



Þórshof
Second Hof of the Asatru Folk Assembly

www.thorshof.com

May 2025

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Words from the Allsherjargoði



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

regular efforts to get our bodies in ever better health and condition.

Now is the time to seize the day and take action. Take action in our lives. Take action for our growth. Take action for the well-being of our Folk AND take action in our faith.

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

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

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

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

Announcements, News, & Noteworthy

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



Matthew D. Flavel
Allsherjargoði, Asatru Folk Assembly
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Words from our Founder

The AFA Needs Men to Further Our Folk!



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

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

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

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

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

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

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

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

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

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

We need men who do not abuse alcohol or drugs.

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

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

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

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

Channel on Youtube: CELTAINIAN CHRONICLES —
[Youtube.com/@CeltainianChronicals](https://www.youtube.com/@CeltainianChronicals)



Founder Steven McNallen

Words from our Witan

Weekly Devotionals



May 2025

Devotional Wednesdays

May 7th
Freyr

May 7th
Gerdr

May 7th
Fulla

May 7th
The Ancestors

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

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



Witan Brandy Fassett

bfassett@runestone.org

Words from our Goðar

Declaration of Purpose VII



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

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

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



Ásatrú Trúlögmál



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

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

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

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!



Matthew D. Flavel

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The Quest for Freyshof

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

– Gylfaginning



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

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

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

- We need to pay off Njörðshof.
 - The first of 2 loans have been paid off!
 - We now owe \$39,025 on our remaining loan.
 - This means if every member donated \$53 today, this would be paid off!
- We need to raise our monthly donation average by 7.37%.
 - This is membership donations and Hoftollr plus other donations.
- We need to locate a suitable property.
- We need to find lenders and build a war chest.



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

Hail Freyr!



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Sigrheim: Home of Victory

Support the Home of Victory



Help Sigrheim get stocked
and ready for our Folk!

Donate Supplies
from our
wishlist ✨
amazon

Thank You!

[click here](#)

Upcoming Events



June 14th

230pm

Midsummer at Sigrheim

Sigrblót at
Sigrheim

July
25-27

Tickets at
<https://store.runestone.org/product/sigrblot>



Folkbuilder Nicholas Rice

nrice@runestone.org

Victory Never Sleeps



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

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

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

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

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

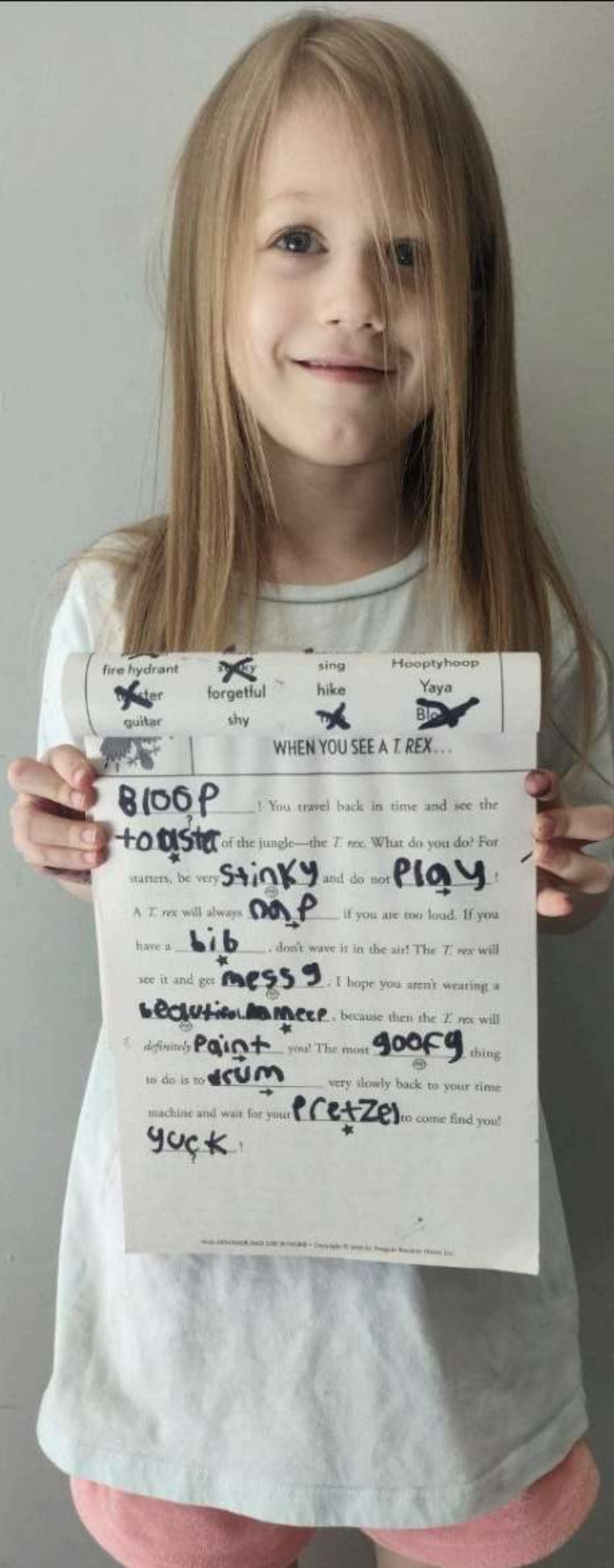


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AFA Ásatrú Academy



Check out the Ásatrú Academy at AsatruAcademy.org



fire hydrant

~~toaster~~
guitar


~~forgetful~~
shy

~~sing~~
hike

Hooptyhoop
Yaya
~~Bloop~~

WHEN YOU SEE A T. REX...

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



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

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

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

Excerpt from Waldorf Essentials Class 1, by Melisa Nielsen

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

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

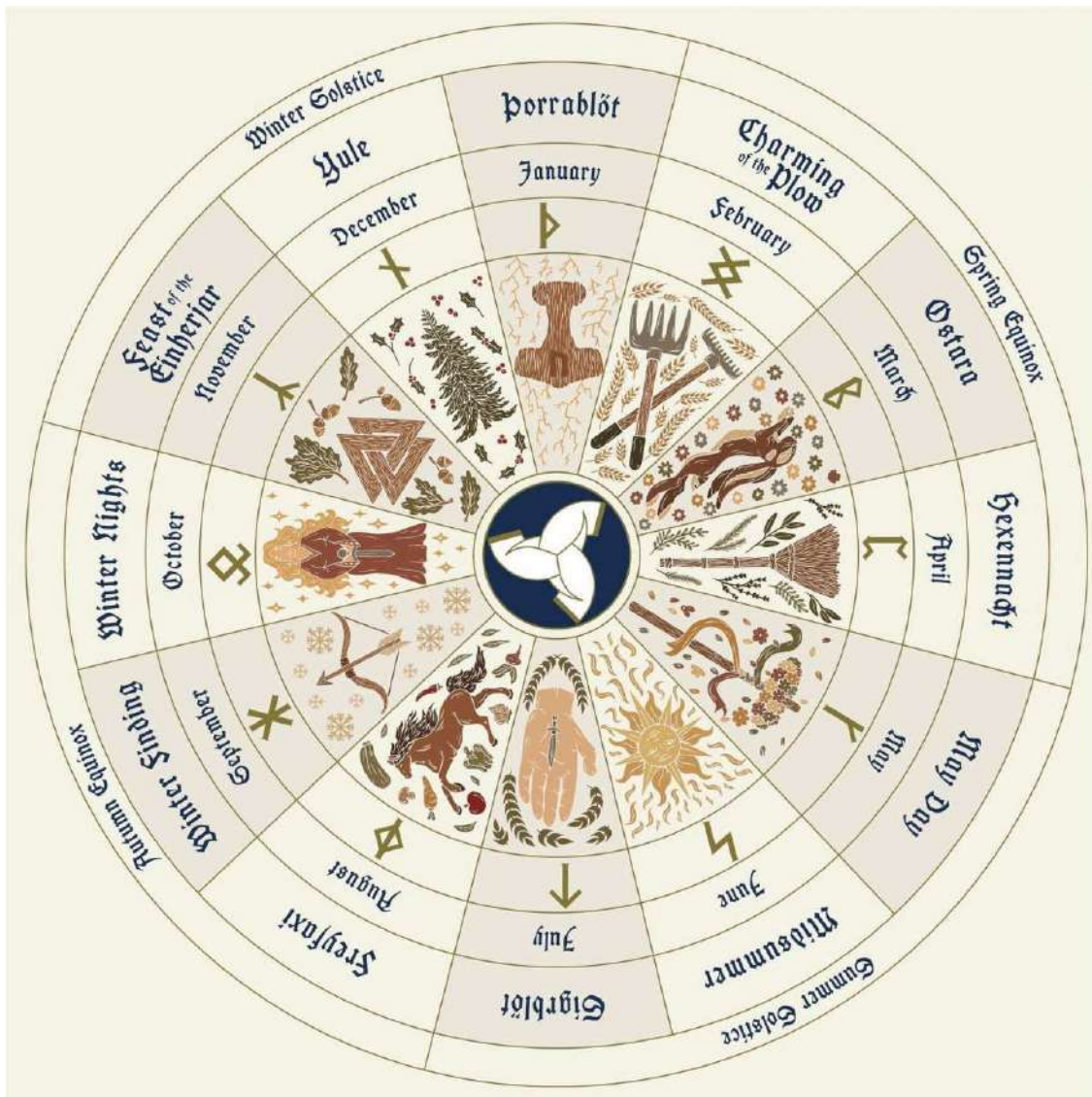


I recommend you start your day with intention, perhaps a special morning routine where you gather at a family altar, say a prayer together, read a story together. Begin your day with purpose and the calm can follow.



Rachel Kinsler
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Remembrance & Holy Days



[Holy Days | Asatru Folk Assembly](#)

- > January 9 - Goði Rauðr the Strong <
- > January 18 - King Blót-Sveinn of Sweden <
 - > January 18 - Þorrablót <
- > February 1 - King Eanfrith of Bernicia <
 - > February 9 - Eyvind Kinnrifi <
 - > February 15 - Disapíng <
 - > March 9 - Goði Ölvir of Egg <
- > March 20 - Austrá (observed on March 15) <
 - > April 9 - Jarl Hákon Sigurðarson <
 - > April 10 - John Yeowell "Stubba" <
- > April 30 - Nornanótt (observed on April 19) <
 - > May 1 - Sumarmál (observed on May 17) <
 - > May 22 - John Gibbs-Bailey "Hoskuld" <
 - > June 9 - King Athanaric of the Visigoths <

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

May



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

Day of Remembrance

John Gibbs-Bailey “Hoskuld” | May 22nd



‡ May 22, 1913 - January 1, 2003 †

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

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

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

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

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

Hail Hoskuld!

Holiday

Sumarmál | May 1st (Observed May 17th)



On the heels of Nornanótt, when the cattle were blessed in the smoke of the fire before being sent to their summer fields, we celebrate Sumarmál! Halfway between the spring and summer solstice, Sumarmál is often considered to be the first day of summer. Warmer days are becoming normal. The Spring rains that helped to nourish the awakening fields have begun to taper off. The world around us is verdant again.

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

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

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

Where one has the will, all things can happen.

Upcoming National Event

Midsummer at Óðinshof | June 27th – 29th



Get your tickets [HERE](#)

Come and tread the hallowed Hall of the High One! Come celebrate Midsummer at Óðinshof from June 27th-29th!

Midsummer is the premier event of the year at Óðinshof! We have pulled out all the stops this year to bring you great speakers! Bountiful feasts! And as always, you can expect to feel the very heartbeat of the Asatru Folk Assembly when you walk the grounds, step inside the ritual circle of and enter the Hall of Óðinn! There is no better place to gather with your Folk and celebrate Midsummer this year! Come home to the heart of the Asatru Folk Assembly for a Midsummer you won't forget!

Don't wait! Get registered today!

Members, take advantage of our Early Bird Special! Don't wait and have to pay more at the door!

You're invited to Midsummer, Óðinshof's signature event of the year! Please join your Folk from across all the districts as we celebrate and honor our Gods and Goddesses at the very First Hof of the Asatru Folk Assembly. This weekend will be a summer "spiritual retreat" for all our Folk coming from near and far. It will be filled with inspirational rituals, scrumptious and hearty meals, healing music, warm sunshine, laughter, motivating conversations, and fun activities for all ages!

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



Since 2016, AFA leaders and members have come to Midsummer at Óðinshof for three days of spiritual enlightenment and personal interaction. We offer the same thing to you this year with rituals and ceremonies, insightful talks, outdoor fun and games, children's activities for all ages, live music, and much more. A highlight is the annual auction to fund our Óðinshof renovations. Vendors are welcome as well.

As an AFA national event, this is our main fundraiser of the year. Your ticket guarantees delicious meals and the option to camp for free. Our spacious piece of land has camping sites with showers, plus room for RVs and trailers.

This is Year 30 since the AFA received official religious-status in California, and ten years since we purchased this fine old building. As much as anything, it will be a time to celebrate this milestone – First Hof in 1000 years! Every event is unique, but 2025 will be remembered forever!

We make every effort to keep this affordable with ticket prices the same as 2024!

Send us your questions. We can help you with lodging options and transportation to-and-from the regional airports. Would you like to have a special family-rite performed such as a wedding or baby-naming? Reach out to me or any of our local Folkbuilders.

Óðinshof, 8408 La Porte Road (PO Box 124), Brownsville, CA 95919

Get your tickets [HERE](#)



Gyðja Sheila McNallen
sheila@runestone.org

Sigrblót at Sigrheim | July 25th – 27th

Sigrblót at Sigrheim

July
25-27

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

Get your tickets [HERE](#)

The third Sigrblót at the Home of Victory!

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

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

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

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

Get your tickets [HERE](#)



Folkbuilder Nicholas Rice
nrice@runestone.org

Freyfaxi at Baldrshof | August 22nd – 24th



Join the gathered Folk for Freyfaxi at Baldrshof 2025!

Friday, August 22nd through Sunday August 24th, 2025

This weekend will include:

- 9 total meals
- Daily Fika
- 5 Blótar
- High Sumbl
- Daily Dedications and Devotions
- Ceremonies of the Folk
- Discussions, Workshops, and Classes
- Men's and Women's Spiritual Groups
- Tournaments and Games
- Ice Bucket Challenge
- Crafter's Tables
- Auction
- Children's Activities

Freyfaxi is Baldrshof's yearly showcase event and serves as the primary fundraiser for operation and support of the Hof.

Contact any member of Baldrshof Leadership for accommodation recommendations or questions about travel arrangements.

Tickets on sale soon!



Witan Brandy Fassett
bfassett@runestone.org

Winter Nights XIV | October 10th – 12th



Get your tickets [HERE](#)

This long-running AFA festival is dedicated to our ancestral mothers, the Disir. Started in 2012, the Asatru Folk Assembly's Winter Nights festival was hosted at a beloved camp in Pennsylvania for its first decade. This year, for the second time, Winter Nights XIV will be held from October 10th – 12th, in Cheshire County, New Hampshire. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships. We look forward to seeing members and friends!

Autumn has officially started. The days are noticeably shorter. The nights are noticeably cooler. The trees are ablaze with the colors of Fall and the crunching of the fallen leaves underfoot has begun. All around us the world is dying. This was a time of drawing in close, of hearth and home and family. For our ancestors, this was not an Autumn festival, but a quiet Winter rite in which the female spirits were honored in a rite called Disirblót.

Today, Winter Nights is often seen as a death of the physical world, the world we can see, and the reawakening of the intangible. It is the world of high energy, of spirits. It is that deeper feeling and connection to the things we know to be there. This is the time we honor our Disir—our female ancestors. We remember that without our ancient mothers we could not be. They cared for the home and the hearth fires. They cared for their families. Our ancient mothers, with strength and determination, raised the next generation against odds we cannot really begin to fathom.

With the harvests finished, there is a quiet lull before we turn our minds to the hectic holiday season. Now is a good time to turn inward in introspection, and to self-improvement. It is also the time to meditate on things of a more spiritual nature. Connect to the energy that is always there.

Your registration fee includes all workshops, lectures, meals, tent sites, and of course our holy rites. Only AFA members and vouched-for guests will be admitted to this event. If you are not an AFA Member you should confirm with the member who is vouching for you that they will do so when asked about your registration.

Things to know:

- Children 17 and under attend for free!
- Meals are included with all passes.
- You will need to bring your own bedding, and it can get COLD at night, so plan accordingly.
- Accommodations are on-site tent camping. Bring your tent!
- Please contact Witan Clifford Erickson if you will attend.
- Guests, please include the name of the AFA member who is vouching for you.

Member Family – Weekend: \$135

Member – Weekend: \$90

Member – Day pass: \$45

Guest – Weekend: \$120

Guest – Day pass: \$60

Child – Weekend: Free

Child – Day pass: Free

Playlist of previous events > <https://tinyurl.com/AFAWinterNights>

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

Get your tickets [HERE](#)



Witan Clifford Erickson
cerickson@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.

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.

Ancestral Food and Culture

Feasting with Folk



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



Pork Loin

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

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

Browned Butter Garlic Mashed Potatoes

- 20 lbs of potatoes
- minced garlic
- heavy whipping cream
- milk

- 3 sticks of butter
- salt and pepper

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

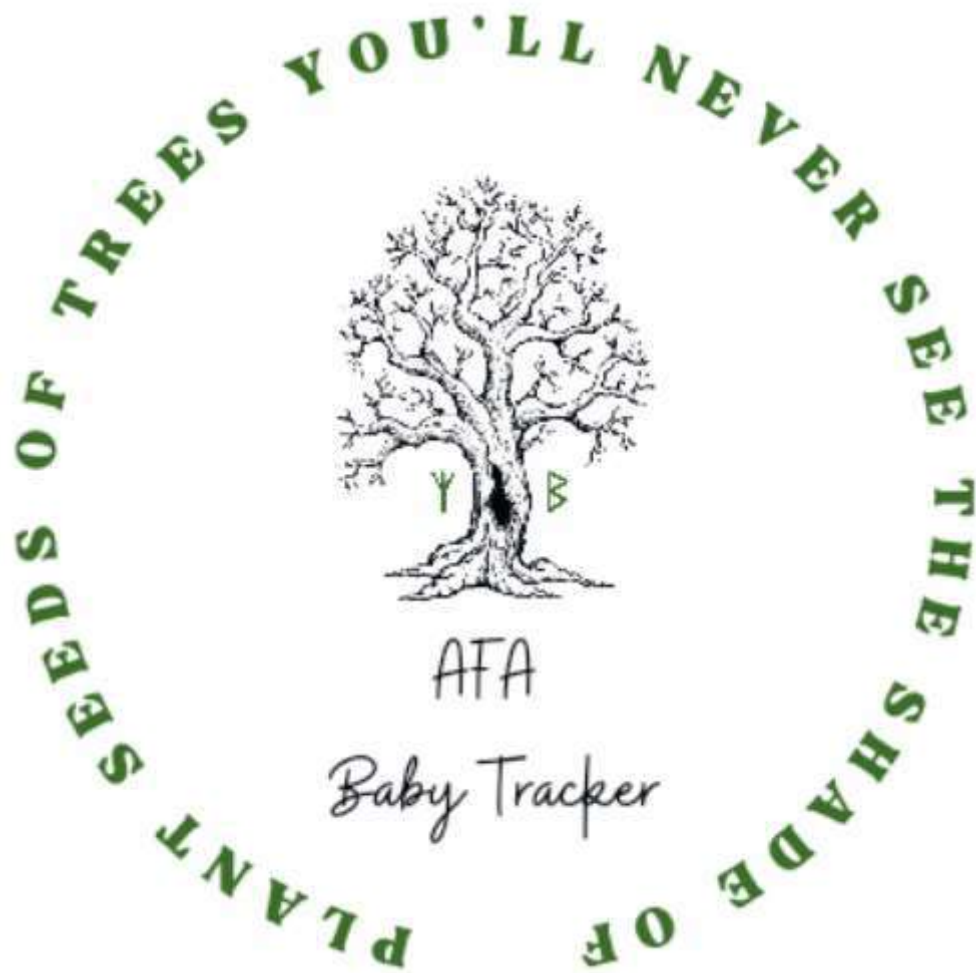
Serve with grilled asparagus and roasted vegetables.

Happy eating!



Folkbuilder Sierra Chapman
schapman@runestone.org

<h2>Baby Tracker</h2>



To show the growth of our Folk we present to you an ongoing baby tracker. We have been keeping track of how many children have been and are born within the AFA from 2022 and onwards. The ongoing tracking is proof that we are building something sustainable for the future of our Folk, which is a place for these children to grow up within and a place where they can feel proud of who they are!

Total babies born in 2025: 11

Online Events and Meetings

VIRTUE RECOVERY MEETING



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

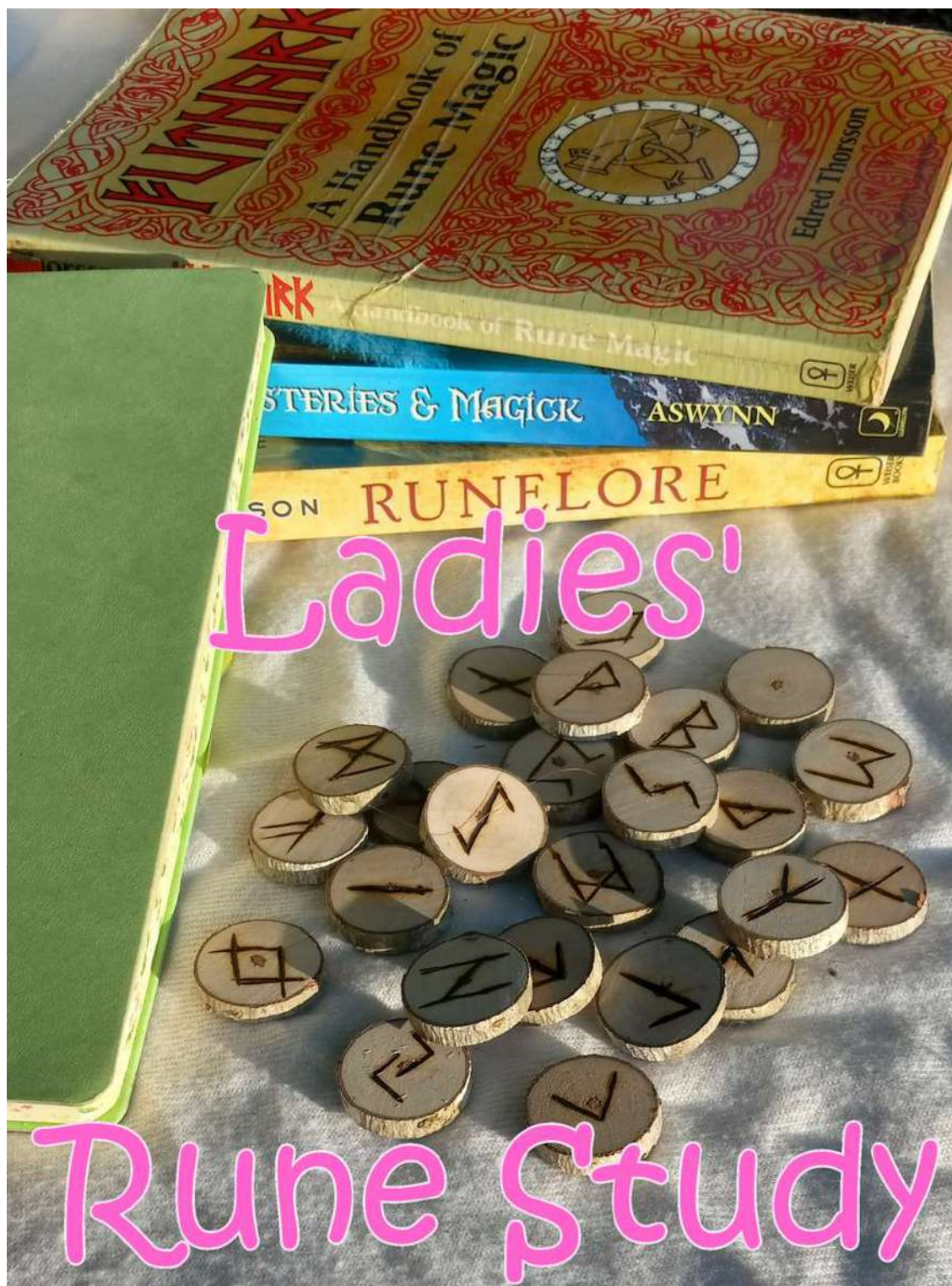
Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12 step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining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

SISTERS SUNDAY CHATS



Second and fourth Sunday of the month
10 am central

FOR MORE INFO: BFASSETT@RUNESTONE.ORG



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

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

I hope to see you there!

Lore Study with Gothi Jason Plourde

Join us every Tuesday night

at

6:00 pm EST

5:00 pm CST

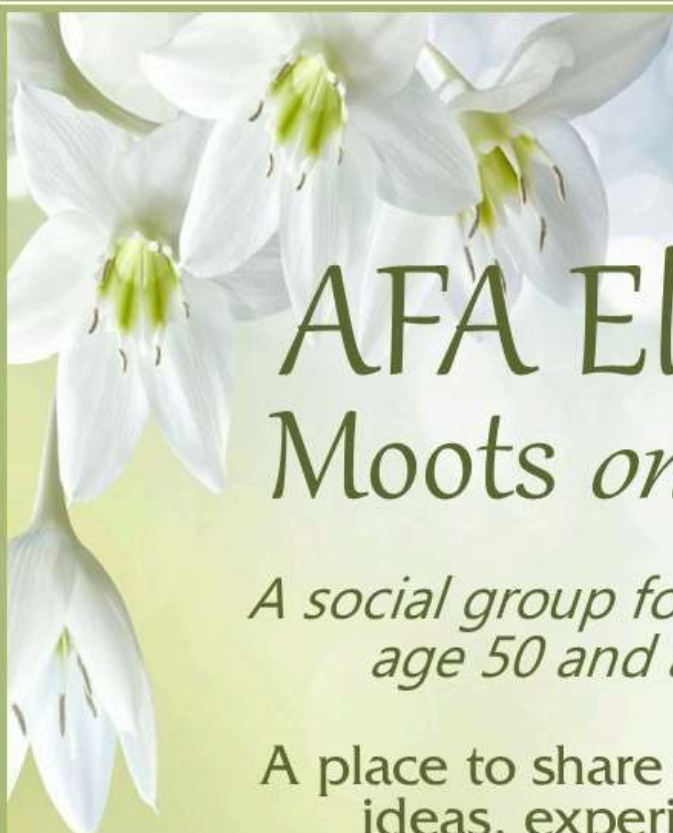
4:00 pm MST

3:00 pm PST

2:00 pm AKST

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

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



AFA Eldri *Moots on Teams*

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

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

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

May 6th, May 20th

Hosted by Gythia Sheila McNallen



Just for Fun



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

Springtime Seed Bomb



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

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

Materials needed:

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



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

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



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

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



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

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



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



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

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



Erin Harrison
Apprentice Folkbuilder
eharrison@runestone.org

Sister's Egg Project

SISTER EGG PROJECT



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



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

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

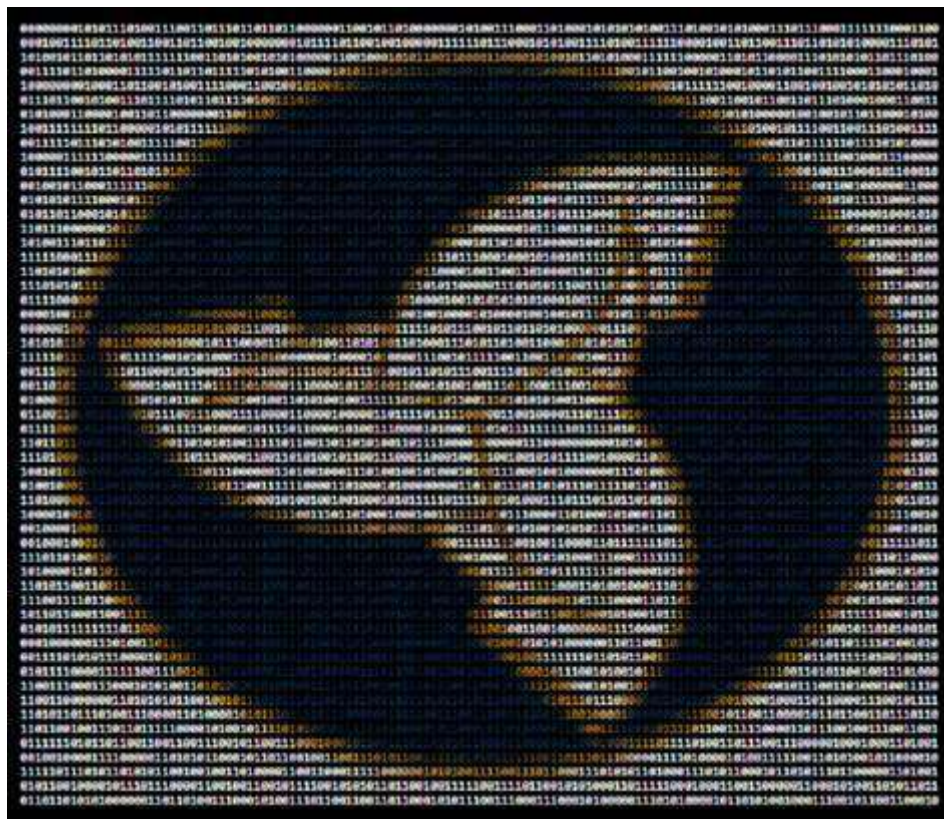
Folkbuilder Sara Ault

sault@runestone.org



AFA STEMCELS

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



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

The goal of STEMCELS is to help AFA members learn the skills needed for technical positions and help them find gainful employment using our professional network. We currently have mentors in General Software Engineering, Data Engineering, and Embedded Engineering, including some with Silicon Valley experience. We are holding

information sessions to help you decide if any of these disciplines are right for you. The sessions include:

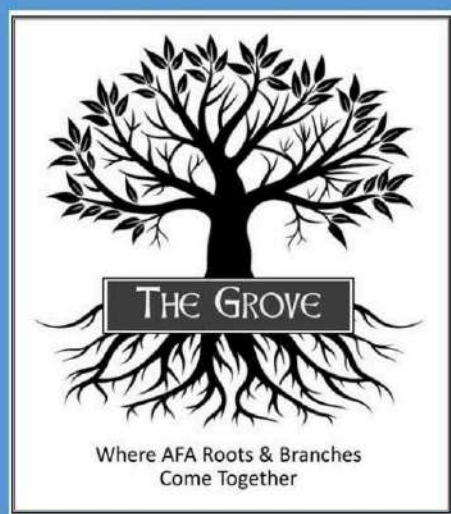
- Possible career paths
- Necessary skills and mindset
- What a typical workday looks like

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



Witan Clifford Erickson
cerickson@runestone.org

Genealogy and Kinship Charts



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

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

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

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

Have questions? Need the link?
Contact Gyðja Sheila McNallen sheila@runestone.org



Gyðja Sheila McNallen

sheila@runestone.org

AFA Fundraising

April Walk-A-Thon Top Contenders

Walk-A-Thon Top contenders

1 Scott from Baldrshof

2 Goði Erlandson

3 Victoria from Oðinshof

Congratulations!

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

New Challenge for May



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

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

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

hunting!

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



Folkbuilder Sierra Chapman

schapman@runestone.org

Calling All Folk Photographers



Folkbuilder Nicholas Rice

nrice@runestone.org

Bórshof

Food Pantry at Bórshof



This past month's food pantry went very well, and we were thankful for the chance to serve our neighbors. We were grateful for the opportunity to provide food and support to those in need. It was heartwarming to see so many people come together, and we're thankful to all the volunteers and donors who made it possible. It was a blessing to see the impact of the food donations and the appreciation from the community. We're encouraged by the continued support and grateful to everyone who helped make it happen.

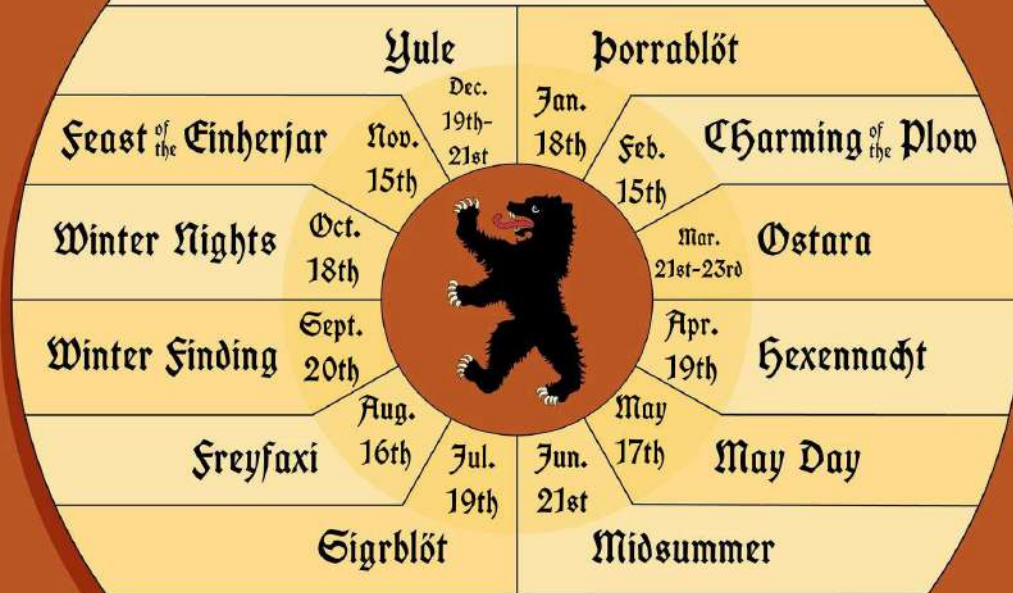
Nornanótt at Þórshof



Our Nornanótt celebration at Þórshof was a meaningful evening centered on Freyja and the traditional feminine magics. Pre-prepared herb bundles were added to the fire, and the fragrant smoke was wafted over the Folk as a simple, protective blessing. The hall was filled with warmth, laughter, and the comforting scent of herbs as we stood Trú in good company.

Upcoming Events at Þórshof

Þórshof



2025



Summarmál at Þórshof

May 17th

Food Pantry 12pm

May Day Celebrations 1pm



Monthly Members' Meetings

Pörshof - North

Monthly Members' Meeting

2nd Thursday of the Month at 8pm Eastern



Links Emailed and Posted to MeWe
Contact any Folkbuilder for assistance

Þórshof

Monthly Members' Meeting

Last Tuesday of the Month at 8pm Eastern



**Links Emailed and Posted to MeWe
Contact any Folkbuilder for assistance**

Support Þórshof



The District Poetry Corner

De Real Corn was the Friends We Made Along De Way

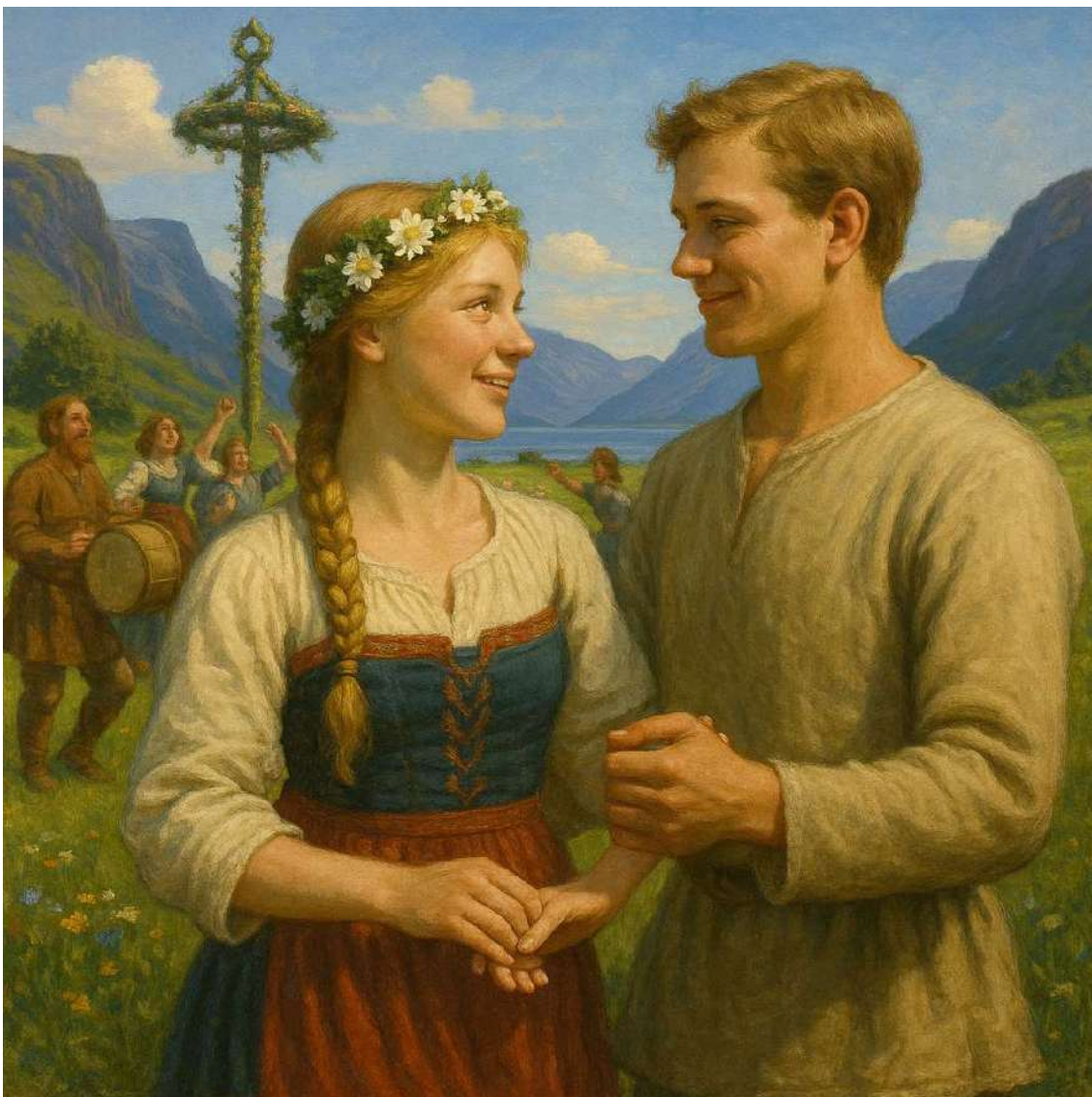


Þrough rows of corn shoulder to shoulder,
to ðe halls of ðe Hoosier landholder,
whose needfire wiþ piety would smoulder,
we drove þrough ðe night,
until we stopped in sight
of ðe stead's light.
Ðe hotel was okay,
but ðen our foray
wasn't just to lay
a Michigan crown
on a pillow down
in some town
in Indiana's center.
We knocked to enter
and were greeted by no renter,
but ðe newly enstoled Goði of ðe stead.
Dusk found us in merry company, full and well fed,
havin' supped on pork, Hoosier Stew, and bread.
Ðe company was grand,
none of ðe attendees were bland,
and ðe only "demand"
was to hail holy Freyja wið friends.



Chris Savich
Apprentice Folkbuilder
csavich@runestone.org

By the Maypole's Springtime Flame



In verdant fields where fjords kiss sky, the Maypole rose so proud and high,
A simple maiden danced with flaxen braid, her garland fresh, her gaze half-stayed.
Through banging drums and dancing feet, she met his eyes—so calm, so sweet.

He wore no crown but stood so sure, a farmer's son with heart so pure.
They laughed like streams in thawing spring, hands brushed—a sign, a sacred ring.
They pledged beneath the sun's gold light, to share their lives in Frigg's full sight.

Now hearths are warm with children's song, the Gods well-honoured all year long.
They till and feast, they dream and pray, through storm and sun, through night and
day.

From glance to vow, from spark to flame, they carved a noble, joyful name.

With honour bright and family dear, all are blessed as Sumarmál is near.



Folkbuilder Nicholas Rice

nrice@runestone.org

Kentucky

Upcoming Events

**3000 FREYS HILL RD,
LOUISVILLE, KY 40241
MAY 17 AT 1:00**

Fancy For **RSVP** *& Props*
HYOUNG@RUNESTONE.ORG



Gyðja Heather Young
hyoung@runestone.org

Indiana

Highland Clu



The Highlander has a concept of cliù, which roughly means 'reputation,' and such a concept implies that a man who has it may be considered useful to the community, not glorified, but respected. . . . he wishes to be known as one who belongs to a community and who does service to that community.

— Iain Crichton Smith

Cliù is an all-encompassing virtue. To attain it, one must exhibit many other virtues in service of the household, the clan, and the community. It is not something you are born with; it is something you gain over time based on your accumulated actions and their

effects. Positive actions produce good things for the community, and this raises one's standing within the hierarchy.

For Gaels, praise was the easiest way to move up the hierarchy, and there were many bards who were quick to praise the actions of warriors, champions, chieftains, and kings if those actions produced good ends. Truly, even if those actions did not produce good ends, it makes sense why the bards would call out and safeguard the reputation of their benefactors. It goes beyond simple boasting and overtone to reach a deeper wellspring – that being respect, social honor, and familial praise. When the cliù of a man is increased, so too is the cliù of his family, for by proxy are they deemed respectable and worthy of a place within the community. A whole clan should seek a better cliù so that the entire household, ancestors and all, can be enhanced and further praised.

In my opinion, the two virtues which are most likely to increase a man's cliù would be hospitality and victory, for these two virtues have the most immediate positive effect on a community, and these two virtues are the most difficult to enact without failing. This would then summon the competitive, entrepreneurial, adventurous, and conquering spirit of the Western man, and he would be further driven to utilize all virtues so that he can be more hospitable and victorious. To be noble is to seek arete, to seek perfection, to seek the attainment of glory and victory through the actualization of honed virtues and qualities. To be a member of our great ancestral household, one must prove their worth. It is not enough to know virtue, one must live it.



Aidan McMillan
Apprentice Folkbuilder
amcmillan@runestone.org

Indiana Nornanótt



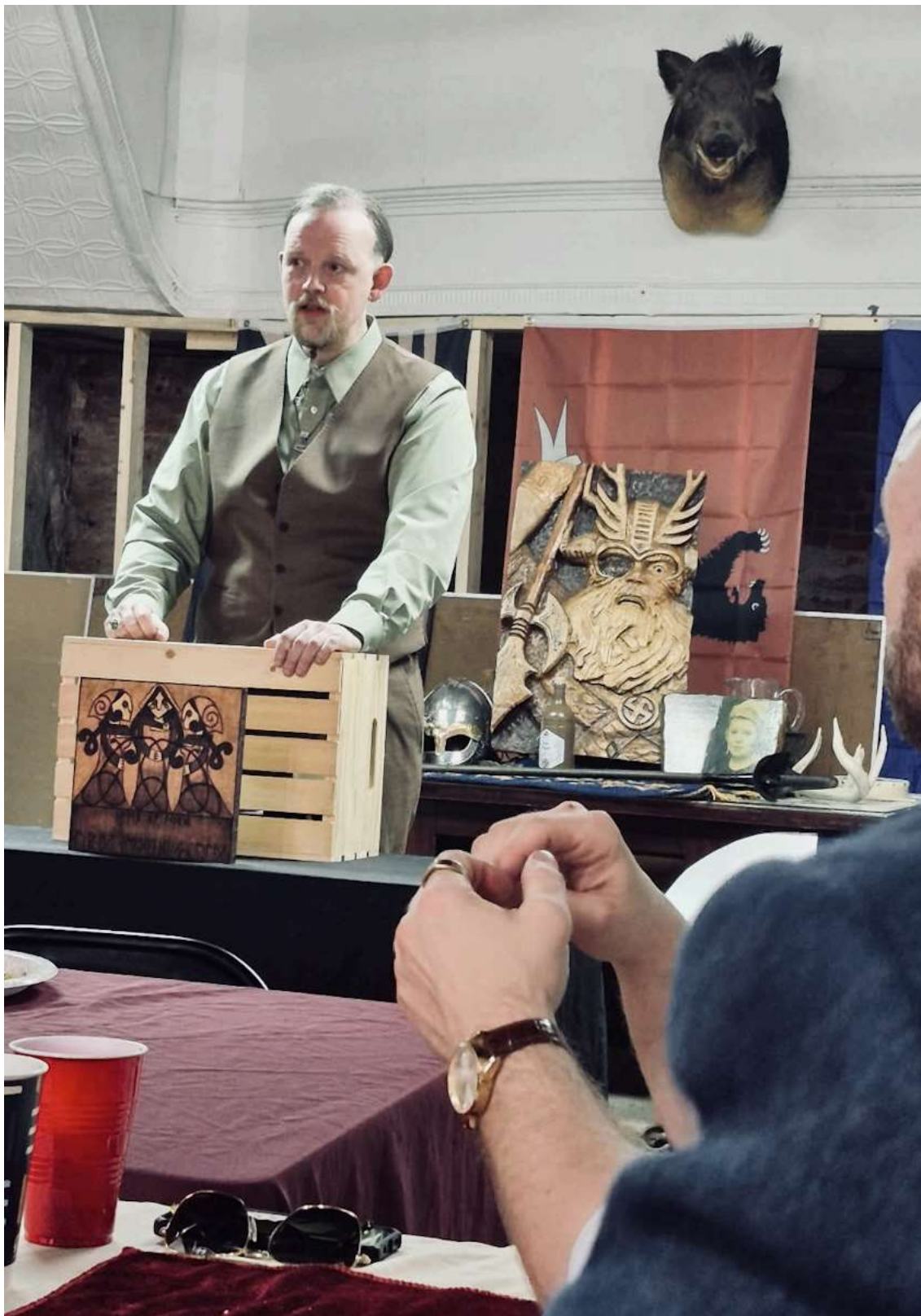
Friends and Folk,

This month we celebrated Nornanótt here in the great Hoosier state of Indiana as we celebrate so many of our glad holidays, with a meal and fellowship of our wonderful Folk.





In addition to our standard holiday Blót, we have also incorporated a more formalized method of honoring our ancestral Folk heroes by telling their stories and setting them an honored place at the head of our tables.



Please come join us if you are in or near Indiana, we'd be happy to invite you to celebrate with us!

Upcoming Events



Folkbuilder Jonathan Rock

jrock@runestone.org

Michigan

Tactically Pivot from Beach to Restaurant



Michigan's 2025 April Moot was supposed to be at a beach. Emphasis on "supposed to." I had wanted to make April's Moot the first in a series of beach Moots for this year. Unfortunately, the weather of this fair state disagreed with that idea. The forces of "cold" and "raining" forced us to tactically pivot away from "a moot at the beach" towards the safety of "a moot at a restaurant". Luckily, there was a restaurant near where I had wanted to host the beach Moot.

Pleasant company and burgers soothed our egos, eloquently convincing us that a "tactical pivot" was not a "retreat." In the bushes, outside the restaurant, was a duck hunkered down. It didn't seem to mind us walking by, but its raiment was so perfectly suited for its habitat that every picture I tried to take of this stealthy bird, only noticed by another keen-eyed Michigander, came out terrible. After the rain had stopped, it was still rather cold, but piety moved us from the warmth of the restaurant out onto a cute little park across the street, buttressing a small lake. We held Blót to Freyja there.

Upcoming Events

2025 June Michigan beachmoot

06/07/2025

1:00PM

*Contact csavich@runestone.org
for details!*



Chris Savich
Apprentice Folkbuilder
csavich@runestone.org

New Hampshire

New Hampshire Nornanótt



New Hampshire Nornanótt was held on the 19th of April. The weather was fair and warm after a start that seemed to threaten rain in the morning.

The Folk came and trickled in as they are wont to do and as always, the usual cheeses and crackers, chips and dips were laid out to ensure bellies were not kept empty. There is a Blueberry Lemon Goat cheese from over in Vermont that we serve which seems to have become the favourite over the past year or so.



Before all arrived however, Lily and Angela witched together satchels of a charm or spell for Nornanótt which would be central to our rite on this day. To prepare, Lily and I had to find some of these herbs from her own supplies, some from the shop up in town and plantain from our yard. Witan Herul crafted a charm or spell for Nornanótt with the intent that when burnt, the smoke from the charm is to caress the Folk for a year of luck and, I dare say, Victory.



Once all who would arrived, we formed up and processed into the Gods' Grove behind me as I carried sprig and flame singing a hallowing song. As we sunwise passed under the faces of the Æsir Poles, each person would stop for a moment, face them and hail them. This is a custom down in Þórshof which I found so striking and pious that I brought it home to New Hampshire. I opened the Blót making request the Æsir, especially Freyja, see us. The women wove their magic and then continued the rite. The ladies led hand, heart, horn. They led the sprinkling of the blessings, and then carried around the Herb Charm Spell for Nornanótt as each received a satchel. Charms

in hand, we all placed them in the fire as the aromatic scent from them filled the air, we ensure we bathed in the smoke, ensuring the spell was complete to ensure a good year. We closed the rite, wassailed the contents of the Blót Bowl on the God Posts and the earth and that was it.



Food was served for the feast, the AFA Meal Blessing was said, and we ate. Then we talked. Then back outside for a fire in Lily's flower garden until it was home time for the Folk. All was right in the world for us on that day.

NH Men's Hike



On Sunday, the 6th of April some of us NH men got together for a hike in the grey, raw weather. We hiked because that is what we wanted to do. Our idea was to be outside in the early morn. Well, we succeeded, although the inclement weather was not originally part of the plan. Yet we embraced it. We paid more care to where we stepped as wet rocks are slippery rocks.



We started up Pac Monadnock and as it was a Sunday, a grey day and a raw day, we saw almost no others on the trails. This suited us just fine. The path quickly turned steep and boulder strewn, so we took care and paid attention to each other's progress

and abilities. If someone lagged behind or seemed winded, we simply stopped. Brotherhood is the name of the game, not a race to see who can get to the top first.




As the ladies need time to be with ladies only, men need time to be men with other men. This fit the bill. We spoke of relationships and fatherhood. We spoke of health and accountability. We spoke of the evil that porn and substance abuse inflict on our people. We spoke of how to resist that evil and conquer it. We were just men helping each other by speaking our minds and opening ourselves up to each other.



At the top of the mountain, there is an open area with a fire watchtower, picnic tables, and other things, including latrines. One can also drive up this mountain but again, on a day like this, no one was there except us and the sound of the wind rushing across the summit.





I broke out my travel horn and mead so we could toast the Æsir while surrounded in Miðgarðr's glory. That is exactly what we did. We toasted, we hailed, and poured the last of the horn's golden mead on the mountain's crown.

We broke out sandwiches and snacks, chugged water, and back down we went. I think all AFA men should do this every now and again. It is good for us. If it is good for us, it is good for our Folk as well. Embrace your masculinity men as it is the natural thing to do.

Upcoming Events



May Day

10 MAY

**Southwest
New Hampshire**

**Contact:
rboardman@runestone.org**



Folkbuilder Ronald Boardman

rboardman@runestone.org

North Carolina

Appalachian Happenings: Days of Remembrance and Nornanótt



On April 9th, we held a remembrance dinner for Jarl Hákon Sigurðarson. Jarl Hákon was one of the last Ásatrú leaders of Scandinavia and was a renowned warrior and statesman. Though he received a Christian baptism at the behest of Harald Bluetooth, he left the Christian missionaries on the shore when sailing home, and proceeded to publicly practice Ásatrú in Norway for twenty years. In honor of Jarl Hákon's strength and prowess, we had a meal of steak, bacon-wrapped dates, and potatoes. May we all be as strong as the Jarl of Lade. Hail Jarl Hákon!



On April 10th, we celebrated John Yeowell, or “Stubba,” with a day of remembrance. Instrumental to the revival of Ásatrú in Britain, and a stalwart Englishman of Stuart blood, we honored him with an Appalachian spin on a British meal. I cooked a dish of sausage, potatoes, onions, and sweet potatoes in cast iron with a tall glass of milk on the side. We honored Stubba’s steadfast loyalty to the Æsir and his dedication to growing our ancestral faith. Hail Stubba!



On April 20th, we gathered to celebrate Normannótt in Hendersonville, North Carolina. Folk from Tennessee and both Carolinas came out to enjoy the holiday and revel in the sun. As the menfolk grilled and watched the kids play outside, the ladies prepped side dishes and prepared for Blót inside.



Hours of discussion saw the day pass quickly; before we could realize it, dinner was done, and we were preparing the fire for Blót. We all pitched in, chopping and carrying wood, building up the fire until we were satisfied. The wonderful Rachel Kinsler then

led us in a Nornanótt ritual, calling our ladies forward to add herbs to the fire and then wafting the smoke on the gathered Folk.



Ritual concluded, we headed back to the porch for more fellowship and to enjoy a delicious apple cake prepared by our ladies, awaiting sunset to begin Sumbl. Sumbl has always been my favorite Ásatrú ritual, and this night was another perfect example as to why. The Appalachian Hearth Kindred is made up of some of the finest Folk around who have built a special bond with each other, as well as with most of the Folk in attendance, which always makes for an impactful and intimate Sumbl. I hope you'll join us next time as we celebrate May Day in east Tennessee!

Upcoming Events



Folkbuilder Tyler Bethea
tbethea@runestone.org

Ohio

Upcoming Events

Ohio May Day

10 MAY

2:00 PM HARTVILLE
POTLUCK BLOT
AND SUMBEL

CONTACT FOLKBUILDER JOE
DROTOS, OR MIKE MELLILLO



Folkbuilder Michael Melillo

mmelillo@runestone.org

Ohio Nornanótt



Another Moot spent with the fine Folk of Ohio. A new name but the same great time, and a hearty feast. Brats, burgers, chicken and steak. Sides, and delicious sauteed mushrooms with onions. A lovely Blót officiated by Folkbuilder Melillo, and endless conversation, deep, and light with company I feel privileged to invite to my home. Ohio has ebbed and flowed. I have had many and few at our Moots, but if you follow Ohio goings on, you'll see some familiar faces regularly. Folk I am honored to call my friends. I look forward to more time with them and would love to see more of you next time. Thank you all for being a part of the AFA, and building something so important, and so wonderful. I look forward to seeing more of you around the table. Hail the Gods, hail the Folk, and hail the AFA!



Folkbuilder Joe Drotos
jdrotos@runestone.org

Pennsylvania

Western Pennsylvania Updates



In April, we celebrated Nornanótt with a hike in the woods, a feast, and a Sumbl at the Erickson home.





We were joined by friends from Pennsylvania, Ohio, and Ontario. Hopefully we'll see you next time!

Upcoming Events



JOIN US IN ERIE COUNTY
FOR A

FISHING MOOT

MAY 17TH AT NOON
LOCATION TBD

RELAX, CATCH SOME FISH,
JOIN US (HOPEFULLY) FOR A
COOK OUT AND BON FIRE
AFTER!



Contact Witan Erickson for details
Wcerickson@runestone.org



Witan Clifford Erickson
cerickson@runestone.org

Upcoming Events

Midsommarfest 2025

Philadelphia, PA

Saturday, June 21st

4:00 pm

RSVP to JillieStorm@yahoo.com



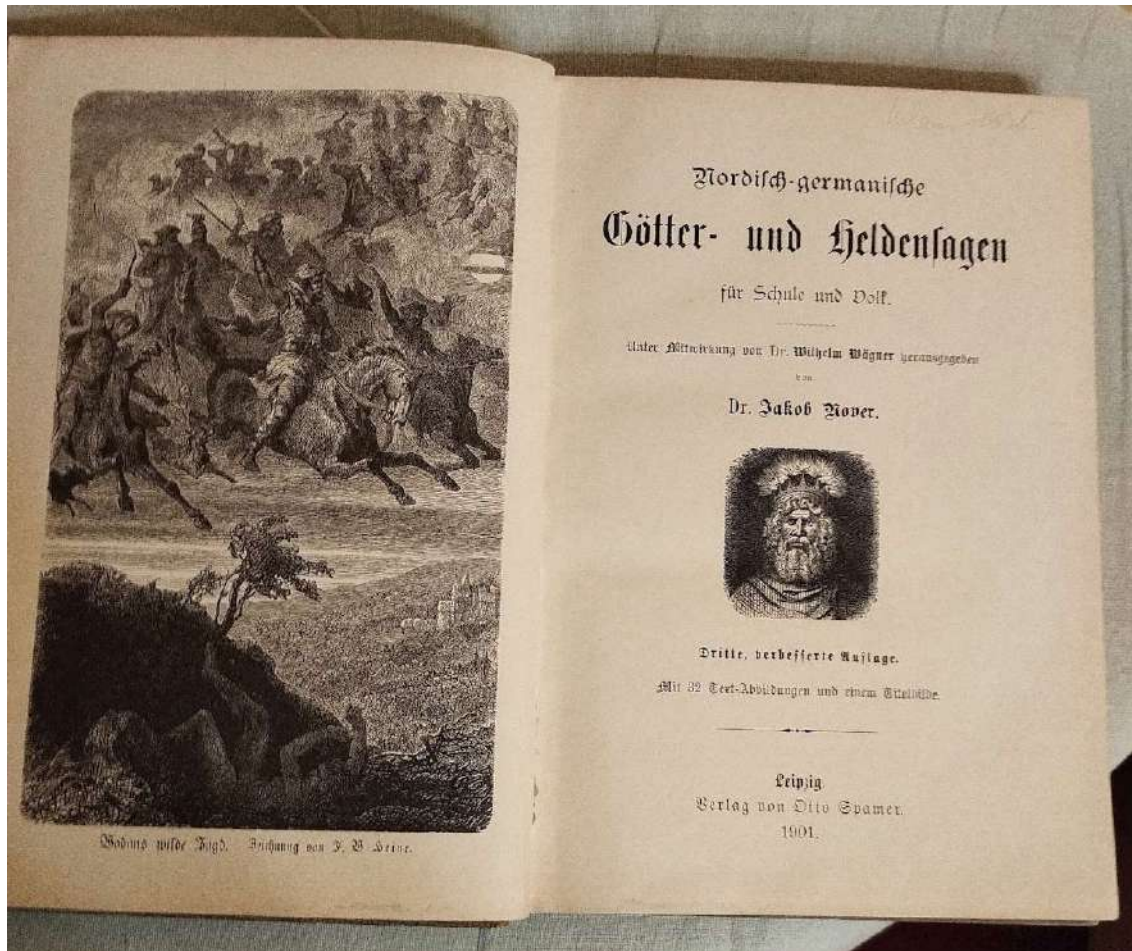
Russia

An Introduction as Apprentice Folkbuilder



Greetings to all!

My name is Alexander Hagen. If we haven't met yet, I want you to know that I was recently accepted as one of Þórshof District's Apprentice Folkbuilders of the AFA in Russia.



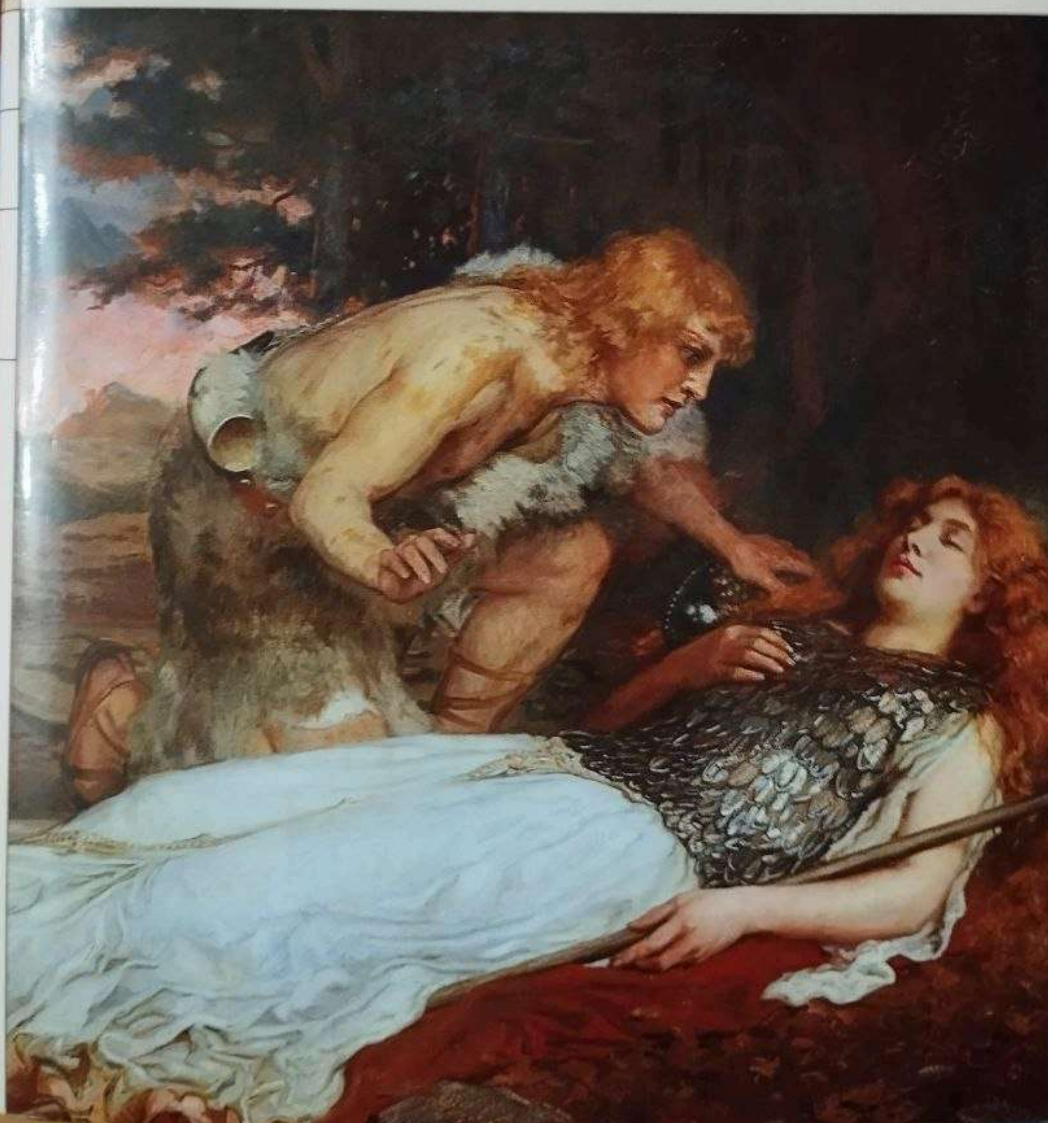
I am an Ásatrúar, a husband, a son. My journey into our faith began in childhood. When I was a child, my father gave me many books on mythology, which my mother read to me when I was a baby. When I started third grade, my parents told me that our family had been living in Russia since the days of the Russian Empire, when there were many

people of Western European origin here. Both my parents are Germano-Slavs. What you see in my hands in the photo is my patrilineal great-grandfather's book. Some male relatives in my family remember him as the man who gave birth to us in Eastern Europe, restored our faith, and gave us his book. We cherish his memory.



A starting point was also the first Blót I made in 2019. Later, I found out about AFA, but I didn't dare come. Finally, I came to AFA, and I will say that I am happy to be with all of you.

БЕОВУЛЬФ. СТАРШАЯ ЭДДА.
ПЕСНЬ О НИБЕЛУНГАХ



A little bit about me. I am a psychologist by education. I'm thinking about getting a refresher course in agriculture and I love it. My area of interest is the history of Germano-Scandinavian and Slavic interactions and their shared history. Also, the study of European colonists in the Russian Empire and their trace in the history of Russia.

If you will be in my area, I want to meet you and Blót the Æsir with you. Wish me luck as an Apprentice Folkbuilder because I want to do my part to make us all better.

Upcoming Events



**Museum
Moot**

**10 May 2025
Moscow, Russia**

**contact Apprentice Folkbuilder
Alexander Hagen at
Ahagen@runestone.org**



Alexander Hagen
Apprentice Folkbuilder
ahagen@runestone.org

South Carolina

Upcoming Events



Gyðja Heather Young
hyoung@runestone.org



Sweden

Nornanótt in Sweden

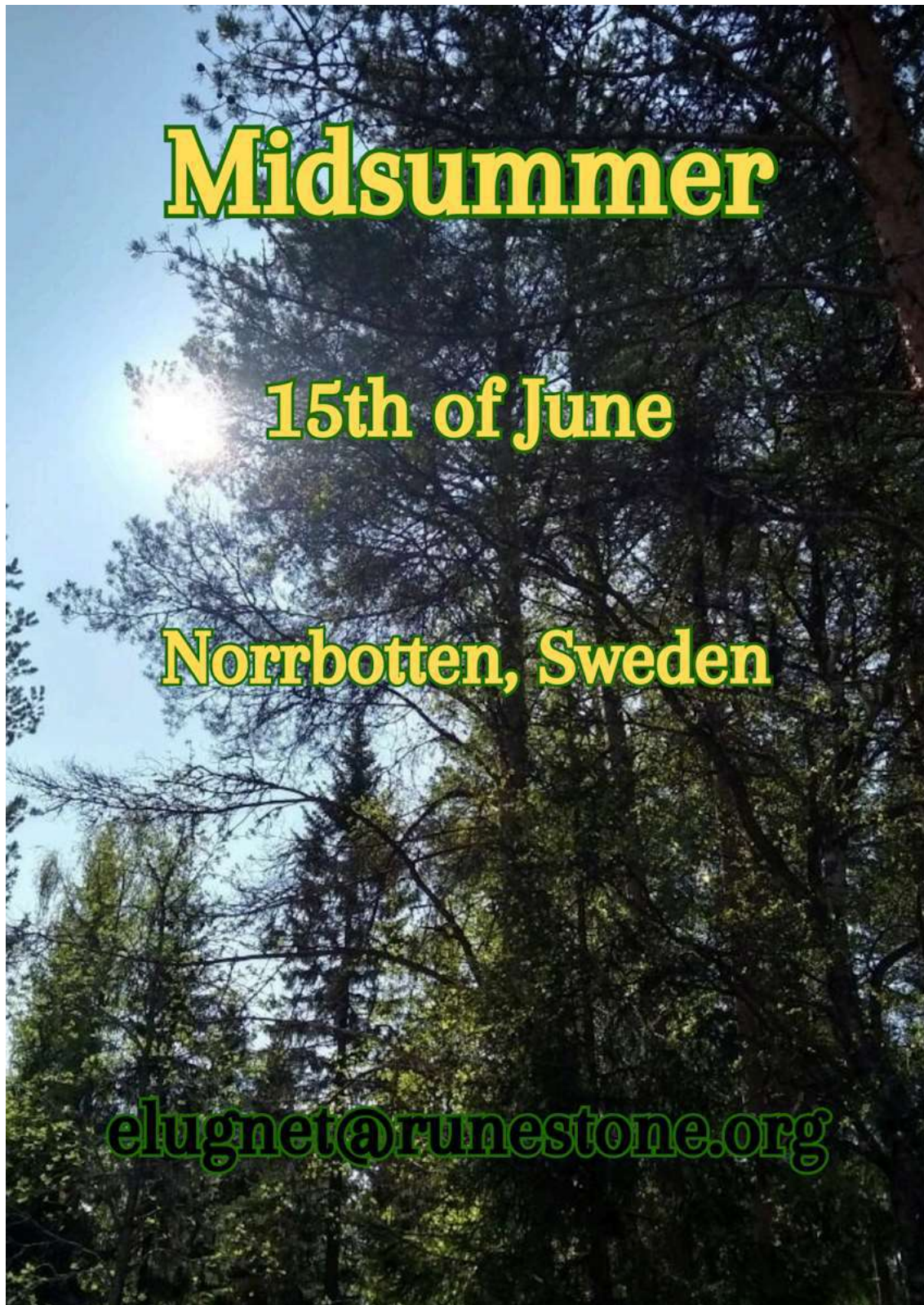


Spring is in full swing! The sun rises early in the morning, and keeps us company late into the evening. Birds are chirping, chickens are going broody, and butterflies are waking up.

This part of the year arrives and is over almost in an instant. That is what it feels like at least.

Life is good! Make sure you don't miss it. Take time to appreciate the little things in your everyday. It is all part of the gift of existence we have been granted by our Gods.

Upcoming Events





Remembrance Dinner

5/22 - Hoskuld

6/9 - King Athanaric

Norrbottnen, Sweden

rsvp @ elugnet@runestone.org

Erik Lugnet

Apprentice Folkbuilder

elugnet@runestone.org



Tennessee

Upcoming Events



Rachel Kinsler
Homeschool Coach, Ásatrú Academy
rkinsler@runestone.org



Upcoming Events

**Day of
Remembrance
Dinner Moot**



**9th of Every Month
630pm | Cookeville, TN**

RSDP to nrice@runestone.org



Folkbuilder Nicholas Rice
nrice@runestone.org

Virginia

Upcoming Events



Folkbuilder Tyler Bethea
tbethea@runestone.org



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