


The Runestone: Voice of the Asatru Folk Assembly







Þórshof

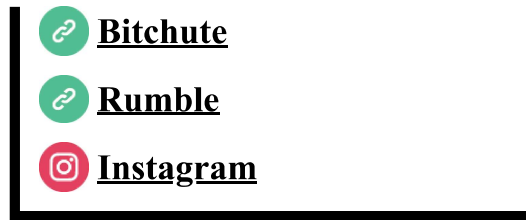
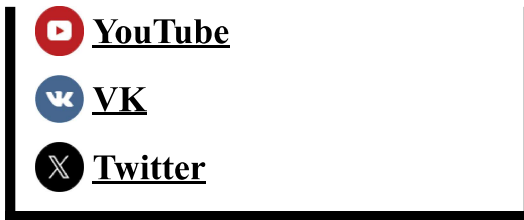
Second Hof of the Asatru Folk Assembly

www.thorshof.com

June 2024

-  Runestone.org
-  [Email the Witan](#)

-  [Parler](#)
-  [Odysee](#)



[Donate to the AFA](#)

Words from the Alsherjargothi



We are very excited to present the *Ásatrú Trúlögmál*.

You can find it on our website at [Runestone.org/Library](https://runestone.org/Library).

We have known for a long time that a clear expression of the fundamental beliefs of the AFA was needed and today we take 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?"



Speaking of Folks asking questions, we have gotten a lot of interest from Folks lately reaching out to the district websites. We are also seeing a steady flow of new members joining our AFA family. This is a great time to be Ásatrú!

I want to ask for everyone who can to join us at Óðinshof in just a few weeks for Midsummer. This will likely be the biggest AFA event of the year and is certainly our oldest continuously held celebration at our first Hof. Please contact any of our AFA leaders, myself included if you and your family would like to attend and we can get you

all set up.

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!



Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

mattflavel@runestone.org

Words from our Founder

Hail Our Heroes...and Build on What They Created





This Memorial Day, I poured a horn of mead on the grave of a man I was proud to call a friend.

A granite tombstone thrust above the grave, a solid rectangle of stone standing five feet high or more. The inscription on front was standard..."Josef Turner, beloved husband, father, and teacher" and such, with the usual dates of birth and death.

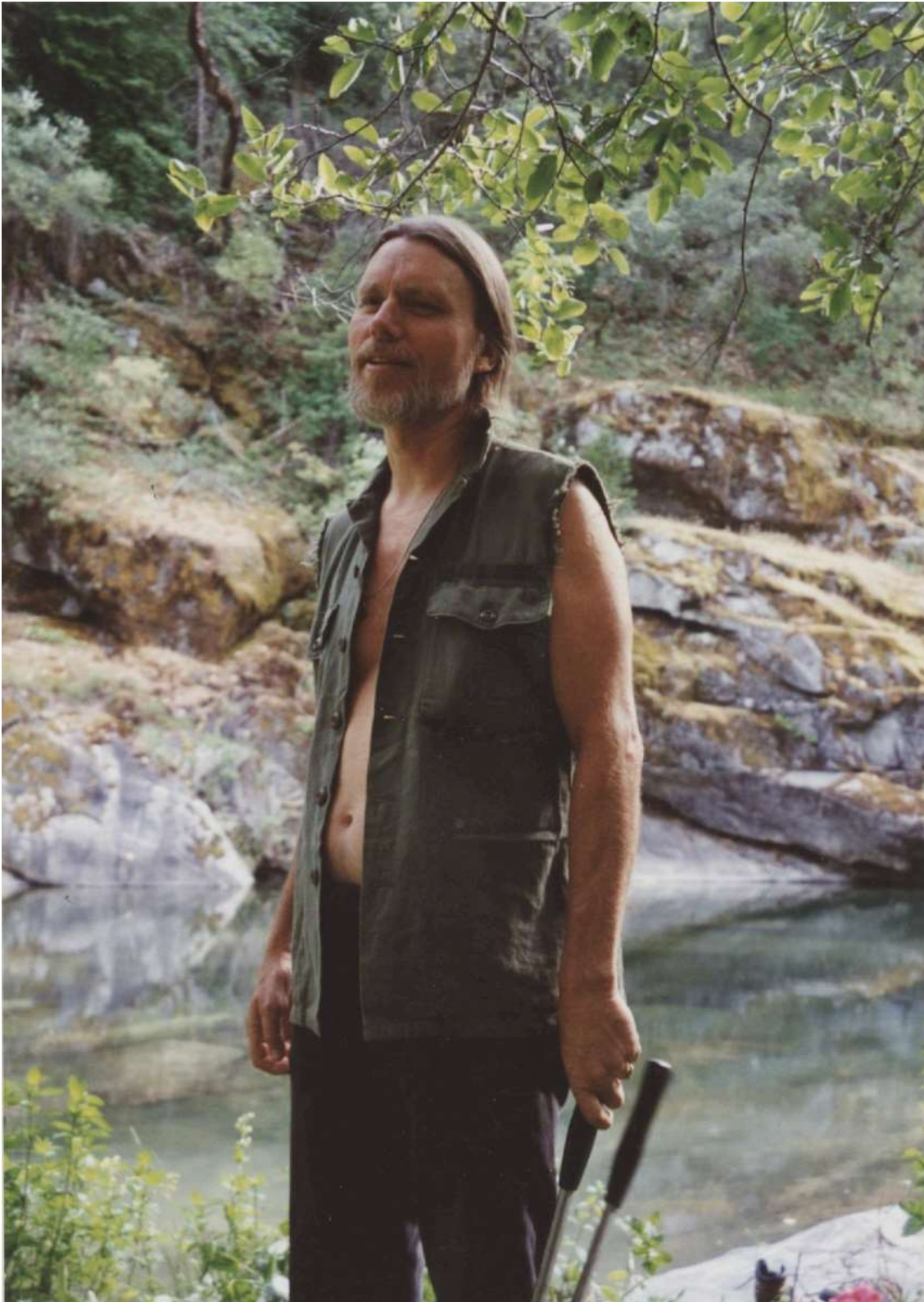
"The usual" stopped there. Walking around to the right you would see a boldly inscribed Thor's hammer, tall, dominant and proud. Under it, you would see the words, "DO RIGHT AND FEAR NO ONE" in large letters. Continuing to the opposite face, you would see something stranger still - the mantra of Babaji Nagarag..."Om Kriya Babaji Nama Om".

Joseph Turner - he adopted "Jost" as a first name, honoring his German ancestors - was loyal to our Gods and our Folk. He had come a long way to be with us - not just in miles, but in experience and scars. As a young man he was thrown into the maelstrom that was Vietnam, serving in the 101st Airborne Division, and went through the hell that was Hamburger Hill. He was also trained as a Recondo - hardly a ticket for a long life, but he survived.



Despite the Yogic influence, Joseph was a loyal follower of Wotan and a passionate defender of our Folk. Somewhere, I have a photo of him taken at a yoga class. He lay flat on the floor, eyes closed, in the so-called "death pose." You could see just the beginning of a tattoo on his arm, mostly obscured by a gray tee-shirt. Was it an "Om" symbol? A drawing of Buddha? A "peace sign" left over from the Sixties? Well, no... I smiled; I knew it was a skull-and-crossbones, adorned with the words "US Army Paratrooper."

When he died a few years ago, we built his coffin under a tree in front of his house. (He lived out in the countryside.) By the time we were ready to redden the runes on the inside of the coffin lid, the light was fading. We carried the lid into the house, and put it on the kitchen table. As I bent over the lid to set it down, my Thor's hammer fell off my neck (something that had never happened before) and landed - with a loud THUMP! - on the inside of the lid. It became my gift to help him on the way. I also put in a set of my military jump wings. Airborne...All The Way!



Joseph was wise, kind to his friends and a nightmare to his foes, patient, and hard working. He composed music and played the flute and harmonium for us at gatherings: When you sing "Herjafather" at Óðinnsblót, remember Joseph; he composed it. In the last photo I have of him he stands, buzzsaw in hand, clearing a location on his land for what would have been a modest Hof for the AFA, had he survived.



Joseph "Jost" Turner is a part of the history of the AFA, and a lifelong inspiration to those of us who knew him. I think of him often...and someday we will "meet upon that distant shore." He is an example of the men and women who built the foundation for what is now the Asatru Folk Assembly. Remember him, and strive to match his dedication, will, and passion!



Founder Steven McNallen

Words from our Gothar

Folk Futhark, Part 4



Nauthiz - This rune's stave is unchanged from the Elder Futhark, and it still represents the "need-fire", or the flame of necessity. When pulled during divination, *Nauthiz* can symbolize both necessity or constraint. The stave resembles two sticks being rubbed together to make a "need-fire".



Isa - This rune's stave is also unchanged from that of the Elder Futhark. The word "Isa" means "ice", but we should also take into consideration that Meister Von List felt it also could relate to "iron". *Isa* is a rune of stasis, stoicism, and steadfastness. When this rune is pulled, it likely means that the user should remain strong or unmoved throughout whatever struggle they feel the rune is relating to. The stave resembles a wall, or the stillness of a person standing upright, unphased by circumstance.



Jera - This stave is different from the one seen in the Elder Futhark. *Jera* translates to "year", and its meaning is quickly found here. It represents the changing seasons, a full cycle of time, the distance from Charming of the Plow to Freyfaxi. As you look at the shape of *Jera* and think of Freyfaxi, think back to Inguz and Charming of the Plow. Inguz is the fresh seed newly-planted, while *Jera* is the seed after it has grown roots and fruits. The stave literally looks like a seed in the earth, with a root stretching downward, and its reward thrusting upward to be grabbed by the Folk.



Gothi Trent East
teast@runestone.org

Hávamál 44



“If you find a friend in whom you trust,
And wish for his goodwill,
Share gifts, share thoughts,

Go often to his house”
- Hávamál, Stanza 44

When I was a young Asatruar, I studied the Hávamál and the Voluspa nearly every day, going over the stanzas again and again. I sought to glean all the meaning I could from every word, cracking open their bones, like Thialfi, to get at the marrow inside. It was an exciting time in my life, reading the major pieces of the lore for the first time.

As tends to happen with such engrossing study, some parts stuck in my brain and I find myself going back to them throughout my life since, perhaps because their lessons are the ones that I need to remember and apply most in my life, or simply because they resonate with me. To that end, I want to share my favorite stanzas from the Hávamál and speak on my thoughts regarding each one. For this month, I'll begin with the first one to really jump off the page at me, stanza 44.

But let's back up a bit first. The Hávamál itself is divided into sections, with the first section being commonly known as the gestapátr, or 'guest rules.' Even though all the sections contain mountains of information on the lore and copious amounts of cultural inspiration, I find that the first section is where most of us should "live" in the Hávamál, in our daily lives.

This particular section, from 41-47, speaks directly about how we should treat our friends. Lord Odin is teaching us in these stanzas how to take measure of a man, how to treat friend and foe alike, and how to know the difference between the two. This is nothing new to us here in the 21st century, but it does bear repeating. So often we find ourselves searching for answers to life's little problems or just advice in general, and for us, the Hávamál stands ready to give us a basic blueprint on how to conduct ourselves out in Midgard.

The reason that Stanza 44 stands out for me is because it reminds me of what I feel is one of the greatest joys in life: spending time with friends. And I mean true friends, not just acquaintances or coworkers, but people I truly care about and with whom I share a history. That is the message of this stanza, that sharing your thoughts, giving gifts, and being present in each other's lives are the foundational pillars of friendship. These are the building blocks upon which noble folk rise above the instability and nastiness of the world. We forge bonds through our own version of the gift cycle, mirroring the Aesir as best we can with true words and right actions.

So go forth this month and forge new bonds of friendship, strengthen old ones, and

repair the ones that have fallen into disrepair. These are, after all, the Sayings of the High One, and we would do well to remember them.



Gothi Bodi Mayo

bmayo@runestone.org

Passion is a Gift of the Æsir



Our gods gave us the gift of passion. As a member of the AFA, you have felt that passion for our Folk and the Æsir. A lot of our Folk are missing this in their daily lives. In the 50s, beatniks introduced the idea of “cool” and people who were passionate about things were derided as “nerds”.

Apathy was celebrated and hard work, dedication to any goal outside of immediate gratification was ridiculed. Putting in the effort to master something was not “cool.”

When passion could not be muted it was redirected into a list of ignoble past-times too long to mention. Growing up, most of us remember “the Fonz.” He had no goals, he strived for nothing beyond satisfying his sexual appetite (the Jötun are described this way in our lore). Yet all the characters looked up to him and he became the focus of the show. But when Richie went off to college the Fonz ended up living above the Cunningham’s garage. He was a loser.

Degeneracy is a corruption of the passion our gods have gifted us. Everyone either knows someone or has themselves succumbed to a passion that is unworthy of a noble people. Our Gods demand we use their gifts wisely just as our ancestors would expect us to use our inheritance wisely.

Stoicism is often held up as an ideology, and while it is a necessary tool for a person to have, it is not the goal. What stoicism can do is temper the steel of passion forging it into a mighty weapon of Victory. Tacitus says, “The love of fabulous history, which was the passion of ancient times, produced a Hercules in every country, and made Ulysses wander on every shore.” As Ásatrúar it is up to us to share our passion so that a Raud the Strong is produced in every country our Folk dwell.

Hail Freyja, goddess of passion!

Bringing Our Divine Ship Captain Into Your Home



We are always thinking of ways to bring the piety of the Hof's into our homes.

Knowing that a lot of people honor the gods on their days; Týr on Tuesday, Óðinn on Wednesdays, etc. we at Njörðshof have started making Monday a day of dedication for our divine ship captain, blood priest, and oath-keeper.

Monday is the day most of us start our work week so it is only fitting our Lord of Prosperity should have a special place on this day. But also, the effect Mani has on the tides of the ocean speaks to the giving god's affinity for this day.

If you hold these days sacred to their namesakes and are in the Njörðshof District we ask that you consider joining us in making Monday a special day for Njörðr. And, when anyone asks if you have a "case of the Monday's" you can tell them... Hail Njörðr!



Gothi Lane Ashby

lashby@runestone.org

Law of the Hall



1. Don't let our Gods, ancestors and land spirits get too far from our thoughts. Honor them by right action and ceremony. Observe the Asatru holidays for our gods, heroes and folk.
2. Keep the whole of the folk in mind when speaking to one another. We may not always agree or even like one another but for the folk we must look one another in the eye with a respect for our folk. Work through discord constructively as we owe that to our people to build and grow from each other.
3. Build a reputation that would be honorable in the eyes of our gods, our folk and the AFA. Our actions and words will be remembered good or ill. Be mindful of our outward intent so that it builds weal.
4. Do first by your those of your blood and those innangard. Love your family and folk and show loyalty to them before others.
5. Be a beacon to our folk within and our folk without. The forces of chaos would see that our people are subjugated and bred out. Work towards the continued existence of our people as it is not negotiable.
6. Speak honestly and openly. Do not be the one that spreads gossip or scorn. Speak one's mind within reason openly so no one can question your words. Do not allow scorn to be spoken in the hall.
7. Do not envy your brother or sister because they have gained fame or favor for their fame shines on you as well. Seek to gain your own fame by your might and meign.
8. Hospitality is a virtue of our folk. Be generous to your folk with aid of your time and effort. Have an open heart and hand for our folk.
9. Oaths are not to be taken lightly. Back your words up with actions and honor your oaths as if your life or the lives of your folk depended on it.

Abiding by these laws, we will grow together, we will be of one community, and in sharing our strengths and weaknesses we will be Victorious. Above is what the Law of the Hall mean to me personally. We cannot afford to quarrel amongst each other. There are more than enough obstacles out there to fight with that there is absolutely no need to turn on your brothers and sisters here. Stand up for each other, be the first one to reach out a helping hand to someone that wouldn't expect it. Build your Folk and you will build yourself. We are noble people, and the detractors will always be there to stir things up. Keep your head high, focus on what you can do something about, speak bright words, and bright words will be spoken about you.

Hail the Gods!

Hail the Folk!

Hail the AFA!

Hail Victory!



Gothi Nathan Erlandson
nerlandson@runestone.org

The Runestone - A Throwback

The Horn-Bearer in Today's AFA



(Originally published in *The Runestone*, September 2019)

“Joyous then was the Jewel-giver, hoar-haired, war-brave; help awaited the Bright-Danes’ prince, from Beowulf hearing, folk’s good shepherd, such firm resolve. Then was laughter of liegemen loud resounding with winsome words. Came Wealhtheow forth, queen of Hrothgar, heedful of courtesy, gold-decked, greeting the guests in hall; and the high-born lady handed the cup first to the East-Danes’ heir and warden, bade him be blithe at the beer-carouse, the land’s beloved one. Lustily took he banquet and beaker, battle-famed king. Through the hall then went the Helmings’ Lady, to younger and older everywhere carried the cup, till come the moment when the ring-graced queen, the royal-hearted, to Beowulf bore the beaker of mead. She greeted the Geats’ lord, God she thanked, in wisdom’s words, that her will was granted, that at last on a hero her hope could lean for comfort in terrors. The cup he took, hardy-in-war, from Wealhtheow’s hand, and answer uttered the eager-for-combat. Beowulf spoke, bairn of Ecgtheow: “This was my thought, when my thanes and I bent to the ocean and entered

our boat, that I would work the will of your people fully, or fighting fall in death, in fiend's gripe fast. I am firm to do an earl's brave deed, or end the days of this life of mine in the mead-hall here." Well, these words to the woman seemed, Beowulf's battle-boast.—Bright with gold the stately dame by her spouse sat down."

In this passage from Beowulf (lines 607-641) we have one of many references to women as cup-bearers, particularly during Sumbel. Evidence, in runic inscriptions as well as in literature, abound. What was once a jealously guarded privilege held by women of nobility has become a role that seems little understood by both the men and women of Asatru. Speaking specifically in terms of Sumbel, many Asatruar forgo the use of a horn-bearer altogether in favor of the simpler passing of the horn. Why overlook a simple formality that was so important to our ancestors?

First, we must consider the real role of our ancient horn-bearers. The Lady of the Hall was the only women who was ever expected to attend Sumbel with the men, and it was she who chose the women who would aid her in the task of keeping the men's cups full. It was the Lady of the Hall who chose the seating arraignments, usually by rank or dignity. And it was the Lady of the Hall who was the first to handle the horn, offering it in greeting to men as they entered, and most especially, passing the horn during Sumbel — a task that was held in the utmost esteem.

It was considered imperative to our ancestors that the holy drink pass through the hands of a women in between each toast. Widely recognized was the "special provenance" of women — the healing touch, or nourishing main that was so innate in them. They are the frith-weavers, the peace-keepers, and even something as simple as their touch could balance the energy. So, from toast to toast, the woman's touch helped to balance the more contentious energies of the men.

There is also evidence to lend credence to the idea that the horn-bearers, while respectful, were often not just silent witnesses to the Sumbel. Often, they were sought after to give womanly advice, to help sooth jangled nerves, or to step in and settle tensions between men before the possibility of Frith being broken.

Why is this important? In a world of rampant anti-traditionalism sometimes it is important to take the time to find the small formalities, to bring back the traditional roles of our men and women. We should also consider how the inherent abilities of women can be useful today.

To begin, we consider that women are still frith-weavers and peace-keepers. And men are still contentious by nature. Couple that with the fast pace, generally angry world

that we currently live in and the possibility of that chaotic energy mixing into the horn is high. What better way to combat that than by having a woman pass the horn from one person to the next? It is not an easy task, however. It isn't just a matter of handing the horn off. A woman who is chosen to carry the horn becomes the protector of the horn, of the Frith of the horn. Thusly, it is her duty to calm an agitated toaster, or to help someone who might need help. Above all things, it is her job to maintain the Frith of the hall.

We must also consider the formality, the tradition of the role. It is not uncommon for the horn-bearer to treat the task as a chore. How often has it been seen that the woman carrying the horn is disinterested in what is being said? Or that she was fidgety and seemed to wish to be elsewhere? How often as a woman acted as though she would rather not be carrying the horn? While this behavior is generally not seen in the AFA, it can be seen outside of it. But why?

Maybe it is because the women don't realize the importance of the task. Maybe it is because they don't understand that they have been honored. There is no real answer to this. What we can do is to simply make sure that our women and our men know that to be chosen to carry the horn is, indeed, an honor. It is a recognition of hard work. It is a recognition of dedication. It is the singling out of one woman above the others, not to embarrass, but to rise up. A Gythia carrying the horn does so because she understands the enormity of the task, because it is her duty, and because it is her pleasure. For all others it is a recognition and celebration of excellence, and as such it needs to be earned.

By honoring the role of horn-bearer we are endeavoring to fill the horn with the Frithful energy of women. We are bringing back traditional roles that we need to help fight back against the anti-traditional world we live in. We are honoring our ancestors by taking up their customs. And above all else, we are elevating our ladies!



Gythia Catie Erickson
cm.erickson@runestone.org

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 \$85,872.60 on our remaining loan.
2. We need to raise our monthly donation average by 17.1%.
 - 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!



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

Sigrheim: Home of Victory

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨ ✨ ✨
amazon

Thank You!

CLICK HERE

Upcoming Events





Folkbuilder Nicholas Rice
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](#).



TEES, TANKS, SWEATERS!

MUGS! HATS! STICKERS!

We've also got brand new merch dropped this past month over at the [Runestone Store!](#)
Go check it out!

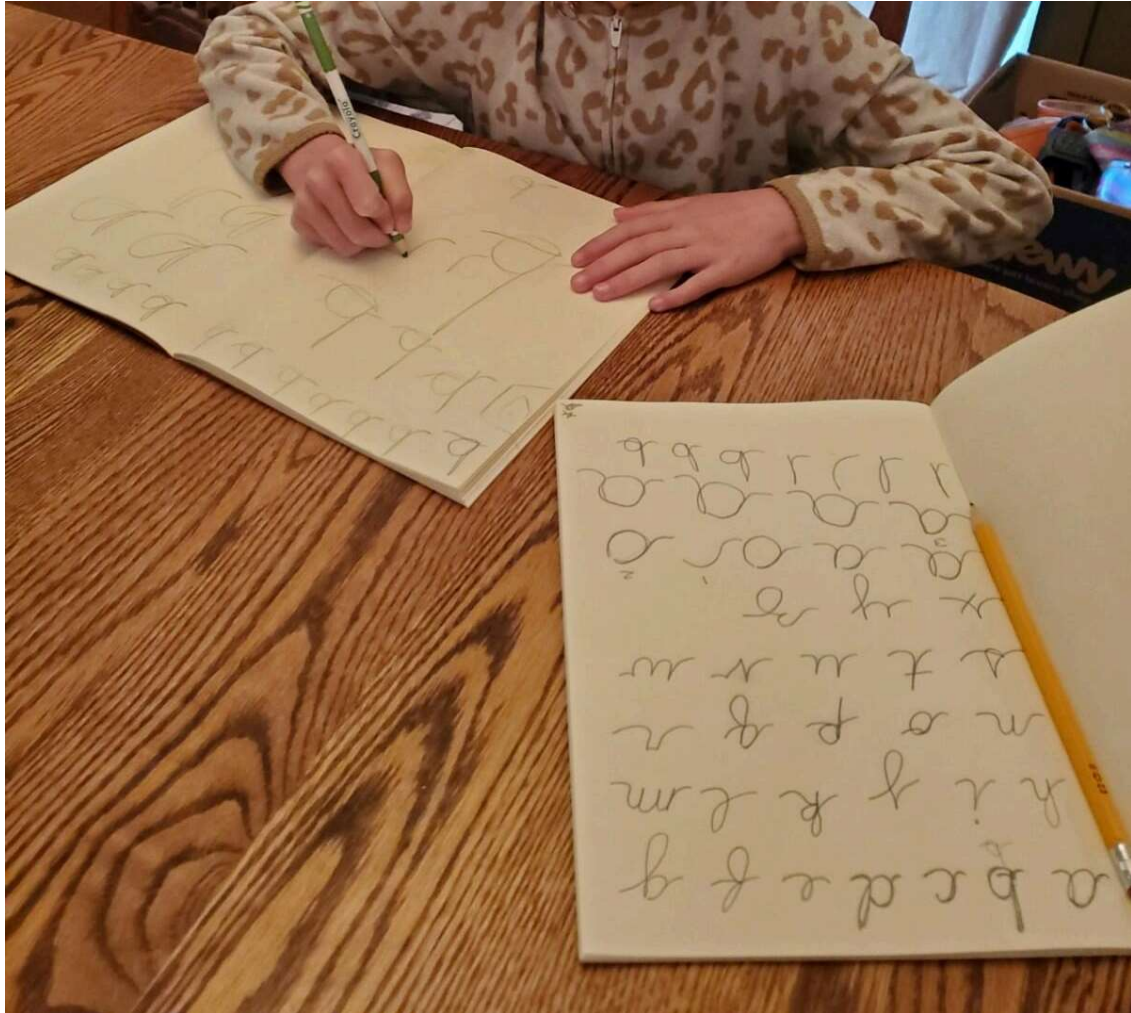


Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
mattflavel@runestone.org

AFA Asatru Academy



Check out the Asatru Academy at AsatruAcademy.org



We'll be hitting the end of yet another school year this month. A close to Year 2 of the Asatru Academy. When we set out to bring this opportunity to our Folk and families, we promised one grade per year, and that the kid's we started with in Kindergarten, would be able to follow along all the way through a 12th grade graduation. Luckily for all, elementary school curriculum has proved swift, and for the second year of our program, we were not only able to welcome in Kindergarten and 1st Grade, but also 2nd and 3rd. We're not slowing down that momentum quite yet, and we're thrilled to know that for the 2024/2025 school year, the Asatru Academy will be providing curriculum to assist in the homeschooling of our children in grades Kindergarten through 6th. We'll be making our way out of Elementary and starting in Middle School, y'all!

If you have any questions, or would like to start enrolling for next year, please head over to our website at AsatruAcademy.org!

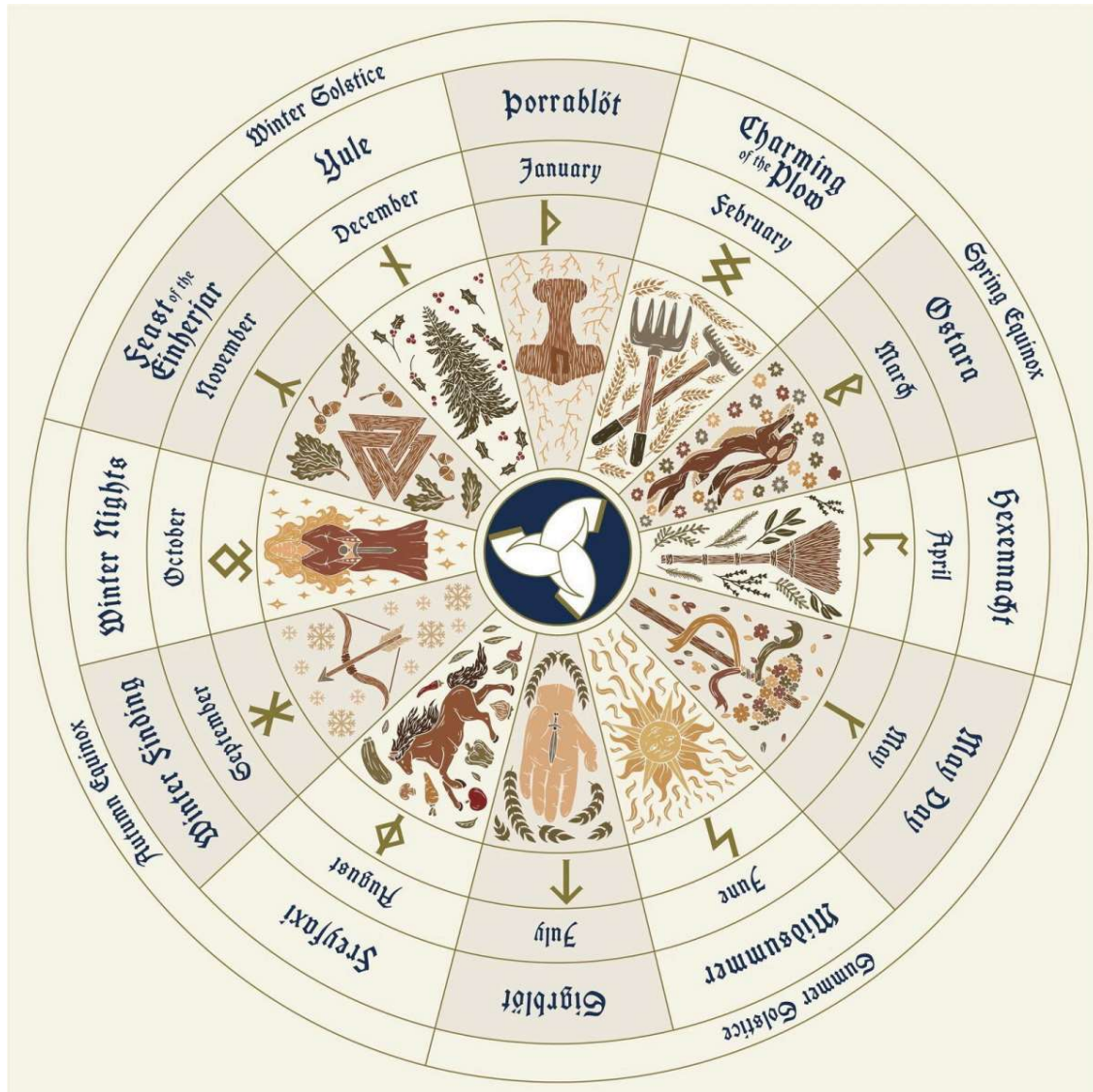


We've also got brand new merch dropped this past month over at the [Runestone Store](#)! Go check it out!



Folkbuilder Nicholas Rice
nrice@runestone.org

Remembrance & Holy Days



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

2024

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 20	Þorrablót
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

Date	Observance
April 9	Day of Remembrance for Jarl Haakon
April 10	Day of Remembrance for John Yeowell "Stubba"
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 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

June



Asatru Holidays - June 2024 - King Athanaric | Midsummer

Day of Remembrance

King Athanaric of the Visigoths | June 9th



King Athanaric, King of the Visigoths, ruled his people from 369 CE until he died in 381 CE.

Sometimes called the first and greatest King of his people, Athanaric was a staunch Gothic Pagan. Viewing it as his responsibility to foster and promote the faith of his people he went so far as to execute over three hundred Visigoths that had converted to the Christian faith. Their Gothic culture was paramount, and he feared that the advent of Christianity would destroy it.

During his 12-year reign, Athanaric fiercely defended his culture against the advance of the Roman Christian conversion. In the early years, he allied with his fellow Visigoth King, Fritigern, to stop the encroachment of the Roman legions into their lands. While the two were allied the Goths managed to stave off the Roman armies. For unknown reasons, however, Fritigern turned his army against Athanaric, causing the Gothic Civil War.

In the early stages, Athanaric won every encounter he had with his one-time ally. This prompted Fritigern to turn and request aid from his former Roman enemy, Emperor Valens. Even so, despite some advances, Fritigern lost the war. The Gothic Civil War took a toll on the land and the Visigoths, however, and when the Huns began to invade shortly after the end of the Civil War Fritigern appealed to Emperor Valen to allow him and his people to cross into Roman land. The appeal was answered, but only for Fritigern, who had since converted to Christianity, and his followers.

The rest of the Visigoths were left to fend for themselves. Despite his best efforts, King Athanaric was unable to hold his ground against the ruthless and better-provisioned Huns. In the face of starvation, Athanaric led his people into the Alutus Valley (modern-day Transylvania) where they settled. In 380 CE Athanaric was deposed and removed himself to none other than Constantinople and the lands of his once upon a time Enemy, the roman empire. The new Emperor, Theodosius I, accepted Athanaric to the empire graciously. Upon his death some two weeks later Athanaric was buried in state to show Theodisuis's respect for the Gothic Culture.

So, what can we learn from this story?

King Athanaric stood his ground in the face of all that would have torn him down. He recognized the importance of maintaining the Culture of his people and saw the dangers of conversion for what they were. In these modern times it is even more important to view Athanaric's struggles for what they were and to remember that the preservation of our people and our culture is so very paramount.

It's about Roots.

It's about Connections.

It's about coming home.

Let us always strive to make sure we have a Home for our folk to come back to!



Gythia Catie Erickson
cm.erickson@runestone.org

Holiday

Midsummer | June 20th (Observed June 15th)



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

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

The planting season is finished. The hard work that began with the blessing of the tools at Charming of the Plow and the planting of the seeds after Ostara has been finished.

Now we tend to the growing crops and revel in the beauty of life. We can take a momentary break from the difficulties of life to embrace that which makes the hard work worth the effort.

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



Gythia Catie Erickson
cm.erickson@runestone.org

Upcoming National Event

Midsummer at Óðinshof | June 21st-23rd



You're invited to Midsummer, Óðinshof's signature event of the year! Please join your Folk from across all the districts as we celebrate and honor our Gods and Goddesses at the very First Hof of the Asatru Folk Assembly. This weekend will be a summer

“spiritual retreat” for all our Folk coming from near and far. It will be filled with inspirational rituals, scrumptious and hearty meals, healing music, warm sunshine, laughter, motivating conversations, and fun activities for all ages!

- Camping onsite at Óðinshof is free and includes the use of outdoor hot showers.
 - Additional lodging options in the greater Brownsville area may also be available.
- Guests (non-members) must be approved prior to the event.
 - Please contact any of the Folkbuilders in advance to assist with this process.

Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

If you have any questions, please feel free to reach out to me or to Gythia Sheila McNallen.

See you there!

Register today and take advantage of our Early Bird Special! Get your tickets [HERE!](#)



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Sigrblót at Sigrheim | July 19th-21st



The second Sigrblót at the Home of Victory!

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

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

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

Camping is available on-site (bring your own tents and gear), and there are hotels within 20-30 mins of Sigheim as well. Some AirB&B's in the area too. You are welcome to come early, stay late, and spend as much time on the land as you'd like. It's open to any of our member Folk!

Notice: this is undeveloped land. We will have Port-a-potties and will make sure drinking water is readily available. However, it is imperative that you plan accordingly. There will be a couple large event tents to gather in. But no other public structures.

Please wear appropriate footwear and be prepared for a hike through the woods and up the ridge if you plan on participating in Blót. If you have any physical restrictions, this particular part of the weekend may cause a challenge or an inability to participate on that particular event. If you have off-road vehicles such as 4-runners, ATV's, etc., they

would be a most welcome addition to the weekend and could mean the ability to get those who are otherwise restricted, up the ridge and safely back down again.

Bug spray, sunscreen, coolers, water, snacks, tents, blankets, appropriate clothing and footwear is advised.

If you have any questions about the land, area, or event, please reach out to Folkbuilder Nick Rice at nrice@runestone.org.

Get your tickets [HERE!](#)



Folkbuilder Nicholas Rice
nrice@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.

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

Folk Services

Helping a Loyal Member To Build Himself Back Up



Don Ricardo needs a hand up. He has been with the Asatru Folk Assembly for a number of years, and in the past has helped quite a bit with many things for our Folk, including working Founder McNallen's website. After a divorce and souring job market for web design, the walls began to close in. He was able to keep his head above water driving for Uber for a time. Unfortunately, after parting company with a friend whose car he

shared, he was left without a vehicle and a means to earn a living. Things went from bad to worse. Currently, he is in a shelter.

Don is a US Army Veteran. He was a medic and worked in that realm for a number of years in the civilian world. However, it has been some time since he worked in that field and all of his medical certs have expired. Not to be held down, Don is currently going to school to get the certs back so he can work in the medical field again.

In the meantime, he is suffering. While he has high spirits, he is suffering financially/economically.

Don has a plan though to get himself back on his feet until he can re-enter the medical field, but he has no capital to execute that plan and raise himself out of misery.

If we can help him, he can rent a car FROM Uber and begin driving for them again and raise his circumstances almost immediately until he finishes getting his medical certs, which would be this fall.

Thank you for considering a generous [donation](#).

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.

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!

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!

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.

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 mental illness like depression or PTSD? Is your baby having a hard time with teething? If you've answered yes at all, reach out to us. Once a month women of the



AFA will 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, 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

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

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.

Cooking for our Folk



Cooking from the Heart. One of the first chefs I worked for told me that there are two main rules to cooking.

1. ALWAYS cook from the heart!
2. You must know the why of the rule before you can think about breaking it.

To this day, I still believe that number one is the most important; but two is the most valuable lesson. So, for example: why would you add flour to the mix when you are making Fried Potato balls? It doesn't add anything to the dish overall and in fact, it takes away flavor and disrupts texture. The reason is that what flour takes away: is moisture. It adds to the binder and liquid consumption.

So, what does this mean for the folk? Plan and simple, don't take shortcuts. Whenever I pick up the knife and began cooking for the folk, I think of it as channeling the ancestors. Cooking reminds me of that age-old musing "I don't measure seasoning; I wait for the tap on the shoulder from the ancestors to tell me that's enough."

When you cook from the heart, people can tell. Don't cook out of spite or obligation. Cook for the folk because you want to! Find new recipes. Test them. Make them better. And when your heart tells you it is right...time to serve. If you have never made

cookies from scratch...make them. Why not? Use the best ingredients you can afford (don't take out a second mortgage for this) but be proud to feed the folk.

When the recipe is right and you feed the folk, please send the recipe to cookbook@runestone.org with details of when and where it was served (Hof/moot).



Folkbuilder Mike Joyner
mjoyner@runestone.org

Ancestral Food and Culture

Mr. Boardman's Scones



- 2 Cups of Flour
- 1 tsp Cream of Tartar
- 1/2 tsp salt
- 1 tsp sugar
- 1 tsp Baking Soda
- Any desired chips, morsels, or berries to taste
- Scant cup Buttermilk (Homemade buttermilk is 1 tablespoon vinegar then add milk to almost a cup. Stir and let sit for 5-10 minutes. Voila. Buttermilk)





Sift dry ingredients together. Including any blueberries or chips you mean to include. Add buttermilk. Mix together with spatula. It will be on the dryer side. Pat into a circle on a liberally floured board to a height of 1/2 inch. Make sure your hands are well floured as well to prevent sticking. Cut the edges of the circle into a square then that square into four wedges. Reshape the cut off edges into a square and turn that into two wedges. Transfer to a floured pan and bake at 350 degrees until lightly browned. Once done, place them on a cooling rack. Serve hot or cold with coffee or tea in the flower garden or anywhere else you can that makes it a special treat.



We like to drizzle a concoction made of vanilla extract, powdered sugar and a touch of milk on them as they are cooling. You don't need much milk at all.

I hope you like them as much as my family does.



Ron Boardman
Apprentice Folkbuilder
rboardman@runestone.org

Fried Bluegill



This last Sunday, me and my fishing buddy went fishing for trout in one of the nearby lakes. The trout weren't really biting, so we threw out some bobbers in hopes we'd catch some passively. We changed the gear on our other poles and started catching bluegill out of the weeds by the lake's edge. We ended up catching 64 bluegill and no trout. We fried them up, and it was pretty great, so I figured I'd share the recipe with y'all.



Ingredients:

- Fish
- Salt
- Water
- Oil/olive oil
- Other seasonings if desired

Equipment:

- Knife
- Scissors(great for cutting of fins)
- Bowl
- Oven, air fryer, or even a campfire
- Hand towel



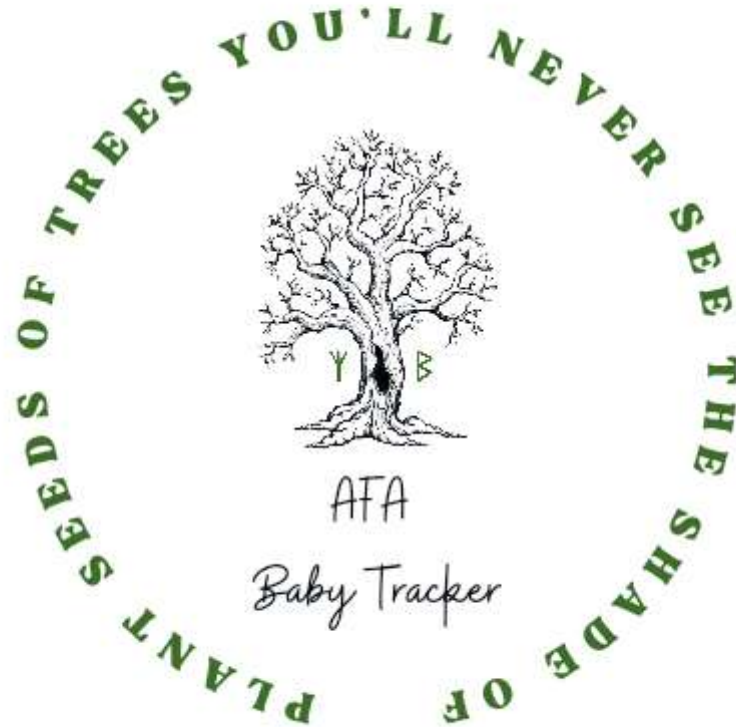
Directions:

1. Catch the bluegill or similar size fish, like a trout or bass. The recipe should work with pretty much any freshwater fish with white meat.
2. Remove heads, guts, and fins from the bluegill.
3. Wash the fish and put them in a bowl of salt water overnight (1 tablespoon salt per cup of water).
4. Remove bluegill from the salt brine and dry with a towel.
5. Put 2-3 handfuls of Bluegill into a bowl and season generously with either salt or a lemon pepper and some olive oil. Mix them around and being sure to get seasoning inside the fish's ribs. If your fish are as big as your palm or larger do them individually. Other seasonings work as well, such as taco seasoning, though salt really brings out the flavor without tasting fishy.
6. Put them in the oven or an air fryer at around 380° for 2-4 minutes. The bigger the fish, the longer they will take to cook. You'll know when they're done when you can tear the meat off the bone easily with a fork or pair of tongs.
7. Enjoy!



Aaron Simbeck
Apprentice Folkbuilder
asimbeck@runestone.org

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: 12

Online Events and Meetings



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 Zoom (<http://tinyurl.com/virtuerecoverymeeting>). 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





AFA Reading Challenge Meetings



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



**Free PDF
and meeting link
in Mewe Ladies Group**

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.

- 6/8 will be at 12pm EST, we will be discussing Raidho
- 6/22 will be at our regular time of 2pm EST, we will be discussing Kenaz.

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

I hope to see you there!

**Lore Study with
Gothi Jason Plourde
Join us every Monday night**

at

8:00 pm EST

7:00 pm CST

6:00 pm MST

5:00 pm PST

4:00 pm AKST

**Each study begins with trivia questions
from VNS and the previous week's
reading. A winner is announced monthly.**

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

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



**AFA Eldri Meetings
for June**

Tuesdays 6/11 & 6/25
5:00 PT, 6:00 MT, 7:00 CT, 8:00 ET

Fridays 6/14 & 2/28
2:00 PT, 3:00 MT, 4:00 CT, 5:00 ET

CONTACT; sheila@runestone.org

*A place for members aged 50 and older to share
memories, ideas, experiences, and the joys of life ~
in caring conversation.*

Just for Fun



Congratulations to the May Word Search Champions! Here's June's word search:



SUMMER

WORD SEARCH



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

SUNSHINE
 BLESSINGS
 BALDR
 SOL
 AESIR

MIDSUMMER
 PICNIC
 LAUGHTER
 GAMES

SWIM
 SUNBURN
 FRIENDSHIPS
 VICTORY



As always, the first members to complete and submit proof to press@runestone.org will get a shoutout next month!

Beautiful work on the May Day coloring page, Kara!



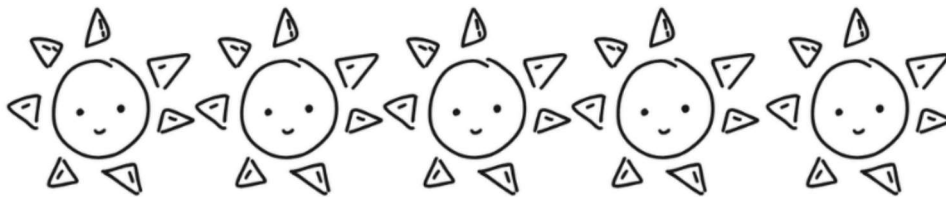
Summer is the perfect time for kids to enjoy some good books, and we're going to have fun with it this month! We're going to track our reading and do a little coloring too!

Name _____

Age _____

JUNE READING!

Color 1 sunshine for every 10 minutes you read this month (or 1 for each book someone reads to you if you're a pre-reader). Send to press@runestone.org!



My favorite book
was: _____

How many minutes I
read: _____

Color 1 sunshine for every 10 minutes you read this month (or 1 sun for each book someone reads to you if you're a pre-reader). Send your proof to press@runestone.org by July 3rd! Let's see how many minutes/books y'all can read!

Happy Reading!



Folkbuilder Olivia Sutherland
osutherland@runestone.org

Genealogy and Kinship Charts



Come on family!
We're looking for GEDMATCH #s to build our KINSHIP CHART!

*DON'T KNOW HOW?
JUST ASK.*

Send yours to Sheila@runestone.org to get included in our next **AFA KINSHIP CHART**

Deadline: June 29th

See how closely you're related to other AFA members. 81 people so far, and counting!

I'll post the KINSHIP CHART in our AFA GENEALOGY GROUP on July 1st for all to see. If you don't want yours included, let me know before 6/29/24. I'll email yours separately.



Gythia Sheila McNallen
sheila@runestone.org

Calling All Folk Photographers

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



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



Folkbuilder Nicholas Rice

nrice@runestone.org

Store Spotlight



Those of you that watch Victory Never Sleeps or are active on MeWe, are already well aware that we've had some exciting new hit the storefront over the last month. The long-awaited return of some proper merchandise. We've stocked the shelves with a ton of awesome stuff. Well, let's not hold you up to much...time to get down to it!



For a limited time only, only available until Midsummer, we have two very special designs!

[Alsherjargothic Disapproval](#) & [What Would Jason Gallagher Do?](#)

These specialty designs are available only through the direct links listed, and not sold separately in the store!

Do they know I gotta sticker too?

LIMITED TIME ONLY

Limited Time T-Shirt Sale!
What would Jason Gallagher Do?

Not everything is super-secret-squirrel stuff though!

Tanks! Hoodies! Tees!

Sticking around for good while, we also have a whole collection of Hof Silhouette shirts, tanks, hoodies, and glassware! Represent your Hof or get the whole set!



Head on over to the [Store](#) and grab one (or seven) today!



Folkbuilder Nicholas Rice
nrice@runestone.org

Bórshof

May Day at Bórshof



Thank you to those who came out to support us for May Day this year. Asatru is about action, and getting together with your Folk for Asatru practice is the foundation of that action.



As is usual, we hosted a successful food pantry and thanks go to the Bain family and of course, Witan Herul. We hosted 20 folks including children to celebrate the start of Summer. Freyr was honored in blot, and the maypole dance followed.



Our favorite Asatru Rite was invoked twice, we had 2 baby namings! Thank you to the families who bestowed that honor upon us!



We also had 2 new people come check us out, and if you are interested in Asatru, come check us out. It gets lonely on the sidelines, so join us in the arena! Midsummer is June

22nd at 1 PM. Be there as we celebrate Baldr and the return of the Folk Soul.

Words Are Wind, Deeds Are Iron!



Witan Daniel Young

dyoung@runestone.org

Upcoming Events at Þórshof

Þórshof 2024 Calendar

Yule			Þorrablót		
Seast of the Einherjar	Nov. 30th	Dec. 20th-22nd	Jan. 27th	Feb. 24th	Charming of the Plow
❖ Winter Nights	Oct. 26th		Mar. 22nd-24th	Ostara	
Winter Finding	Sep. 28th		Apr. 20th	Hexennacht	
Sreyfaxi	Aug. 24th	Jul. 27th	Jun. 22nd	May 25th	May Day
Sigrblót			Midsummer		

❖ Winter Nights - subject to change

Fujitsu Moot at Þórshof

Every 2nd Saturday @ 3pm
rshotwell@runestone.org



Support Þórshof



The District Poetry Corner

Valhalla, If I Must

Valhalla, if I must

I do not wish for war nor strife.
 But for my children a peaceful life.
 One of prosperity, happiness, and light.
 To shield them from the darkened
 blight.

I do not wish for glory or fame.
 But for a long line to carry my name.
 One of honor, integrity, and noble of
 deed,
 To be thought of fondly over horns of
 mead.

I do not wish for our folk to fail.
 But for our people, victory prevail.
 One of great courage and in the name
 of our Gods.
 To be one Folk, united, defeating the
 odds.

And for these things I will gladly
 contend,
 By word, by sword, to the bitter end.
 To throw my self into the fray.
 To bring about our Victory Day.
 For the halls of ancestors, my soul I do
 lust.
 And for my Family, our Folk, Valhalla, if
 I must.

William W. Colmer II



— William W. Colmer II, member

A Poem for Midsummer



*The wheel has turned, summer is here,
Winter's cold is nowhere near*

*Birds building their nests,
With no time to rest*

*Fish swimming upstream,
For the next generation to be*

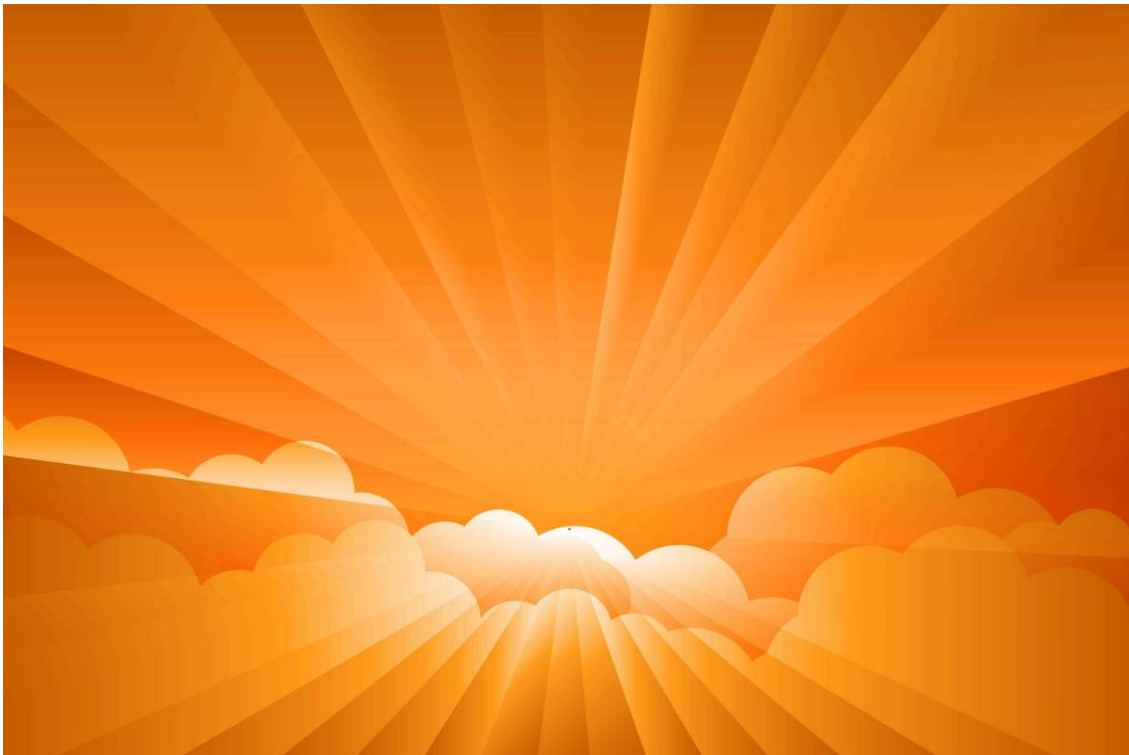
*Thawed ground claimed by flowers,
Life flexing its immense power*

*Herald Victory,
Make way for Midsummer!*

Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org



Rise. Sun. Day.



*Wheel turns.
Shining bright.
New day.
Baldr is HERE.*

*The wheel keeps spinning, and days keep growing.
Summer's peak comes but once per year.
At the stead of Óðinn, Folk gather 'round,
To light the fire, and raise it high.*

*Heat, warmth, ever-burning light,
Remember to look up, forward, Victory.*

*Guided by True North, the shining light rolls,
O'er the heavens and the dales, the valleys and the seas.*

*It's a new start, a new day, a new beginning.
Feeding the soul, the body, the mind, the Folk.
Community, gather and give. Bond and praise.
Time starts now, time never stopped. Continue.*

*The high son, the sun on high.
Rises to guide the Folk, a new Folk,
The same Folk, bonded by the gifts
Önd, Óð, Lá. Connections. Family. King.*

*Midsummer joy marks high times rising.
A return to our Folk, Aryan spirits rise.*



Folkbuilder Nicholas Rice
nrice@runestone.org

Indiana

May Day in Indiana



May 25th was the Indiana AFA Mayday Moot! Unfortunately, we did not have a May Pole because all of the women who come around are married, and we single guys didn't want to dance around a pole together! We had stew, garlic bread, apple struddle, and a variety of fruits to eat.



We threw axes (unfortunately, not pictured as we got sucked into the competition and forgot), lifted some weights, and trained with rope.



We received gifts of coffee, ducklings for eggs or meat, and hard cider. The dogs were out and about, the weather was beautiful, and all was topped off by a powerful Blót led by Folkbuilder Jonathan Rock!



Jacob Rutledge
Apprentice Folkbuilder
jrutledge@runestone.org

Upcoming Events

Midsummer Celebration!
June 15, 2024
Fortville, IN



JRock@Runestone.org
for details

Sigrblót

***July 20, 2024
Fortville, IN***

***JRock@Runestone.org
For details***





Folkbuilder Jonathan Rock
jrock@runestone.org

New Hampshire

Connecticut Midsummer Moot



New England's center of Asatru Folk Assembly's activity is heavily based out of New Hampshire, but that does not mean we leave our brothers and sisters who are out of that center to languish in isolation. In fact, we have made the commitment to bring the AFA camaraderie to some spread out New England members. We journeyed to Boston in April, and June was set aside for Connecticut.

On a beautiful Saturday, despite work conflicts with some others, I was able to make the 2-hour drive from NH to CT to meet another AFA member.

We met outside of a pub in a beautiful area of West Hartford that has a nice tree lined avenue with all sorts of storefronts along the road. There were plenty of people walking to and fro, and it seemed like a very pleasant place to meet.

We clasped hands in friendship and spoke our greetings, then we went into the pub. It was full and a bit raucous, as a 'pub crawl' was going on, but we found a small table anyways, ordered a meal and had a pint.

The talk was free and all over the map with such interest in what the other was saying. Our waiter came over, and, as we had yet to eat, I could see he was worried there was a problem with the food. There wasn't. We had to consciously stop talking and eat a bit as our food was getting cold. We raised a glass, and I sang a brief song with a simple melody to Sunna, as the height of her victory is soon to come. We ate then talked some more.

Two hours had flown by, and my parking ticket was about to expire, so we ended the Moot. There was still some excited conversation about Winter Nights XIII in New Hampshire this year as we walked to the parking garage. We parted company, clasping hands in friendship and saying "goodbye" with a number of 'til-next-time's. Indeed. Til next time, friend.



Ronald Boardman
Apprentice Folkbuilder
rboardman@runestone.org

May Day in New Hampshire



Cheers to May!

The 'shire Folk gathered this month to celebrate May Day. It was a beautiful New Hampshire day. We enjoyed an assortment of goodies ranging from fancy cheese, meats, olives and crackers. Children played outside and admired the chickens. After catching up with one another, we gathered for ritual.



We dedicated our Blót to Freyr. May he bless us with a fertile season! Hail Freyr!



After Blót, we gathered in the front yard to raise the May Pole. We sang songs of old as we wrapped the pole, smiles across all faces as the pole was adorned.

Words can't describe how much I appreciate everyone who came! It means the world to me and my children. The Boardman's yet again showed their class and unmatched hospitality. Thank you for all that you guys do for our Folk!

Upcoming Events



Please join us at the seacoast!



Folkbuilder Tyler Sagert
tsagert@runestone.org

North Carolina

Appalachian Happenings

This month, we gathered at the Kinsler residence in beautiful eastern Tennessee to dance around the May Pole and celebrate with our Folk once again. This year's turnout was almost double the crowd we had last year, with members coming in from three states to celebrate. After everyone arrived, we divided into men's and ladies' groups, with the men constructing the May Pole while the ladies built Frith and crafted their flower crowns.



We then processed outside and began our Blót to Freyr and Freyja. We honored our Lord and Lady for the many gifts they have bestowed upon us: the fertile fields, the many smiling children, the passion shared between our men and women, the heavy summer rains and the promise of a bountiful harvest. After the rite was concluded, we paired off and grabbed streamers, and began our dance around the May Pole.



As we danced around, to the tune of old Appalachian jigs and reels, everybody had the biggest smiles. I broke free to hold the baby and just watched the Folk as they danced. May Day has to be one of my favourite events of the year; the Folk always laugh and smile so much, and you can watch people coming closer together just as the streamers on the pole weave together closer and tighter with every turn.



After the May Pole was tied up, we went inside and sat down to a delicious feast of pork, chicken, homemade bread, fresh vegetables, and many other sides and desserts. Washing it all down with home brewed ciders and meads, a few of us broke off to get the fire ready. Once again, we gathered around the Kinsler's fire pit and honored the Æsir, our ancestors, and our heroes with another powerful Sumbel. Boasts were made, and tales of beloved ancestors recounted, after which we moved to the hot tub for the rest of the evening. The hot tub is quickly becoming a staple of our moots. I hope you'll join us next time as we continue to build on our successes and strive to make the Æsir and the ancestors proud of us.

Hail the Aesir! Hail the AFA! Hail the Appalachian Hearth Kindred!

Upcoming Events



Be sure to come out to Sigrheim, the Home of Victory, as we celebrate the victories we have achieved and prayed for and as the Aesir to continue to bless us with more victories in the future. This will be a national event, with rituals, meals, an auction, feats of strength, and much more! Be sure to get your tickets at runestone.org. Please reach out to Folkbuilder Nick Rice at nrice@runestone.org, me at tbethea@runestone.org, or any member of leadership for more information. We hope to see you there!



Folkbuilder Tyler Bethea
tbethea@runestone.org

Work Smarter AND Harder



When it comes to weightlifting, people usually want to lift as much as they can, pushing their muscles to the limit week after week. However, there's a case for going lighter and doing more reps. It lets you increase your volume and lessen soreness and recovery time, allowing you to lift more weight over a period of time. This approach has some clear advantages that make it worth considering.

First, lifting lighter weights for more reps builds endurance. It helps muscles keep going for longer without getting tired. This is great for activities that need stamina, like running or cycling.

It is also relatively safer, especially for beginners or folks getting over injuries. Lighter weights mean less strain on your joints and muscles, thereby lowering the risk of hurting yourself. Sometimes the bigger number isn't worth injuring that rotator cuff. If you know anyone who has done heavy weightlifting, you know exactly what I'm talking about. Additionally, focusing on proper form not only sets you up for long-term success but also enables you to lift more weight than you otherwise could.

Lifting lighter can still bulk up your muscles. Even though heavy lifting is usually seen as the muscle builder, doing lots of reps with lighter weights also makes muscles grow. It's all about keeping them under tension for longer.

Switching things up with lighter weights and more reps can also keep your workouts interesting. It challenges your muscles in new ways and can help you avoid hitting a plateau in your progress.

So, while consistency is key, no matter how you go about it, heavy lifting definitely has its place, but don't overlook the benefits of going lighter. It's a smart way to boost endurance, stay safe, and keep your workouts fresh.



Folkbuilder Robert Shotwell

rshotwell@runestone.org

Ohio

Rodeo in Ohio



Going to the Rodeo...for those of us in the United States, few things could be construed as being more Americana.

Whether you were raised in the city or in the country, all of us have been exposed to the cowboy ideals of a strong work ethic, men who keep their word, rugged determination

and a closer bond between man and our natural world.

In our modern day, too often, we see the exact opposite traits on display. While many tell themselves that it's simply the "way of the world" these days, deep down, it wounds us, jades us, and disheartens us, as we know that it should not be this way.

Watching young men take to the back of an enormous animal, literally risking their lives to conquer a beast for 8 seconds may seem to some as reckless, foolish, or even insane.

I see something much different. I see it as an outlet to achieve greatness, to elevate oneself through ordeal in a time where doing so is often at the expense of others. Challenging yourself to be better than you were the time before, willfully embarking on adventure while remaining closer to the natural world, more so than most in the Western world do today-- these are elements that resonate with me.

Individual glory is shared as glory for all within the ranks of those men. When one wins, they all celebrate. When one falls, a hand is extended to lift that man up instead of a boot pushing him back down.

That is our way.

Upcoming Events



Folkbuilder Michael Melillo
mmelillo@runestone.org

Pennsylvania

Welcoming a New Apprentice Folkbuilder

Please welcome Ryan Fenton of Pennsylvania as our newest apprentice Folkbuilder for the Þórshof District! We are excited to see the success Ryan will achieve in the coming months and years.

Hail Ryan Fenton!

Hail the AFA!

Hail Þórr!



Ryan Fenton
Apprentice Folkbuilder
rfenton@runestone.org

Niagra Falls Moot



On May 25th, we made our way up to the American side of Niagra Falls for a moot with new members and old. We were honored by a visit from Witan Young and his family, who traveled all the way up to New York from “down south” to celebrate their 27th wedding anniversary.



We enjoyed the walk around the falls, and, aside from the good conversations, a ride on the "Maid of the Mist" was definitely a highlight of the day.



We ended the day at a small pizzeria in NY, enjoying some of the best buffalo wings we'd had in a while.



Overall, it was a wonderful time with wonderful people, and we look forward to seeing everyone again soon!

Upcoming Events

Join us for

Presque Isle Beach Moot

Relax and enjoy sunshine, sand,
and swimming with the folk.

June 29th @ 11 am

contact Gythia Erickson for more information
Cm.erickson@runestone.org



Gythia Catie Erickson
cm.erickson@runestone.org

Birthday Announcement



Witan and Gythia Erickson are pleased to announce our son Eoghan's sixth birthday! Eoghan is one of the lucky children who has been born and raised in the Asatru Folk Assembly.

He will be starting Asatru Academy in the fall, is an Orange Belt at the local martial arts academy, loves swimming at the pool and in Lake Erie, and loves Star Wars.

Best of all, Eoghan loves our Gods, especially Thor. I was reviewing emails from our

website contact form, and he asked what I was doing. I told him how I was emailing back someone in Pennsylvania who was interested in the AFA. He said, with a big smile, "Wow, that's great!", and he meant it.



Our young Folk are a treasure, and I wouldn't have it any other way but to be raising him among all of you fine Folk.

Hail Eoghan!

Hail Thor!

Hail the AFA!



Witan Clifford Erickson
cerickson@runestone.org

Sweden

May Day



After an exceptionally cold and long winter, spring's arrival has brought great cheer to us. Days with temperatures below freezing are behind us.

As has been the case for our last few Blóts, we had powerful wind preventing us from keeping candles lit outside. This Blót we held for May Day was no exception. This time, we also had rain coming down. Then, as we were ending the Blót, from out of nowhere, the wind immediately died down. The rain stopped, and the clouds parted for a moment. Sunlight shone down upon us and the site we had chosen. It was a powerful moment that lasted for a few seconds.

Now, we are leaving the dark and cold behind us. Time for action, time for joy, and time for life!

Upcoming Events

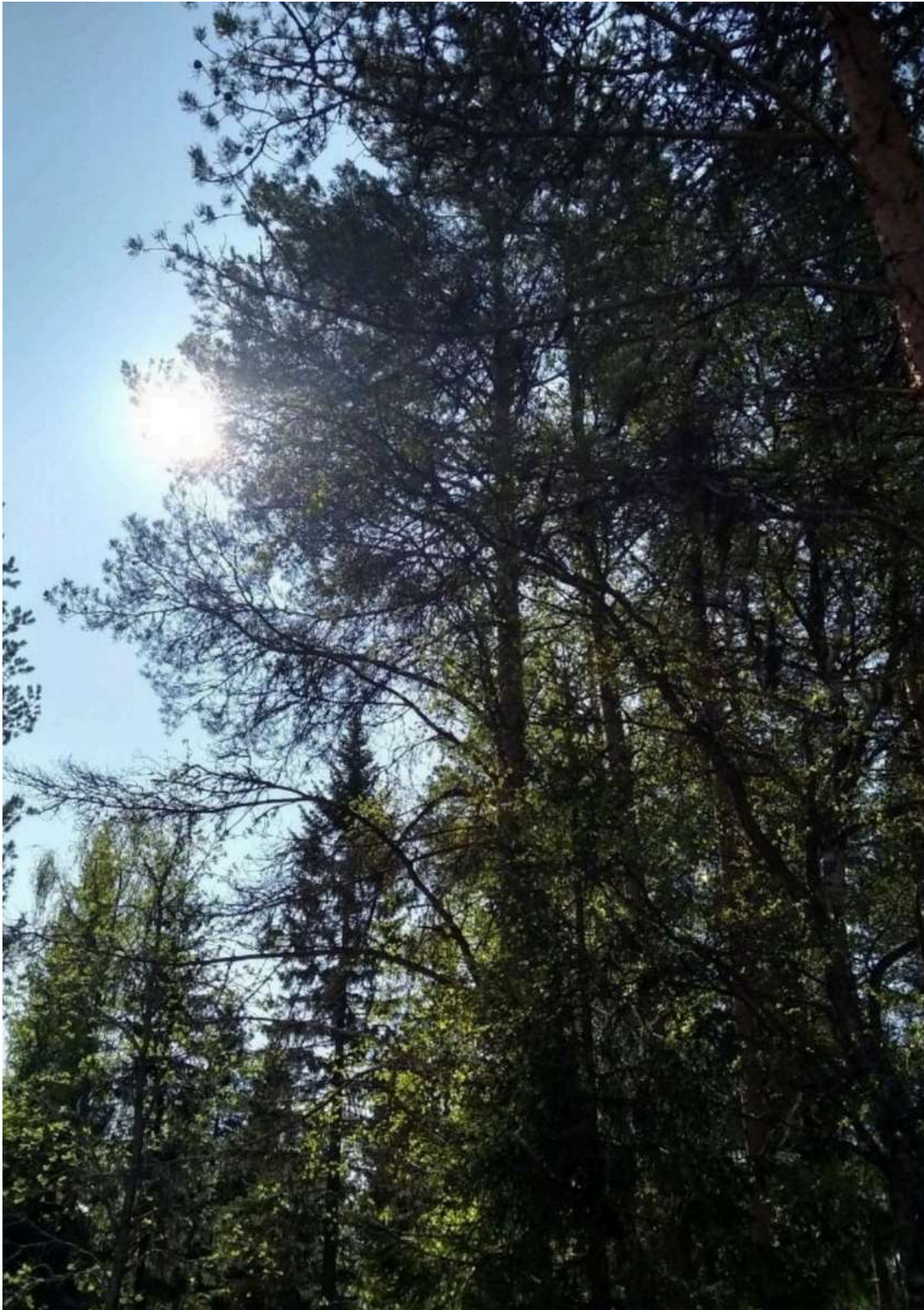


Fika Fridays:

28th of June

26th of July

Come and have a warm cup of coffee with the Lugnets!



Midsummer:
29th of June

Come and let us celebrate the victory of Summer!



Sigrblot:
27th of July

Come and let us give Blót to Victory!



Erik Lugnet
Apprentice Folkbuilder
elugnet@runestone.org

Tennessee

Upcoming Events



*Remembrance Dinner
for King Athanaric*

*June 9th | 6PM
Cookeville, TN*

*RSVP w/
NRice@Runestone.org*



**Remembrance
Dinner**

Cookville, TN

July 7th

**Alexander
Rud Mills**

**Sveinbjörn
Beinteinsson**

RSVP w/ NRice@Runestone.org



Folkbuilder Nicholas Rice
nrice@runestone.org

West Virginia

West Virginia Wandering



I took a week away from home to visit a Navy brother in West Virginia, who is a talented artist as well as a professional tattoo artist, whom I have known for over a decade. His preferred styles are specific, however, he can knock out most any style magnificently. If you would like you see his portfolio, check out [Kraken_Ink_661](#) on Instagram and [Kraken Ink](#) on Facebook. I have been visiting him over the last few years as he has not been able to travel for some time. We both served as Mineman onboard the USS Guardian MCM-5 in Sasebo, Japan. We had a blast hanging out again; we hiked, explored downtown, tried newer restaurants, I even managed to get some more ink. While in West Virginia, we found a meadery focused on dry meads made with items gathered only within the state. The main purpose of the tasting was to find a mead worthy for ritual.



The next day, we decided to take a hike at a nearby state park. While trekking along on the Appalachian Mountains, we spotted a small opening between two trees with giant boulders behind them. This is where Blòt to Óðinn took place. The sun shined between the oak and elm as Blòt began, and the wind picked up where there was none before. We gave the mead, infused with the best of ourselves, to Óðinn. My first Blòt, I knew I was home; I could only imagine what he felt here. After Blòt, he asked that each time I visit we continue to have a day of ritual, to which I agreed. We finished the night by making a long-missed favorite meal that he has not had since our time in Japan; Japanese-style curry. Since I have returned back to Iowa, we continue to talk, and he has been asking more questions about the Ásatrú Folk Assembly and my choice for joining leadership.



Coopers Rock State Forest

On my way back from West Virginia, I stopped in Ohio and Michigan to visit my parents, brother, and grandparents. It was great spending time with family and to break up the long drive. It had been a few years since I was able to see them, and my grandmother was overjoyed to be able to make a simple burger for me.

It is important to get out and see long distance friends and family. There are many Folk who are surrounded, yet still alone--make the time to get out and travel! Even if they see plenty of people, sometimes it needs to be you that they see.



Folkbuilder Christopher McDowell

cmcdowell@runestone.org



Copyright © *2024* Asatru Folk Assembly; All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

