times 5 =$, $4 \times 4 =$, $8 \times 8 =$, $11 \times 5 =$, $6 \times 10 =$, $9 \times 6 =$, $6 \times 6 =$, $7 \times 8 =$, $11 \times 7 =$, $8 \times 9 =$, $8 \times 5 =$, $9 \times 7 =$, $7 \times 12 =$, $9 \times 12 =$, $9 \times 9 =$, $6 \times 8 =$, $8 \times 10 =$, $10 \times 7 =$, $12 \times 12 =$, $9 \times 10 =$, $12 \times 3 =$, $3 \times 11 =$, $6 \times 12 =$, $11 \times 12 =$, $8 \times 12 =$, $5 \times 10 =$, $6 \times 7 =$

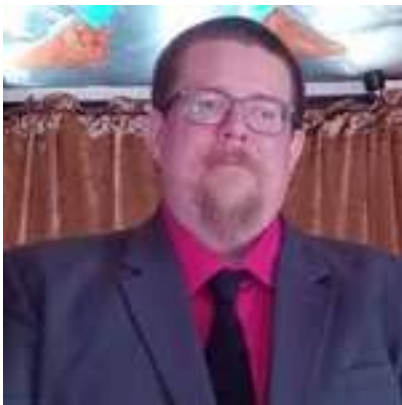
The second one is meant for older children who could use a little extra practice with their multiplication facts. And, if your child isn't ready for numbers, they are still welcome to color one or both of these. Have a fun time coloring, and submit your finished work to press@runestone.org!

Have a super fun September, ya'll!



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Calling All Folk Photographers



Folkbuilder Nicholas Rice
nrice@runestone.org

Baby Blanket Project

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

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

Alaska to Florida to California to Sweden!

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



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

Store Spotlight



MERCH DROP

- Adult Athletics - Odinshof Women's Hoodie
- Adult Athletics - Odinshof Women's Shorts
- Adult Athletics - Odinshof Men's T-Shirt
- Adult Athletics - Odinshof Duffle Bag
- Adult Athletics - Odinshof Women's Legging
- Adult Athletics - Odinshof Women's Mat
- Adult Athletics - Odinshof Men's Long-Sleeve
- Adult Athletics - Odinshof Hoodie
- Adult Athletics - Odinshof Men's Sports

Odinshof Gym Merch @ Runestone.org/Store

New athletics merch available at [Runestone.org/Store](https://runestone.org/Store)



Folkbuilder Nicholas Rice

nrice@runestone.org

Óðinshof

Family Camp at Óðinshof



We began our 2nd Annual Family Camp at Óðinshof with families trickling in on Friday evening. The children were so excited to see one another that they started

spontaneously engineering “traps” for wild animals together. They built their traps out of scrap cardboard, blue masking tape, and various other materials they found at the Hof. Meanwhile, tents were pitched with the help of the older children.



By Saturday morning, 12 children and their families had arrived. We had a hearty breakfast together then proceeded into the ritual circle to greet the day. As we entered, we stopped at each of the god poles in the ritual circle and talked about who they were. When we stopped at Freyr, a light rain immediately began. We all stopped to welcome that surprise presence, on what had been a clear and hot August morning. How synchronistic with the recent passing of our Hof's own Freyr's Goði and our upcoming Freyfaxi event! Although Gyðja McNallen and I had planned to focus on Óðinn and Freyja during Family Camp, Freyr let himself be known from this very first ritual. So, we took this seriously and altered our plans to put more emphasis on Freyr and Freyja.



After "Greeting to the Day", while still standing in the ritual circle, Gyðja McNallen turned to me to lead "Greeting to the Gods." I had the great honor of leading the ritual, welcoming the Æsir to witness and take part in our Family Camp and inviting everyone there to connect with the divine.



Lore lessons began with a focus on "Animals in Ásatrú". We read about Freyja's cats and Freyfaxi the horse. Each child made a cat puppet and a horse puppet of their own.



After lore studies, the children explored "Colors in Nature", led by Gyðja McNallen. While the younger kids worked on learning their colors and finding different shades of colors in nature, it was also fun and interesting to the older kids who discussed simultaneous contrast. They observed and articulated how colors influence one another and may appear different to us, depending on surrounding colors.



After a delicious lunch, Ashley led the children in learning about the "Life Cycle of Apple Trees". Children then made beautiful apple prints by stamping paint with cut apples. After completing their masterpieces, the children then experienced apples with their sense of taste. They tried different kinds of apples, and the green Granny Smith was a favorite!



Ice breaker games, tie dying keepsake Family Camp t-shirts, and baking bread horses made for a meaningful, hands-on, and very fun afternoon.



While the dads broke away for a bit to go help an elder member, we all observed a good 90 minutes or so of quiet time. While the youngest children napped, our older children watched the Irish film "Into the West." The film features a spirit, in the form of a beautiful horse, who comes to help a struggling family. It tied in nicely with learning about horses and ancestors.



When the dads returned, the children were outdoors playing games and having a blast. We did sack races and Tug of War. Of course, the dads had to jump in and join the fun!



After the exciting games, I led the families in a Blót to Freyja. Before approaching the ritual space at the goddess pole, we discussed the parts of a Blót and their importance. I taught our Folk a song we'd sing during the ritual. Then, our young ladies gathered around Gyðja McNallen and me to bless the ritual mead.



While I had previously led Greeting to the Gods, this was my first Blót at Óðinshof. It was a magical experience to lead this special Blót for our families, connecting them to Freyja in a sincere and positive way. There was no doubt in my mind that Freyja was smiling upon us hearing all the children, so full of life, singing a joyful song to her.



Following Blót, everyone was ready to eat. I blessed the meal, and we had a delicious dinner of grilled hot dogs, fruit, chips, and salad.



The evening continued with slot car races! Everyone had fun building the tracks in the hall and racing their cars as the sun went down.



When it got dark, we gathered outside to learn about "Electromagnetism and Magnetic Particle Inspection". We learned about different magnet types and metals. After some demonstrating, the kids got to discover which metals are magnetic by testing it out for themselves. Additionally, we learned about and observed the electromagnetic spectrum.



After this, it was time for "Astronomy." While we were discussing magnets, Knute was setting up his professional telescope to show us various constellations. Everyone took turns at the telescope and then laid down on the grounds of Óðinshof to observe shooting stars until it was time for bed.

On Sunday morning, we had another wonderful breakfast together. Then, the kids spent time gardening and enjoying the gorgeous day.



From weeding to watering, everyone was busy helping leave Óðinshof more beautiful and lively than when we had arrived.



Family Camp was a great success! Children of all ages (0 to teens) plus their parents and member volunteers all had a blast learning together at Óðinshof! I can't wait 'til next year. See you there!

Folkbuilder Olivia Sutherland
osutherland@runestone.org



Freyfaxi at Óðinshof

Tradition, Remembrance, and Fellowship



On a crisp autumn day, members of Óðinshof gathered to celebrate Freyfaxi, an event dedicated to the harvest and Lord Freyr.



This year's celebration held special significance as it was also dedicated to the memory of Freyr-Goði Thorgrun Odden, who had traditionally led the rituals for Freyfaxi. The Hall was beautifully adorned with autumn-themed decorations, creating a warm and inviting atmosphere that reflected both the season's bounty and the solemn remembrance of a revered Goði.



The day began with a hearty breakfast cooked by Folkbuilder Ryan Skinner. The morning meal consisted of scrambled eggs, crispy bacon, and a refreshing sliced fruit medley, providing the fuel for the day's events.

Greeting to the Gods



The formal proceedings commenced with Folkbuilder Olivia Sutherland leading the Greeting to the Gods, a moment of reverence that set the spiritual tone for the event. Her words called upon the presence of the divine, inviting their blessings for the day ahead.



After a morning of activities, the community came together for lunch, which was expertly prepared by Apprentice Folkbuilder Daniel Odom and his wife Michelle. The meal featured barbecued chicken, a fresh salad, and a fruit medley. Everyone enjoyed the delicious and satisfying spread.

Inspiring Talks



The highlight of the afternoon was a series of talks that delved into the heart of Ásatrú tradition. Gythia Sheila McNallen presented on the Trúloǵmál, An AFA Original text exploring the deep connection between our Folk and our Gods. Following her, Founder Steve McNallen spoke passionately about Freyfaxi, emphasizing the importance of horses and their role in our history, a symbol of strength and endurance.



Adding to the day's intellectual richness, author and member Marcus Verhaegh gave an engaging talk on his latest book, *Asatru, Mind, and Christ*. His insights provided a thoughtful examination of the intersection between ancient traditions and modern spiritual journeys.

Children's Games and Community Fun



While the adults engaged in deep conversation and reflection, the children took part in traditional games like Tug of War and Sack Races.



These activities were not just for fun, they reinforced the spirit of camaraderie and the importance of physical activity, mirroring the vigor that Freyr himself embodies.

Freyr Blót



The day's spiritual peak was the Freyr Blót, led by Sheila and Steve in remembrance of Goði Thorgrun Odden. In this sacred ritual, offerings were made to Freyr, thanking him for the harvest and asking for his continued blessings. The Blót was a profound moment of connection with the divine and a tribute to a beloved Goði, binding the community in shared faith and memory.

Dinner and Fellowship



As the day transitioned into evening, a communal dinner was shared, once again prepared by Apprentice Daniel Odom and his wife Michelle. The meal included savory sausages and a variety of healthy, bountiful sides, providing nourishment after a day filled with activities. Additionally, Knute barbecued ribs that were a highlight of the dinner, bringing everyone together in appreciation of good food and great company.

Generosity



Following the meal, an auction was held, with proceeds supporting the Óðinshof's ongoing efforts. In the spirit of generosity and community support, members then took part in bagging canned goods and other groceries for the Food Pantry, ensuring that the bounty of the harvest would be shared with those in need.

Sumbel: Closing with Honor



The day concluded with Sumbel, a sacred round of toasting where members raised their horns in honor of the Gods, our ancestors, and personal toasts. This final ritual was a powerful reminder of the bonds that tie the community together, a fitting end to a day dedicated to tradition, fellowship, and the harvest.



Folkbuilder Ryan Skinner
rskinner@runestone.org

Food Pantry at Óðinshof



Preparing bags of food on Saturday night for August's Food Pantry.

We had a victorious food pantry distribution in the month of August! As always, it was a delight to spend a Sunday morning helping those less fortunate by handing out essential groceries. We had ample food for all who came out, which included potatoes and zucchinis, fresh ripe plums, eggs, pasta, canned goods, and many other staples. Many participants shared with me that they "don't know how they would get through if it weren't for us" in these dire times.

While the McNallens were busy buttoning up the preparations for the memorial service honoring Goði Thorgrun Odden, which would begin just after the Food Pantry, I took the lead to welcome our Food Pantry patrons and to ensure that all received a sufficient grocery bundle for their family size!

With a chipper crew of dedicated volunteers, we quickly distributed food to a total of 43 families representing 99 individuals! This is a significant increase from last August when we served 28 families representing 77 individuals. These growing numbers

illustrate our continued impact, benefiting our many struggling neighbors. As the community's need for food grows, we continue to rise to the challenge to meet it!



Folks showed up early, chatting with us and waiting patiently to receive their free bags of food.

One by one, as each pulled up their vehicles to receive their heaping bags, our caring neighbors expressed their heartfelt sorrow and condolences for our loss of Goði Thorgrun Odden. Many of them had known Thorgrun, as he was often there helping out on Food Pantry mornings. Seeing that some church members were arranging chairs and flowers in the cemetery, there were tears in our neighbors' eyes. We received several compliments on our beautiful cemetery and countless well wishes "for all those grieving." It was apparent that they cared.



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Upcoming Events at Odinshof



2024 Events at Oðinshof

January 20	<i>Thorrlot</i>
February 17	<i>Charming of the Plow</i>
March 16	<i>Ostara</i>
April 20	<i>Hexennacht</i>
May 18	<i>May Day</i>
June 22	<i>Midsummer</i>
July 20	<i>Sigrblot</i>
August 17	<i>Freyfaxi</i>
September 21	<i>Winter Finding</i>
October 19	<i>Winter Nights</i>
November 16	<i>Feast of the Einherjar</i>
December 21	<i>Yuletide</i>

RSVPs are required. All guests must be preapproved.

On event weekends, Oðinshof is usually open from Friday through Sunday. Those events include a Sunday morning food pantry distribution and community outreach on Sundays. We invite you to stay for the whole weekend.

All proposed events are on the third weekend, except for MIDSUMMER which is the premier event for the Oðinshof district. It's been moved to the fourth weekend to allow the food pantry to proceed as normal.

**ODINSHOF
WORK WEEKEND
SEPT 13 - 15**

**SEPTIC
PAINTING
KITCHEN
CEMETERY
+MORE**

**Contact: Brodie (925) 980-1647
bsutherland@runestone.org**







SATURDAY, NOVEMBER 16
 + SUNDAY 11/17 FOOD PANTRY

Honoring Our Warriors
 Alfablót
 Spiritual Activities

**FEAST
 OF THE
 EINHERJAR
 AT ODINSHOF**

Music
 Feasting
 Fun

Óðinshof Wish List



Óðinshof Member Ritual Requests

Member Ritual Requests



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

How to Submit a Request?

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

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

Thank You,

Olivia

Olivia Sutherland

Folkbuilder

osutherland@runestone.org

Óðinshof Leadership



Arizona

Additional Arizona Events

GERMAN LUNCH MOOT



**1st Sundays
at 12pm**

PHOENIX, AZ

CONTACT: OSUTHERLAND@RUNESTONE.ORG

California

A Grave Fit for a Goði



This past month, I had the honor of creating the grave for Goði Thorgrun Odden with my good friends and fellow Ásatrúar. Preparing his burial site was a spiritual endeavor for me that I will remember forever.

The work began over the first weekend of August, during the Óðinshof Family Camp. Mike, Ryan, Dan, and I located the plot, immediately next to Thorgrun's daughter Becca's grave, and began excavating the soil. We had to make a vault to contain Thorgrun's remains and grave goods. The ground was hard and rocky, and the dirt we removed was repurposed to level out another portion of the cemetery.

We designed the grave to look like a stone ship with stones pulled out from the cemetery soil and the grounds of Óðinshof itself. Stone ship burial sites are an ancient practice our people, dating back to the Bronze Age. It is a tradition that Thorgrun and Katie continued with Becca's grave, and it was beautiful and fitting to have the two graves mirror one another.



In place of a permanent headstone, which will be undoubtedly beautiful, Daniel and I fashioned an Algiz rune from some of the smaller trees on the Hof grounds, to stand as a grave marker. The rune stands about 3.5 feet tall. Placed in the center of the stone

ship, it looks almost like a mast to the vessel. Inspired by the graves of Ásatrúar soldiers of the past, it seemed the most appropriate way to mark the site of a Goði. At the base of the Algiz rune, we placed a handmade name plate, which reads:

Goði
Thorgrun Odden

☩ 8/18/1946 - 7/10/2024 ☩

We filled the inside of the stone ship grave with planting soil. Beautiful flowering plants will grow and bring life to the grave site, something Thorgrun would certainly like.



Goði Thorgrun Odden is a friend of mine, who I will truly miss seeing and talking with on holy days and work weekends. I look forward to seeing him again one day.

Hail Goði Thorgrun Odden!



Brodie Sutherland
Apprentice Folkbuilder
bsutherland@runestone.org

So This Thing Happened, Now What?



As I laid on the ground rolling back and forth holding my ankle, two words ran through my head, “Eat it! Eat it...!” Then, audibly and reflexively saying to myself, “Eat it... come on big boy, eat it, I know, I know...”. The pain shocked my core, and there was nothing I could do for the pain jolting through my bones. My youngest son Aeric was watching me from atop the ATV, doing his best to console me, “Yeah, Daddy, Eat it boy, Eat that...”. The phrase “Eat it”, has taken root deep in the subconscious part of my brain. Rarely does it come out, but it never fails to make an appearance when needed. I’ve heard the phrase used in context many times in my life; it’s nothing profound or abstract, but it is perfect for the ordeal one is going through.

Every kid who played sports competitively has had the fantasy of being under the lights, thousands of people cheering, bottom of the 9th, two outs, bases loaded, etc., etc... Whatever it is you participated in, I’m sure you fantasized about scoring the goal

or throwing the pass for an epic play to win the game. I had my opportunity in high school--the 2003 Arizona State All-Stars Championship Tournament.

The best players in the state were assigned to regional teams, and a tournament was held to declare the state champions. I played for Arizona South, and man, we were good! These kids were the best high school athletes I had ever seen. They had discipline, high baseball IQ, knew the ins and outs of pitch counts, and, in short, if I loved baseball, then they lived baseball. Out of 12 players on the team, I was one of 3 that weren't already signed to a professional farm club or committed to a D1 team. I had already enlisted in the Army and was waiting to ship out after high school. I knew my baseball career was over, while theirs was just getting started. There was a lot of pressure to perform in front of the team, and, if that wasn't enough, the bright lights, packed stadium, and ESPN cameras would make sure you knew exactly where you were.

Being an unsigned nobody on a team of studs, I didn't expect to play. The scouts don't care about some scrawny kid from a small school who already signed his life away to Uncle Sam. Until the 3rd inning came and coached looked over, "Odom, take 2" ... My mind ached, "2, as in 2nd base? Why would I go to second? I play every infield position, except 2nd. They know this. I'm too tall, my stride is too long, and I'm not quick enough to cover the hole at 2nd. Oh well." I remember running out onto the field. The grass, the cool air, and my favorite sound of spikes clicking from concrete dugouts to crunchy brown dirt on the infield. The lights were so bright it might as well have been daytime. I could see everyone who made the 3-hour trip from our hometown to watch the game. Then, there was everyone else. The largest crowd I had ever played in front of. They don't know me, and they don't care. I was wearing the South uniform, and that was good enough for them. When I got into position, I remember being nervous during warm-ups, and a part of me hoped, "Please don't hit it to me... I hate playing 2nd".

After 2 ground balls to the infield, we were nearly out of the inning. "Got 2 got 2... play at 1", "Here you go Pitch, whadya say now big one five, good pitch good pitch now, 'Atta babe...". I was doing it, I was playing 2nd base with professionally signed, Arizona state all-star baseball players. The wind up. I got set. CRACK! Oh no.... I remember the sound. I can feel my eyes getting big, and the ball screaming passed the pitcher. It bounced off the mound, right back up the middle. I bolted to the right as fast as I could, heading behind the bag. I timed my slide, and down I slid to my right. With a backhand grab on a high bounce, I felt the sting of the ball hit my glove. He had hit a laser beam, the air screaming off the ball. It then popped into my glove. Nice hit, but this ball is mine now. From the backhand, I popped up from my slide and transferred

the ball for an easy throw to first.

"So, where's the ball?" On one knee and looking at first, I panicked. "Runner is getting closer, closer, quick, quick make the throw! Where's the ball?..Come on he's going to be safe, let's go Odom!" There was no ball. I felt it hit the glove. It stung my hand, I know what it feels like to catch a rocket, I know I snagged this ball... "EAT IT, EAT IT, EAT IT!!!", the Short Stop was yelling as he ran to cover 2nd. "Good dig 3, good dig 3, Nice Stop, Baby" I heard my team calling out to me. And, there it was, on the ground between my legs, a little white ball.

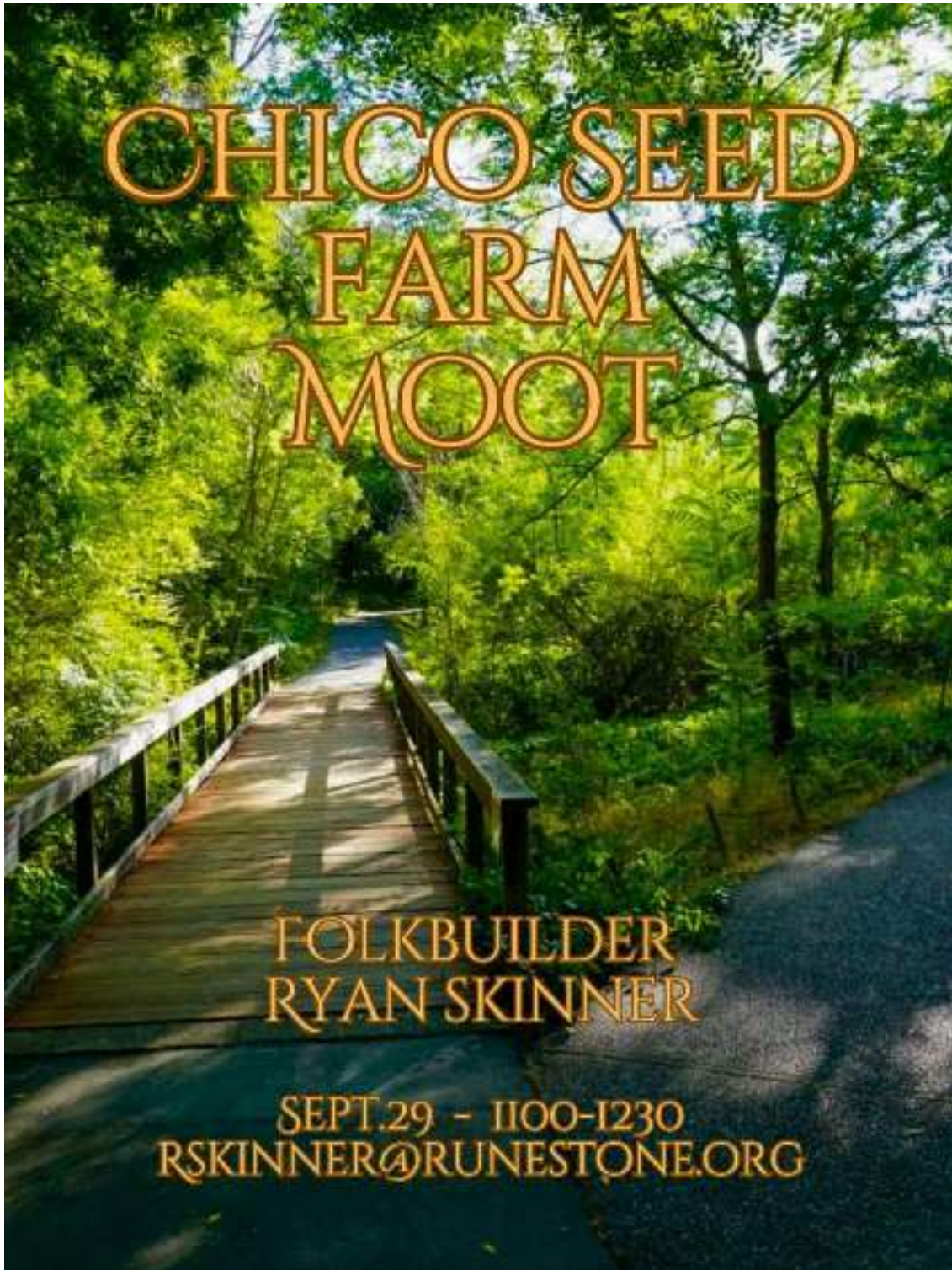
It had happened so fast. There was nothing I could do. A dropped ball in front of everyone. All I could do was eat it. Eat the taste of this ordeal, the situation, the event, "This thing happened, and there is absolutely nothing you can do about it, so just eat it, and move on."

So, 20 years later, I lay writhing in the grass. My ankle possibly broken again, and my 3-year-old watching me. I ate it. Will yelling fix this? How about crying? Aeric is watching. What lesson will he learn from this? There is absolutely nothing you can do. You can't reason with it; you can't go back in time or wish this pain away. If it is broken, what are you going to do about it out here in the pasture? The answer; absolutely nothing. Just eat it. Crawl back to the ATV, get to the house for step two of this situation. This attitude was solidified during my time in service. Just do it. Nobody, nothing, not even you, can fix "this", so just get through it and deal with what comes next. That day, on an Arizona baseball field, I lost. From that loss, I took a lesson. Today, my sons will be looking to me for what it means to be a man. I'm glad I will be there to help them eat it, and together, my lessons in loss will give them a shot at a win. Just eat it kid, there's plenty to go around, and it builds character.



Daniel Odom
Apprentice Folkbuilder
dodom@runestone.org

Upcoming Events



Folkbuilder Ryan Skinner

rskinner@runestone.org

A Grove for a Goði

"A society grows great when old men plant trees in whose shade they shall never sit."

- Greek Proverb



For a couple months now, we at Óðinshof have been diligently working on a project to honor and show our appreciation for Goði Thorgrun Odden. Among his many contributions, Thorgrun was the caretaker for the grounds at Óðinshof up until he became very ill earlier this year. Thorgrun spent a lot of time weeding, watering, and planting multiple trees around the property. Óðinshof sits on a rather large piece of land, so this was very time consuming, ongoing work. Yet, Thorgrun persevered in maintaining the Hof grounds with a heart of joy through all weather conditions. One of the areas he specifically attended is a semi-hidden and very peaceful grove beside the Óðinshof Cemetery. This was a place that Thorgrun liked to go to do his meditations and spiritual reflections.

One day, Gyðja Sheila and I were admiring the saplings that Thorgrun had planted in this space as we were thinking about Thorgrun, who was then very ill. We both felt and decided that it would be important for our Folk to finish what Thorgrun had started, maintaining this beautiful natural grove. Since he had been sick, the grove was in need of a little extra care.



In the time leading up to Thorgrun's memorial service, members helped make "Thorgrun's Grove" come alive! We weeded and cleared the winding path that Thorgrun knew well. We placed solar flowers on this path to light the way for the Folk. In the middle of the grove, we installed a three-tiered solar waterfall feature. It is a relaxing place to sit and listen to the calm, delicate sounds of the water. Complete with a family of quail who can sometimes be seen wandering through it, Thorgrun's Grove is lively and magical both day and night.



We will be continuing our beautification efforts, planting more trees and plants in the grove! Volunteers are always appreciated, and monetary contributions of any amount for Thorgrun's Grove may be sent to the [Óðinshof Fund](#). Thank You All!

Thorgrun's Grove will be enjoyed for many generations to come as a place for spiritual inspiration, growth, and the continued blessings of Goði Thorgrun Odden who planted the first seeds of intention here.

Bay Area Treasure Hunting



On a beautiful Saturday in August, Folk met up to explore one of the largest fairs of handmade goods and antiques that I'd ever seen! We had to park a little way away from the main street of the historic downtown stretch. On the walk to the fair, we stopped to check out an old WWI cannon on display in front of a Veterans Memorial Building.



At the fair, we explored a seemingly endless 11 blocks of art, antiques, and rare collections for sale. The street was rich with history and knowledgeable vendors; it was a marvelous sight. The most entertaining booth was the children's DIY wood art booth, which was full of scrap wood, nails, and hand tools. Children of all ages were set loose to be creative and industrious, as they were busy building masterpieces to take home with them. Both my children made wooden cars that actually function! This made for some fun races later at home.



At the end of the street fair, we found a lovely Italian restaurant right beside the bay to stop for lunch. Brodie blessed the meal, and we enjoyed flavorful seafood and pasta dishes. Conversations exploded during the meal, as we had so much to talk about with such a friendly group of Folk.



We sang "Happy Birthday" to Bob, as the restaurant waitress brought him a special dessert. It was really fun being able to celebrate our friend Bob. May this be a wonderful and victorious year for him!



Before making the walk back through the fair, we joyously combed the beach for natural treasures. There were countless unique and beautiful shells and rocks to be found. The children had a blast dipping their feet in the waves, testing their balance on the rocky shore, and making some cool discoveries.



After relaxing by the water and admiring the beauty of the bay, we hiked back through the fair and made some final purchases. Excitedly planning ahead to add fresh, vibrant color to Thorgrun's Grove and the Hof, Gyðja McNallen and I decided to pick up a bag of ten heirloom Iris bulbs from an Iris enthusiast. I can't wait to see what these red and purple beauties will look like in a few months!

As we made our way back to the cars, we stopped to listen to an orchestra playing some peppy tunes in the yard of one of the Victorian era church buildings. As some Folk

departed, a few of us went to support the local library's book sale. Everyone left with a bag full of interesting books to read.

The day was so awesome that one member decided to come back to our home and stay the night, not wanting the fun to end. The greatest treasure was being together. We can't wait to see everyone at our next moot!

Upcoming Events



This month we are going to check out some cool model trains! There is a small fee (\$5 for adults, \$3 for seniors and 6-12yr., FREE under 6yr.) Please join us! Contact for further details.



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Monthly Recap



This month has been very busy for me and my family! You may have noticed my silence. First, we took a family vacation as a whole family-- the first vacation since my baby girl was born! Relaxing on beautiful beaches, enjoying good food, rest, and relaxation are a must in a busy life!

The passing of our dear Goði Thorgrun Odden came, and, unfortunately, I had to miss his beautiful funeral service where he was honored by his friends and family. However, I held a small ritual in his honor on my own with my children, as my son had come to know and love Goði Thorgrun Odden as "Papa Yule".

As soon as we came back from vacation, it was right back to the grind with work, Folkbuilding, and planning for Winter Finding meals. This month will feature a delicious minestrone soup for lunch and chicken alfredo for dinner. Please reach out via the Winter Finding Survey in your email inbox to let us know if you're coming and whether you can bring a side dish to share. Bread, salad, veggies, etc. are always welcome!

With everything else that happened this month, my baby boy also started his first day of "big boy school"! Lots of big emotions for this momma!

Upcoming Events



Please RSVP with me ASAP so we can coordinate meeting locations and all that!



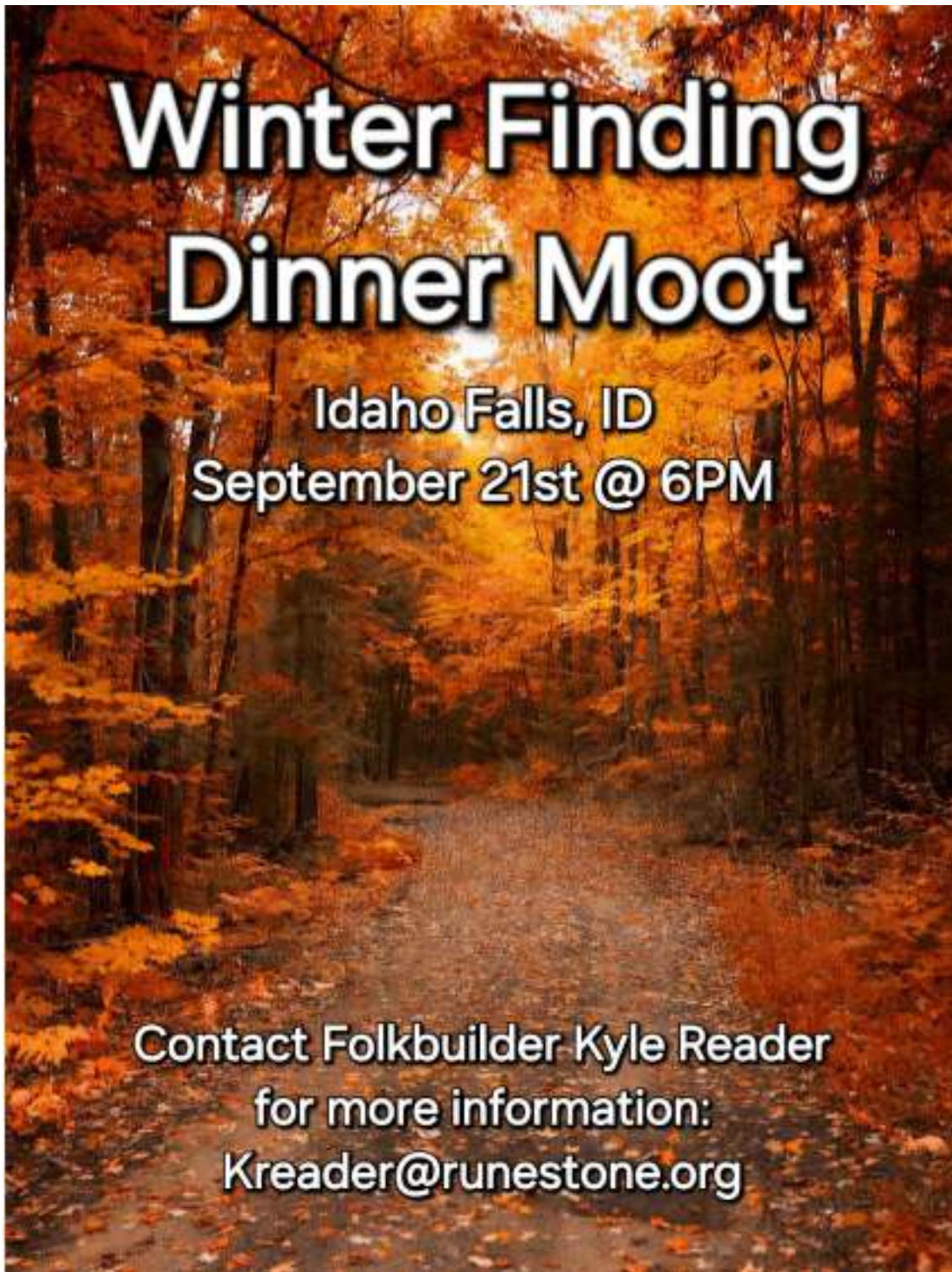
Folkbuilder Sierra Chapman
schapman@runestone.org

Idaho

South East Idaho Freyfaxi

We had another great turnout for our Freyfaxi moot. We feasted on smoked pork loin with mashed potatoes and gravy, held Blót to Freyr, raised a horn in memory of Goði Thorgrun Odden since we were all unable to make it to Óðinshof for his memorial service, and enjoyed the amazing company of our Folk. There truly is no better day than one spent with Folk.

Upcoming Events



On September 21st we will be holding our Winter Finding moot where we will hold Blòt to Ullr, feast, and enjoy the wonderful company of our Folk. I know we are spread pretty far in this area, but don't let that stop you from making the trip here. I promise you won't regret it. My home is also open to all those who need to stay the night due to the longer distances traveled, plus I make some amazing breakfast burritos for a little more incentive!



Folkbuilder Kyle Reader

kreader@runestone.org

Montana

Bringing in the Harvest



Folks, it's that time of year again. If you've read my past articles, you've become familiar with Freyr's Harvest Feast and the work our area puts into setting up such an excellent event. We put real work and real love into making each year better than the last. Our craftsmen have been working hard to create items to share at the feast. Our spokesmen have written speeches. Our hunters, fisherman and farmers have brought in

the harvest. Our builders have made the location better than last year. The only thing missing is you and your family.



Missing the feast is something you and your family may regret, coming to the feast is not. I look forward to sharing good food and better company with all of you. Please pick up your ticket and make the journey. It's more than worth it.



Hail the Doers. Hail Victory!

Upcoming Events



Folkbuilder Tyler Heinlein

theinlein@runestone.org



Irish Culture Moot



Irish heritage and pride can be found across Montana. Meagher County (pronounced Marr) was named after Thomas Meagher, the Irish Nationalist and leader of the Young Irelanders of the 1848 rebellion. His statue, which sits in front of the capital building, denotes Montana's love for the Irish and their contributions to state history. But, Helena doesn't get to claim itself as "the most Irish". No. That honor belongs to Butte. Lovingly referred to as "Butte America" and "the richest hill on Earth", Butte was once home to one of the largest Irish born populations in the United States. The first Irish settlers came to the area in the 1880's, but, within 20 years, over 25% of the town's

residents were Irish. The promise of a better life and escaping the famine brought many to our shores from the Emerald Isle. In places like Butte, land and work were available as was the allure of riches found in Earth itself. Gold, Silver, and Copper strikes brought many an immigrant here. The Irish, English and Cornish came in droves, and, due to their long history of mining the hard rock deposits of their homeland, they were actually sought out for their expertise.



Today, even after the mining has waned and populations have changed, over 25% of Butte's residents come from Irish stock. Each year, the streets of Butte come alive in celebration of their culture. During the month of August, An Ri Ra, a festival of all things Irish, takes place. Booths dedicated to the preservation of the native tongue, the study of Irish culture and history, clothes, food, and even Hurling! You read that correctly. Butte has its own club dedicated to playing a sport that dates back to at least the 1200's BCE. Attested to in the Táin, Cúchulainn himself was said to play the sport (even gaining his name through using a Hurling ball to dispatch a vicious guard dog).



Across Butte, one of the most visible landmarks are its many Headframes. The towering structures that lowered and raised the miners and ore from the depths, are dotted across the hills. One such structure belongs to "The Original Mine". Patented in 1878, The Original was dug to a depth of 3900' and was a good producer of Copper and Silver Ore. Although it no longer operates, it still produces precious things during An Ri Ra. It's here under the towering frame that the stage is erected, hosting bands playing traditional music and Irish dancers.



I'm somewhat partial to the dancers, as two of my children belong to an Irish dance group. Three different dance troops wowed the crowd and rounded out the festival. One would not be wrong to get the feeling that all the Irish spirits of Old Butte were with us to enjoy the familiar sights, sounds and tastes of the life they knew. If you ever find yourself in Western Montana at the beginning of August, swing into Butte and enjoy some Irish pride!

Upcoming Events



Folkbuilder Ryan Harlan
rharkan@runestone.org

Nevada

Alsherjargoðic Dinner



August was another great dinner! We were joined by one of our Las Vegas members and that is always something we look forward to. Mandy and I appreciate folks coming out as we missed seeing our Óðinshof family for Freyfaxi (We were celebrating at Baldrshof). We look forward to everyone coming out for this month's dinner; it is a blessing to have our home filled with the Folk.

Upcoming Events



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

Oregon

Upcoming Events



Oktoberfest
Celebrate our German roots
with Stephen & Sheila
McNallen *in person*
September 14th
Mt Angel, Oregon
For more info:
sheila@runestone.org



Gythia Sheila McNallen

sheila@runestone.org

Washington

Upcoming Events



Quartzite Mountain Hike Hoot

Sept. 7
11:00 am

Contact App. Folkbuilder
Nick Gunn for details

A scenic landscape view of a valley with rolling hills and mountains under a clear sky. The foreground shows a rocky outcrop with some trees.



Mica Peak Hike Hoot

Belmont Trailhead
Sept. 28th
11:00am

Contact App. Folkbuilder
Nick Gunn for details

A scenic landscape view of a valley with rolling hills and mountains under a cloudy sky. The foreground shows a rocky outcrop with some trees.

Nick Gunn



Apprentice Folkbuilder

ngunn@runestone.org

Be a Doer



We need you to volunteer for the AFA!

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

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

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

Eir's Blessings



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

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

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

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

You can reach us at EirsBlessings@runestone.org

Photo Donations

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



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

Folk Services



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

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

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

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

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

Thanks in advance!

Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage
PO Box 16027
Tallahassee FL, 32317



Witan Allen Turnage
aturnage@runestone.org



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