

The Runestone: Voice of the Asatru Folk Assembly



**Þórshof**  
Second Hof of the Asatru Folk Assembly

[www.thorshof.com](http://www.thorshof.com)

**November 2025**



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## Words from our Allsherjargoði



Life is good! So many great things are happening all around us. Autumn is a very special time of year, especially for those of us aware that our ancestors are closer to us at this time. The more we incorporate Ásatrú into our lives, the deeper we feel the presence of our gods and, particularly, our ancestors with us. It is exceptionally touching to see that develop in our children. During the "holiday season," I encourage us all to make a special point of reaching across the very thin veil to connect with the ancestors—tell their stories, share their pictures, cook their recipes. Don't just remember them; take the next step and make offerings to them, speak TO them and WITH them.

Hail the Ancestors!



A great deal of excitement is in the air in anticipation of the Freyshof dedication coming up December 6th. This is truly a once in a lifetime occasion. AFA members and leaders from far and wide are converging on Austintown, Ohio to be there as we dedicate the Hof and present it as a gift to Freyr. If you are able, I would encourage you to come and share this very special occasion with us... you will not regret it.

Hail the Æsir!

Hail the Folk!

Hail the AFA!

## Announcements, News, & Noteworthy

- 10/11 - Lucile Anne Savich is named before the Æsir and her Folk.
- 10/31 - King Sexræd will be honored each year with a Day of Remembrance each year on November 18th.
- 10/31 - King Sæward will be honored each year with a Day of Remembrance each year on December 18th.



Matthew D. Flavel

Allsherjargoði, Asatru Folk Assembly

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## Words from our Witan

*Sál, The Shade Self*



This month we discuss the Sál, the Soul, as it pertains to Ásatrú. The Old Norse word for soul comes from the Proto-Indo European word *sóhiwl*, and from this root we get the Latin *saevus*, the Proto-Celtic *saitlom* (life, age), the Proto-Slavic *séila* (strength, force, soul). Interestingly, the Proto-Germanic cognate *saiwiz* (sea, ocean) comes from the same root. This possibly stems from the belief that certain bodies of water were dwelling places of the dead and unborn.

This is the part of the self that is the **true self**. That which exists when no one is looking, no one except the Ancestors and the Gods. Beneath the Hamr, beneath the masks we wear for any given situation, is the Sál.

“But I don’t wear masks, Góði Dan!” Yes, we all do. We wear different masks for different situations with different people all the time. I don’t present myself the same way with my wife as I do my 2-year-old grandson. By the way, wearing a mask isn’t deceptive, nor is it dishonest. It’s a projection, a “skin” (Hamr), which is a component

of the self.

But at day's end, when we approach our Gods and our Ancestors, in prayer and even in the next life, it is the Sál, the shade self that is at play. In the afterlife, it is the Sál that stands before the Ancestors, is judged and accepted or rejected to pass into the Ancestral Halls.

If judged poorly, the fate you face is the Vargr on Náströnd—that is what is devoured and totally destroyed. The Sál is no more.

If judged to be worthy, it is the Sál that joins the Ancestors, or perhaps ascends to the Gods.

Sál is the totality of the soul, all wrapped up into ... what makes you unique. It is the sum total of the self.



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*The Thinning of the Veil*





The holy tides of Ásatrú are largely celebrated when they are due to the seasons and the changes they bring, as well as how our ancestors treated these times. I often preach to my Folk at Njörðshof about this, especially during these colder months of September through February. I always make sure to emphasize that these colder months are the most auspicious time to honour, and speak with, our ancestors.

This is because these colder holy tides take place when the veil between our world and Helheim is at its thinnest- Sól's warm light does not reach us quite as well during this season and thus cannot strengthen the veil between worlds. On a more exoteric note, the cold also tends to bring our people inward (or at least we SHOULD draw inward!). It brings us together around the fire, often to share meals made from family recipes, and to pass around stories from simpler times. This setting and climate naturally make us reflect, both on our lives and the lives of those who came before us.

Because of these factors, our people have used this time of year to go out of our way to pay more attention and give more love to our noble ancestors. Whether they were conquering Celts, sword-swinging Saxons, victorious Vikings, or any of our Folk across space and time, we use this season in particular to speak their names over the

horn and among our kinsmen, allowing them to hear their praises sung once again in Miðgarðr.

At the time of writing this, Vetrnætr has just passed and Einherjablót is on its way, but I encourage anyone reading this at any point in time to make sure that you honour your ancestors, ESPECIALLY during this auspicious time of year.



In September, when the first chills creep in and the nights get cold, think back on your male ancestors who worked for a living so that you would not have to work quite as hard.

In October, as the mornings begin to stay cold just a bit longer than you think they should, think back on those stalwart female ancestors who raised noble men and women, tending the hearth and home so that you knew what love and warmth felt like from your first breath.

In November, as the black wind blows cold sooner and sooner with each passing day, think back on the warriors of our people, those men who gave their all so that your other ancestors could have the right to survive and thrive.

In December, as the cold fully surrounds our days and Jól approaches, remember ALL of those ancestors! Tell stories of ALL of them, hail them on this side of the veil with

the rest of your Folk so that they may be sure to hear it from their place in the next life!

Hail the noble ancestors of the Aryan people, now and forever!



Witan Trent East

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## Words from our Goðar

*A Prayer to Sunna*





Hail Sunna, golden-haired one, driver of the celestial chariot!

You who rise each morning to banish the shadows, who paints the world in glowing hues of gold and amber, our Folk greet you with open hearts. Your radiant light touches the land and life awakens. The birds sing your praise, the flowers turn their faces to your warm gaze, and Miðgarðr itself seems to smile under your brilliance. You are the great pursuer of darkness, the bringer of warmth, the promise of a new beginning. Bright Lady, we ask that you share a spark of your boundless, radiant joy.

Let your golden rays pierce the clouds of our own hearts, chasing away any shadows of sorrow and doubt.

Let your gentle warmth melt any frost of weariness or cynicism that has settled upon our spirits.

Help us to see the beauty in our paths with the same clarity that you illuminate the world.

Fill us with your vibrant, divine energy, that we might face our days with spirits as bright and unwavering as your own.

May we always joyfully outpace the wolf behind us, as you do each day!

As you journey across the sky today, may we carry your radiant light within us, a beacon of warmth, happiness, and love for ourselves and for those we meet. Thank you for your strength and life-giving glow, and the beautiful, profound joy of a sunlit day.

Hail Sunna! 𐌺 𐌱



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### *Honor the Fallen*



Five hundred doors there are and forty more  
I een, in Valhall's walls  
Eight hundred fighters through one door fare  
When to war with the wolf they go.  
— Grímnismál, stanza 23

I want to talk about honouring our fallen warriors and how that relates to spiritual understanding of the Einherjar.

The warrior ethos is a significant part of ancestry and spiritual practice. We can all agree that those who die on the battlefield should be held in the highest regard and remembered this November's Veterans Day and Einherjablót. Of those many fallen warriors on the battlefield, Óðinn chooses a select few to become Einherjar, sending Valkyries to claim them to join their brothers in Valhøll, feasting and fighting until Ragnarök.

That is the most widely known way to be counted with the Einherjar throughout our history. That is because it is only recently that we've been needed to fight on a variety of battlefields. Modern times, a very, very small window in our history, has brought our Folk to new stages such as social media, a hundred political fronts, and a variety of created societal structures, etc. With that we must talk about what does it mean to be a warrior for your Folk. It doesn't only encompass the stereotypical battlefield anymore. Can one who fights on these untraditional fronts still be chosen to join the Einherjar? It definitely bears asking the question and opening discussion to reflect this in modern times because death while engaging on these modern fronts is extremely unlikely. So, then we have to discuss a delayed ascension possibility. This is certainly a possibility in my mind, however I would not presume to know by what criteria Óðinn selects those he wants for the final battle.





The Æsir have seen to it that we continue to exist as a race, which says that we are expected to continue to grow, advance, and fight to preserve our Folk as times change. Now Óðinn will choose who he sees fit for what he needs, we also can't say what Ragnarök will look like, so the point being is why not, why not fight each and every day in your respective areas of expertise like you could join the Einherjar. You may just be someone Óðinn decides is needed.

Always honour those that have died selflessly on a physical battlefield, though do not forget those warriors for the Folk that have passed by other means. Raise a horn to our fallen warriors this November, say their names and reflect on their deeds. Raise a horn to the Einherjar, those elite chosen warriors that prepare and will fight selflessly alongside the Æsir.

"There are many slain warriors in Valhalla with many more yet to come."



Goði Nathan Erlandson  
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*Perseverance*





Hard work is a cure for depression and anxiety.....

Our Ancestors evolved through time by their ability to meet challenges head on. Our brains were designed to be stimulated. We have gone from farming to factories to office jobs. A comfortable life without challenge. Our brains start to look for stimuli to fill in the gaps that lack of challenge has caused. Through auto/visual stimuli, such as social media, we look for that "thing" that might be the missing piece of us falling short and into laziness. We need mental and physical challenges to give our brains what it needs to be whole. The challenge should be tough and uncomfortable but something that is accomplishable. Think of challenges as a spectrum. On one side is too little, this will leave us feeling lazy, and on the other side is burnout, which will leave us feeling more depressed. The middle is where we want to keep ourselves. This is doing the challenge till it gets to feel like a drag, pushing yourself a little further into it, then resting until you are so well rested that you feel restless, then starting the process again. This has a direct upside of getting the work done but also an indirect feeling of accomplishment that helps get rid of those feelings of anxiety and depression. When these challenges are a part of your deeper meaning and purpose in life, everything hits different. Mindfully working on purposeful things is the bees' knees. So, find work that you want to do. Push yourself until just past the point you don't want to, then rest well until you start to feel restless. Repeat. This will put you in a better place.

Our tenth noble virtue is Victory. We need to continually achieve victory in our lives, for our Folk, and in turn for the AFA. When we challenge ourselves to all the areas of excellence, push ourselves, rest, and repeat, we keep ourselves moving forward. Constant Victory! Victory brings a set of positive consequences. We will always be a winner if we keep in that challenge loop moving forward. We will make our Gods and Ancestors proud! We will leave something better for our children and grandchildren.

Hail Victory!

Hail the AFA!

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### *Three Little Words*



Frith. Abundance. Stewardship.

Three little words. For the ladies of the Asatru Folk Assembly, these three words represent three of the traits that we strive to embody as Aryan women. For the ladies of Freyshof, however, these three words carry more weight. They are the three words chosen to describe the ladies of our district.

As with the four Hofs before us, the Gyðjur were tasked with choosing three feminine words to represent the women of the district. For Óðinshof, Gyðja McNallen chose generosity, joy, and resilience. For Þórshof, Gyðja Young chose integrity, hospitality, and strength. For Baldrshof, Witan Fassett chose devotion, purity, and fidelity. And for Njörðshof, Gyðja Plourde chose prosperity, perseverance, and pride.

It is easy to see why the Gyðjur each chose their words, for they are the natural embodiment of their district's traits. Who among us could look at Gyðja McNallen and not recognize her generosity? Or Gyðja Young and her hospitality? Gyðja Plourde is the very definition of perseverance. But these words mean more than that for their districts. In some ways, these words represent the struggles faced before the Hof existed, things that were lacking. More than that, however, these three words represent the feminine ideal of each Hof. These are three qualities that we hope our women will strive to represent at the Hof, in their homes, and in every aspect of their lives.

For Freyshof, our feminine ideals are Frith, Abundance, and Stewardship.

All women are inherently Frithful. It is in our blood, but like all things, Frith is not automatic. It requires work. It requires awareness and intention. In the same way that feeding your body poison wrecks your body, so too does feeding your mind and spirit negativity erode your ability to be Frithful. May the ladies of Freyshof strive, always, to actively choose positivity and Frith.

All women have the ability to encourage abundance. Yes, we hope to have abundant wombs and abundant gardens where possible, but as the mothers that raise our children, the wives that care for our husbands, and the women who build the homes, we are so much more. Where men build the infrastructure of the world, women create the communities that operate inside of them. The men build the house, but the women make it a home. When we aren't literally creating life, we have the ability to facilitate, encourage, and grow abundant comfort, abundant joy, abundant courage. May the ladies of Freyshof strive, always, to create abundance in all things for their families and for our community.

All women are naturally stewards. While being a steward is not strictly a female role, it does present itself differently than it does for men. To be a steward, one chooses to take on the care of a thing that is not their own. As a feminine ideal, stewardship most commonly presents as care for the community. It means choosing that community and doing everything you can to help keep that community healthy, happy, and connected. It can mean reaching out to a woman who is having a hard time post-partem just to listen or perhaps making a meal for a grieving family. It can also mean taking pride in a place



and choosing to take care of it even when tired. May the ladies of Freyshof strive, always, to stand as faithful and ardent Stewards of Freyshof district and the Asatru Folk Assembly.

Frith. Abundance. Stewardship.

With so much joy and enthusiasm, I have spent all the weekends watching the future Hof take shape. I have watched as our women are already stepping up and taking part in creating the physical space, but also the feminine space that is future Freyshof. And it is with absolute pride in these women that I share these three words with you.

Frith. Abundance. Stewardship.

I look forward to building the feminine future of Freyshof with all the ladies of our district and of the Asatru Folk Assembly!

And for anyone who might be curious, a slight sneak peek at things to come: Our Hof flower is the Red Clover, and our Hof bird is the American Robin!



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*Naming the Faith*



For our ancestors, our faith was nameless, as it was alive and a part of us to the depths of our soul. There was no need for a name when it's a part of you and everything around you. Eventually, our ancestors' nations got swept up by a theocratic political movement which made our existence as we knew it murky. Until just over 50 years ago, when

Óðinn reached down to Founder Stephen McNallen and gave him a blessing and mandate to reawaken our Folk and bring his children together again. Our language and the way we interact with the world became more sophisticated with our understanding and control over it. Our faith needed a name to solidify and express what we are in the 21st century. So, Founder McNallen named it Ásatrú. Ásatrú meaning Trú to the Æsir, or more specifically when lived & practiced, comes to mean loyalty to our Gods. Many have attempted to call themselves or their organizations "Asatru," which unfortunately at best is an intellectual fallacy, or worse, outright blasphemy towards our Gods. The reason? Simple. The Father of all our Gods and the creator of our Folk, came to Stephen McNallen and poured his might, main, and desire for our Folk into him. Then in turn, Founder McNallen poured that might and main into the church known as the Asatru Folk Assembly, carrying out Óðinn's ongoing mission. Founder McNallen built the greater church of now numerous Hofs, igniting a Folk Soul that shines across the globe. Óðinn has placed a seat for himself at the forefront, and his wisdom continues to guide us today. Therefore, if an individual is not apart the Asatru Folk Assembly, they are not Ásatrú. Even if they have belief in our Gods or even partake in our traditions and rituals, they fail at following the Allfather's direction. In a more mundane example, claiming you're Ásatrú without being a part of the home where our Gods bless, visit, and inspire us, and charged their champion with building, would be akin to putting on your favorite teams football jersey, and claiming you were a part of the team when they win a Superbowl. The reality is you're not going to get a Superbowl ring or trophy. It's not possible without being the man in the arena and standing side by side with the team when glory calls. Life is going to always have its ups and downs as it places things into our well, and as they return to the surface. As it is stated in the Hávamál, "the joy of man is man." We are stronger together in the face of adversity, victories taste sweeter together, and the God's notice those who are worthy and loyal most! During our season of thanks, togetherness, and hospitality, let your heart be full of steel, confidence, and joy that your home within the Asatru Folk Assembly is also a home of the Gods by their blessings and decree. When going through hard times or faced with judgment for your faith, steel yourself with the knowledge your Gods are with you and favour those who choose to endure and "do." As they choose the Asatru Folk Assembly, their home on Miðgarðr, so many years ago.

Goði Jason Plourde

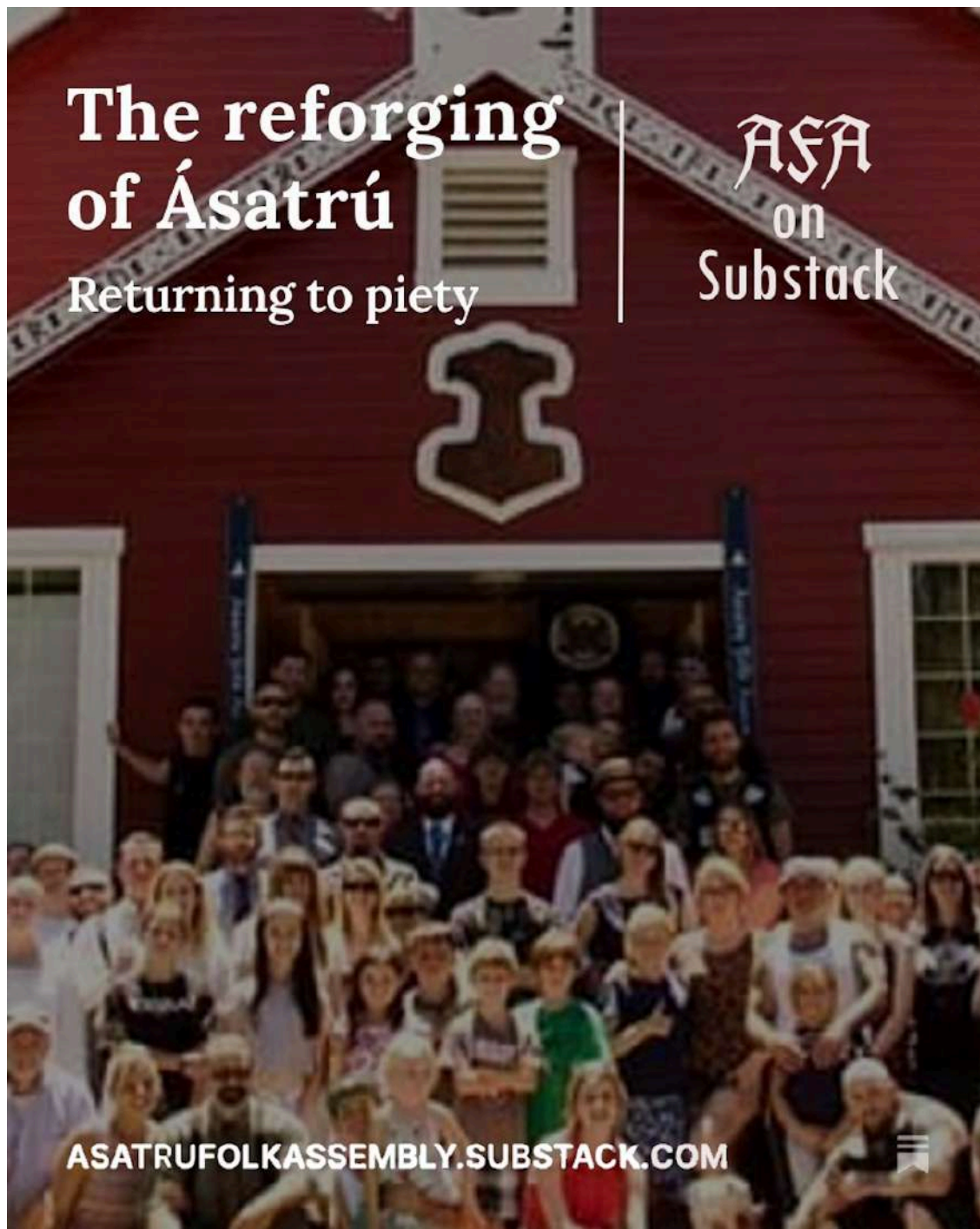
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## ***The Runestone - A Throwback***

***Kin: Church and Nation***



Below is an essay on kin, written by the Herald of the Allfather, Steve McNallen. It is separate from his essay on the Value of Kinship, which will come later.

The Asatru Free Assembly was the institutional predecessor to the Asatru Folk Assembly. At the time that this was written, we were small, fragile, scattered, and weak. Having land was a pipedream, organizing men and women was hard, and the idea of having a central church that could actually accomplish things by way of course rather than Herculean personal efforts was out of reach. To cope, some even said that they didn't want that: that it was "our way" to be low to the ground, simple, and unassuming.

So, each scattered member would be a seed for community, until we could organize more coherently. Since 1983, through the Herald's efforts, things have changed: the value of centralization and hierarchy have become apparent. Technology allows for the honing of small numbers of dedicated men into an elite corps that can achieve great things: even more can be accomplished with many men. We have five hofs, and the land for a sixth. We no longer have to lie to ourselves about what we want. We can have victories. We can win. The Herald set the stage for that. In 1983, decentralization was necessary for this emerging church and nation to survive; now, in 2025, centralization is a powerful tool for this emerging church and nation to thrive. But, those seeds eventually bear fruit, across the USA, and world. They grow into mighty trees, centers that communities rally around. You can be a part of this church and nation: if you are a White man or woman, it is your birthright, and we invite you to join your brothers, sisters, and ancestors in this church and nation.

I had to manually transcribe this one from 1983's Fall Runestone. The image below, however, is from the cover of 1982's Spring Runestone; Substack [and *The Runestone*] demands an image, so it gets one. I tried to match the formatting of the original article as closely as Substack will allow. All spelling and grammar are original. If I erred in transcribing this work, I apologize.

Hail the Gods, hail the Folk, hail the Herald!



Folkbuilder Chris Savich

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*Kin*



The world in which we live is generally hostile to the values of Asatru. Our gods and goddesses are attacked by atheists and monotheists alike, our ancestors are branded as savages or scoundrels, our rights as a people are trampled while those of others are exalted, our culture is bastardized even as we watch. We are a fighting outpost of the Folk, surrounded by those who are either indifferent or trying to bring us down. Nevertheless, we are strong - made formidable by our allegiance to the noble values of our forebearers.

One such value, one which gives us unity and mutual support, is kinship. We are not isolated individuals, atomized and alienated, but rather are members of an organic body, a sort of tribe. Isolated, we could be overwhelmed by the media – supported society of the general culture. United in kinship, we sustain each other and present a cohesive alternative to the produce-and-consume system that lies outside our ranks.

The Asatru Free Assembly promulgates a religion, to be sure, but we also promote, and live, a world-view based on kinship. The A.F.A. is an emerging nation within a nation - not a new nation-state, but rather a nation in the sense of the Sioux or the Iroquois nations. The organic Folk community is just something we practice every day, not just talk about.



How do we do this? We help each other! As people bound together by ancestry and religion, we know that our loyalty to each other has higher priority than devotion to the general culture. We support each other materially, financially, socially, and spiritually. Where our members are spread thin, this is difficult - but we do our best to fulfill our kinship obligations. Where we are closer together, as we are in Northern California, we can do more for each other. People in Wotanwald and Home Kindred, for example, are continually helping each other by sharing meals, loaning vehicles, passing along clothing, and generally being “family”. We care - and act on that care.

We have a plan. We want this network of A.F.A. kindreds to expand and interconnect until it provides a complete alternative social, economic, and religious structure to the prevailing one. Why should we support a system that is antithetical to everything we believe in? Why should we shovel our money, time, and brainpower into a monster that wants to absorb us into a one-world monoculture and dissolve our people and traditions in a grey global glob?

The road to self preservation and freedom is the Ingathering of the Folk, the “retribalization” of our kind. The Asatru Free Assembly is working now to build this new tribal nation - one step at a time. Individuals link up with each other, via mail or in person. Families create households dedicated to our heritage. Families or groups of individuals become kindreds, the kindreds in a particular geographic region band together as a tribe, and so on. We build a nation from the grass roots upward rather than from the top down, for two reasons - because it produces a system that is resistant to tyranny, and because it is something we can start building NOW, without waiting for further development or for anyone’s permission. With every new A.F.A. member and each new A.F.A. kindred, this nation takes greater definition.

There will be enough of us to make a better world for us and our progeny - a world where we can create an alternative to the captive media, where we can provide for our own with pure, uncontaminated food, where we can educate our children rather than turning them over to the conformity-makers; where no Asatruarar is out of a job. And you can help build this world.

If you share our beliefs, if you care about all we are trying to preserve, this A.F.A. calls you to participate in this history-making endeavor. We call you to a rootedness in the Folk that can banish alienation and loneliness and give you a personal role to play in the events to come. The old gods beckon, welcoming those who seek them back to the bosom of the tribe!



Founder Steven McNallen

## Ásatrú Trúlögmál



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

You can find it on our website at <https://www.runestone.org/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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## Sigrheim: Home of Victory

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*Upcoming Events*





Folkbuilder Nicholas Rice  
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**Victory Never Sleeps**





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

Æsir. Virtues. Runes. Beliefs.

Doctrine. Cosmology. Literature.

Holidays. Heroes. Lore.

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

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

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

Matthew D. Flavel

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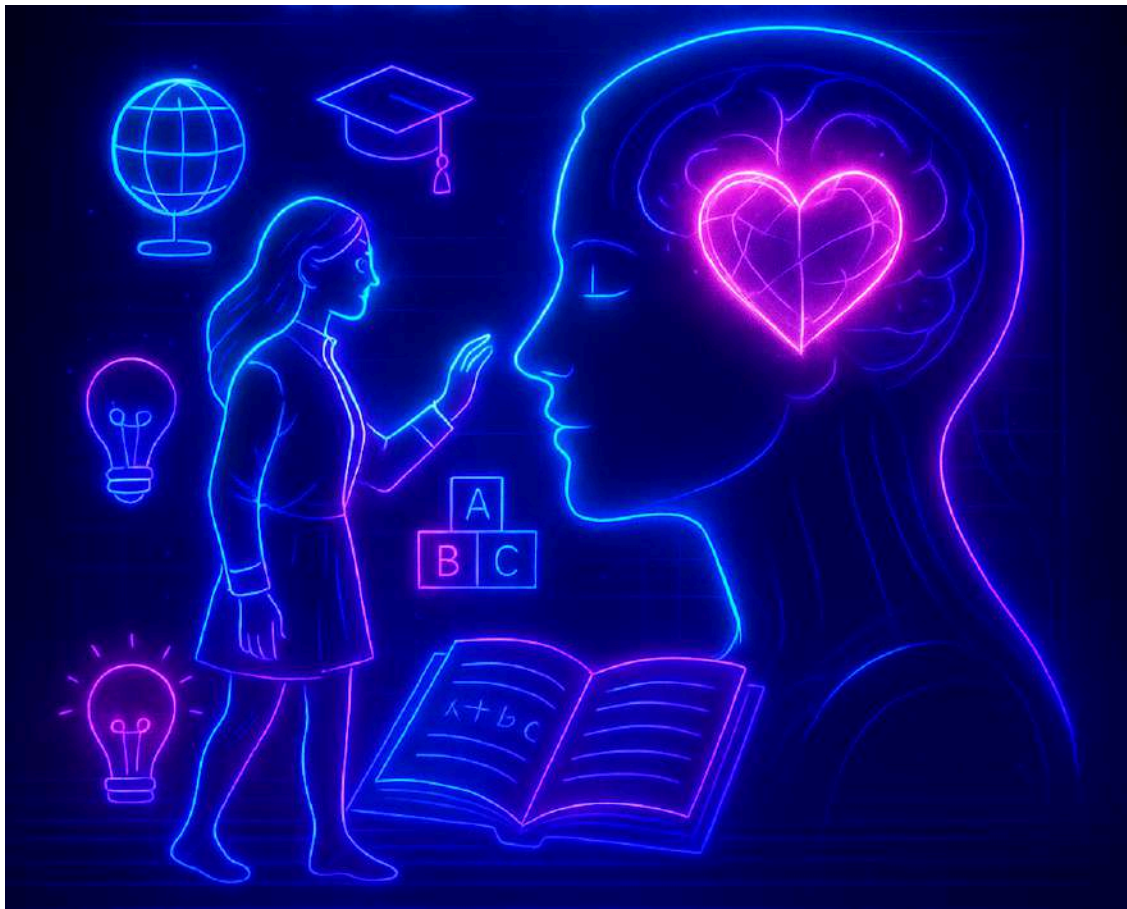


## AFA Ásatrú Academy



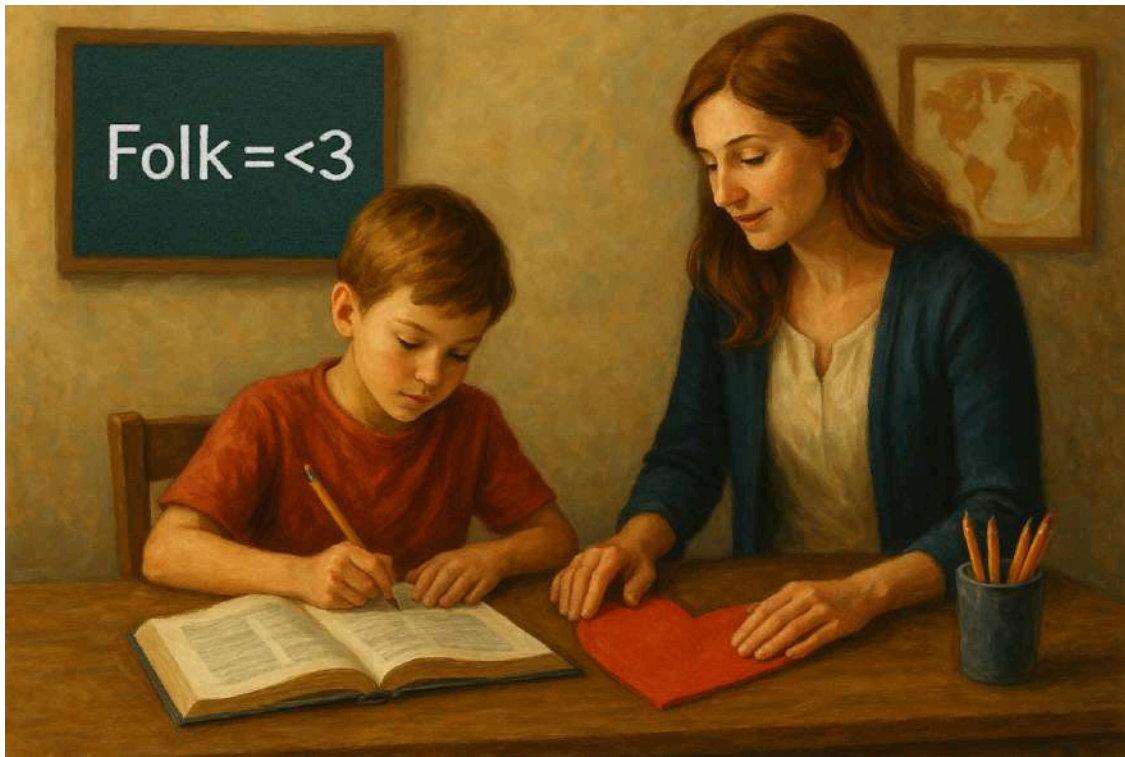
Check out the Ásatrú Academy at [AsatruAcademy.org](https://AsatruAcademy.org)

*Correcting the Debasement of Heart and Character*



There is a quote attributed to Aristotle that says, “Educating the mind without educating the heart is no education at all.” One of the primary reasons that families decide to take the path of homeschooling their children is the debasement of the heart and character that takes place in modern public education.

Education is concerned with scholarship, with absorbing information and then applying it to our lives. How do we process the data? What matters the dates and details of history if we cannot learn about motivations that led people to take the actions they did? We can understand formulas and how to multiply, but we must be judicious in applying that to how we spend, budget, and invest our money. Understanding the biology of a creature can be a beautiful or terrible thing — how do we treat or mistreat that creature.



Information in a vacuum sans character and ethics is a path of chaos and immorality. There is a balance to be kept between sober decision making and depth of feeling. Educating the heart is essential in the upbringing of our children. ALL parents are teaching their children matters of the heart, though sometimes it is simply through the lack of cultivation. We model character every day. Regardless of how equipped or intentional a parent feels about their capacity for teaching reading, writing, and arithmetic, we are instructing them through our lives in matters of the heart.

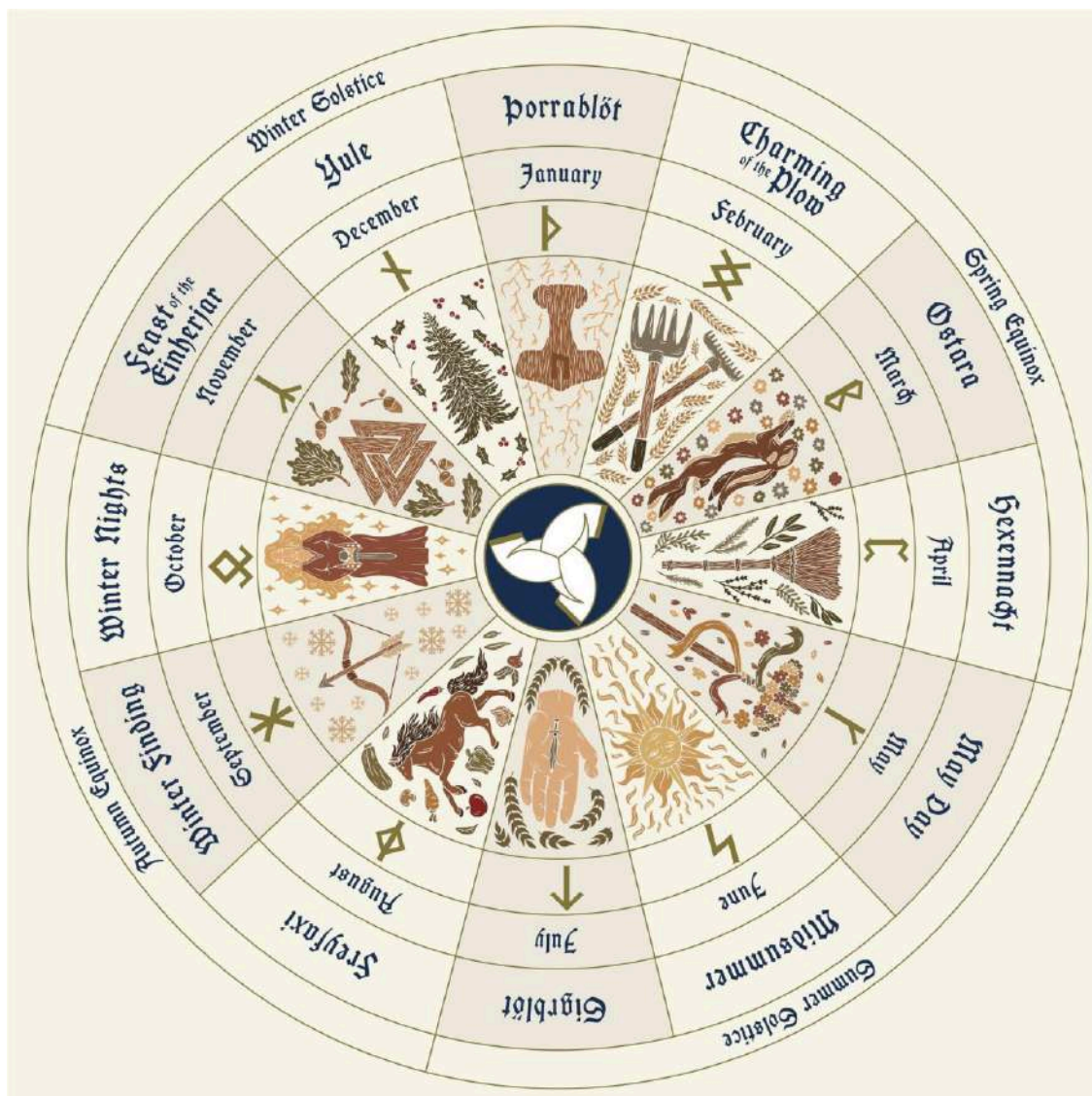
Let's all be intentional about that and cultivate nobility of our Aryan children. Hail the Folk!



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## Remembrance & Holy Days





### Holy Days | Asatru Folk Assembly

2025

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



- > May 9 - Járnskeggja <
- > May 22 - John “Hoskuld” Gibbs-Bailey <
- > June 9 - King Athanaric of the Visigoths <
- > June 13 - Erik Klasson <
- > June 20 - Miðsumar (observed on June 21) <
- > July 4 - Sveinbjörn Beinteinsson <
- > July 15 - Alexander Rud Mills <
- > July 19 - Sigrblót <
- > August 1 - King Osric of Deira <
- > August 9 - King Radbod of Frisia <
- > August 16 - Freyfaxi <
- > September 9 - Prince Hermann of the Cherusci <
- > September 12 - Else Christensen <
- > September 22 - Haustblót (observed on September 20) <
- > October 4 - Goði Þorsteinn Guðjónsson <
- > October 5 - Meister Guido von List <
- > October 15 - Birthday of Founder Stephen McNallen <
- > October 18 - Vetrnætr <
- > October 23 - King Aoric <
- > October 27 - Ragnvald Odiakarl <
- > November 9 - Queen Sigríðr of Sweden <
- > November 18 - King Sexræd <
- > November 11 - Einherjablót (observed on November 15) <
- > December 9 - Egill Skallagrímsson <
- > November 18 - King Sæward <
- > December 20-31 - Jól (observed on December 20) <

## November



[https://www.youtube.com/watch?v=E\\_KNxmqDBUw](https://www.youtube.com/watch?v=E_KNxmqDBUw)

## Day of Remembrance

*Queen Sigríðr of Sweden | November 9th*



Queen Sigríðr of Sweden, also known as Sigríðr the Haughty, was a proud and noble Ásatrú woman who knew her worth and kept true to her loyalty to the Æsir.

She had the honor of marrying the powerful King Erik the Victorious of Sweden, earning her the title of Queen of Sweden. With this marriage, she became the most powerful woman in all of Sweden, even acting as regent after King Erik's untimely death. She was described by Snorri Sturluson as "the wisest of women and prophetic about many things."

Because of her great reputation and wealth as a dowager queen, she was highly sought after by many nobles throughout Scandinavia. One of these was her foster brother Harald, who decided to visit her on his way to raid in the Baltic Sea region. After they shared a feast, Harald became sullen and embarrassed when Queen Sigríðr mentioned that her power in Sweden was comparable to his in Norway. After ruminating on this for some time, Harald decided to officially propose marriage to Queen Sigríðr, as a marriage between the two would give him power over most of Scandinavia.

She rejected his offer, as he was already married to a woman named Asta. However, Harald insisted this did not matter as he believed Asta was not worthy of a man of his station. Queen Sigríðr stuck to her guns, riding away to her castle. Harald followed her home with a retinue of soldiers, and they arrived to find another suitor—Vissavaldr of Garðaríki. Queen Sigríðr housed them in the same quarters, fed them large amounts of drink, and then ordered her men to burn down the quarters and kill any survivors. This was meant to send a message to all petty kings in the area who would seek to marry her for the wrong reasons.

Queen Sigríðr was later being wooed by Olaf Tryggvason of Norway, a familiar figure to many of our heroes and the same Olaf who had forcibly converted his own Folk in the name of Christ by means of threat, torture, and murder, but she eventually agreed to marry him. To celebrate this, Olaf sent her a "gold" ring that he had won in some conquest, but Queen Sigríðr's goldsmiths discovered that it was only gold plated, making Queen Sigríðr distrust Olaf. When he later arrived in Sweden, he informed her that she must abandon the Æsir and convert to the foreign faith of Christianity in order for the marriage to be fulfilled. She immediately rejected this offer to betray our Gods, saying:

I shall not abandon the faith that I have previously held, as have my kinsmen before me. I shall also make no objection to your believing in whatever god you like.

As expected, this enraged Olaf, and he first insulted her age and beauty then struck her across the face with a glove. Queen Sigríðr reacted as calmly as possible and told him that his actions “may very well cost him his life.” She already had reputation for being prophetic, and sure enough, Olaf the Christian was later killed by a united front of both Christian and Ásatrú Scandinavians at the Battle of Svold in September of the year 1000.

Queen Sigríðr is an example to all of our Folk for her unwavering loyalty to the Æsir, her Folk, and her noble ancestors. She is especially an example to the noble women of our Folk, as she remained steadfast and undaunted in her faith and personal convictions. She refused to marry any man who was not worthy of her station, as well as any man who would force her to abandon her longstanding troth with the Æsir!

May all of our people stand with our Gods, and may we all reclaim and retain our nobility no matter what lies ahead of us!

Hail Queen Sigríðr of Sweden!  
Hail the Asatru Folk Assembly!

***King Sexræd | November 18th***





## Holiday

*Einherjablót | November 11th (observed November 15th)*



One of the most recognizable motifs in Ásatrú is that of the Viking warrior. Helm, sword, beard, and blood—boys and girls have long been mesmerized by the stories of Valkyries and the eternal feasting and fighting of the Einherjar in Óðinn's hall, Valhalla. Pop culture has taken the Berserker and the Valkyrie and remade them hundreds of times.

Our ancestors lived in a different time, when fighting wars and general “viking” was necessary for survival. For a warrior, to die in battle was the greatest honor. Today, war is not necessary in the same way. Most people scoff at war, urge their children to “do better” or “be better.” For those of us who practice Ásatrú, however, we recognize the importance and the value of the warrior. More important still, is the importance and the value of those who have fallen, the Einherjar.

Once a year, we set aside a day specifically to honor the Einherjar. We raise a horn to the fallen warriors to thank them for fighting for our people and our freedom. One way to celebrate is to set a place at the table for the Einherjar. Serve them the same food you are eating for dinner. Pour them a glass of wine or beer. When you are done, leave the plate outside under a special tree in offering. Another way to celebrate would be to visit the graves of veterans at a local cemetery and help to clean them up. Leave some decorations or a small flag.

You don't have to have any veterans in your immediate family. It is a guarantee that somewhere down your ancestral lines you have family who fought in war, and just as likely, that some of them didn't return from the front lines. It is in your blood. So, raise that horn and raise it high. Remember our fallen.

Hail the Einherjar!

Hail Óðinn!

## Upcoming Special Event

*Dedication of Freyshof | December 6th*



You are cordially invited to the dedication of Freyshof, the Fifth Hof of the Asatru Folk Assembly, on Saturday, December 6, 2025 in Austintown, Ohio. Please join us for this once in a lifetime event, the dedication of an Ásatrú temple to one of our Holy Æsir, Lord Freyr.

Please RSVP to get more information and to ensure we have enough food to feed all of our guests. Please register one ticket for each member of your family who will be attending. This event is completely free to attend.

Please RSVP at – <https://store.runestone.org>





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

## Winter Nights XIV, a Recap



<https://www.youtube.com/watch?v=3abQn0WTLhY>

## Be a Doer



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

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



to help our Folk.

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

## Baby Blanket Project

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

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



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

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

## Folk Services

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



hand up...

That's when our folks Services Program comes in. We give one-time monetary grants to those members in need. These folks are so grateful and we know that once they get back on track they will contribute to this fund. For those that are able, we are in need of funds so we can be prepared for when these situations arise in our community. If you're able please place a donation today. Even a small donation adds up in the grand scheme of things and even \$5 or \$10 can help if enough people pitch in. If even a fraction of the folks who like the page did that each month, imagine the possibilities!

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

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

Thanks in advance!

## Calling All Folk Photographers



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

If you are willing to donate some hi-res photos for use in promotions such as the AFA Calendar, the AFA website, our publications, and more please email them to

the AFA at [photos@runestone.org](mailto:photos@runestone.org). The larger the resolution the better, so please email them from the device where the photo was taken.



## 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](mailto: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 honoured. Please send these to:

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317



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

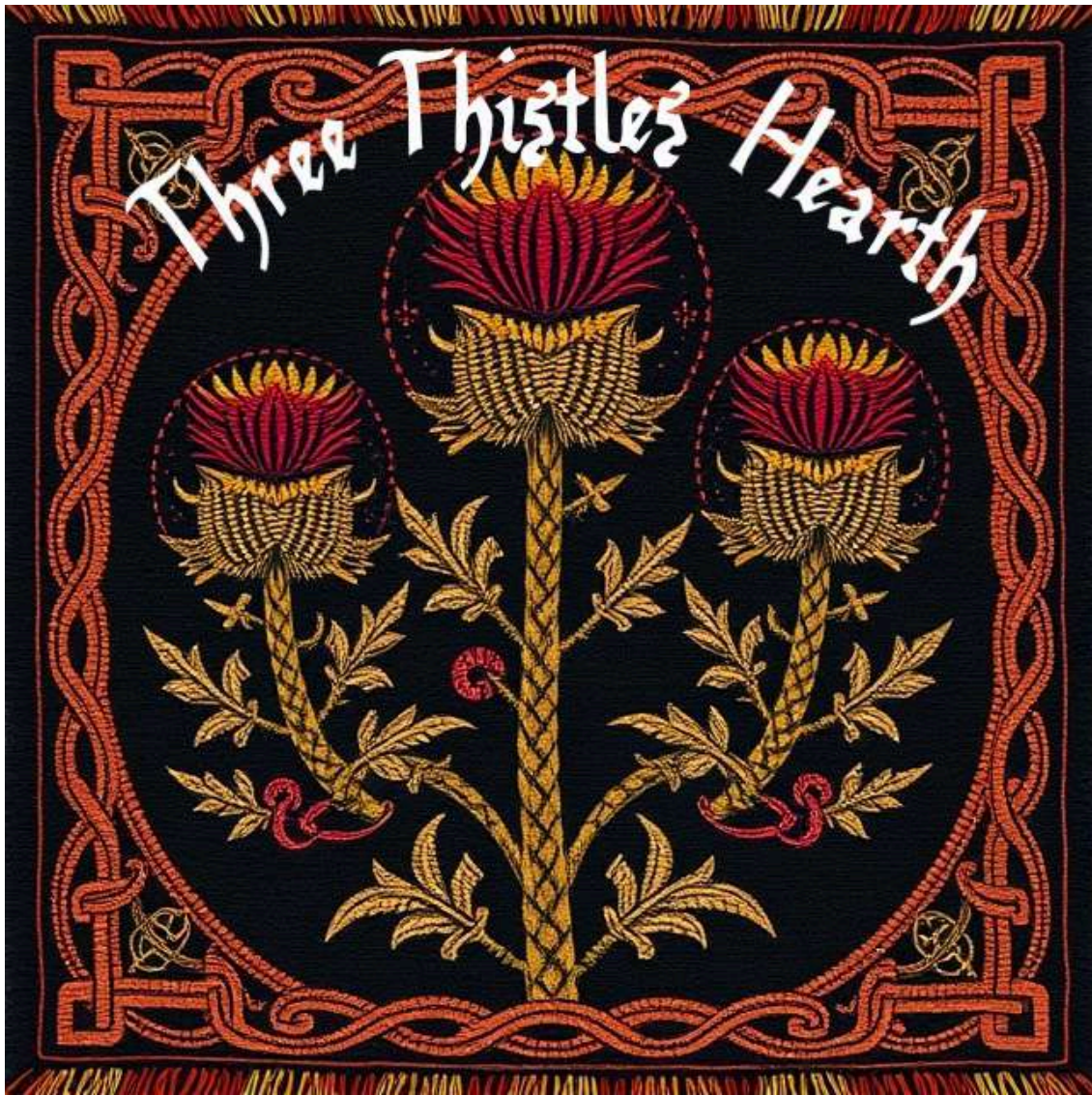
If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact us at [prisonministry@runestone.org](mailto:prisonministry@runestone.org).



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

**Artisans of the AFA  
Support Our Folk**

*Three Thistles Hearth*



Hello, my name is Genasee. I am honored, and blessed, to be able to share my craft with all the Folk!

New wares cycle in periodically, and I will be offering home decor soon.





Always open to custom work and collaborations!

Let's connect:

Etsy: <https://threethistleshearth.etsy.com>

Email: [iii.thistles3@gmail.com](mailto:iii.thistles3@gmail.com)

— Genasee, member, Idaho

## Ancestral Food and Culture

*Elderberry Syrup for the Cold & Flu Season*





We all know the winter often brings on colds, flu, and other bugs that affect our health.

Here is an easy, chemical free herbal supplement you can all make at home.

- 2 cups of dried elderberries
- 4 cups of water
- 1 cup of honey

1. Place the dried elderberries into a pot with the water on the stove and bring it to a boil.
2. Immediately after it boils, lower the temperature to low and let it simmer from 40 minutes up to an hour.
3. Strain this liquid using a mesh strainer or a cheesecloth into a glass jar and add in the 1 cup of honey.

4. Stir until the honey has dissolved.
5. Let it cool on the counter before you place it into the refrigerator.

This will store in the refrigerator for about 2-3 months.

Dosage - Adults = 1 Tablespoon a day. Kids = 1 teaspoon a day.

If you're actually unwell, you can take these dosages up to 4 times a day.

You can find dried elderberries here - <https://mountainroseherbs.com/elder-berries>

If anyone is interested in the eBook, Herbal Support for the Cold & Flu Season, email me and I'll send it your way.

May you all have a healthy winter season!



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

*Yorkshire Pudding (Popovers)*



- 3 large eggs at room temperature
- 1 1/2 cup whole milk at room temperature
- 1 1/2 cup flour
- 1 1/4 teaspoon salt
- Cooking spray
- Muffin tins

These are traditionally made with special popover pans, but muffin tins work just as well.

1. If eggs and milk are not at room temperature, bring to temp by submerging eggs in *warm* water for 10 minutes and heating the milk till just warm. Preheat the oven to 450 degrees Fahrenheit with the muffin tins on the lowest rack.
2. Measure out the salt and flour.
3. Whisk eggs and milk together until frothy, about 1 minute. Add the dry ingredients and whisk together until the batter is the consistency of heavy cream and there are some lumps left.
4. Remove the tins from the oven and spray with cooking spray. If using muffin tins, only use the outside cups and reduce baking by 5 minutes. Fill about 3/4 full and bake about 20 minutes, then reduce heat to 350 degrees and continue to bake until golden brown and dry to the touch, about another 20 minutes.

5. Remove from the pan immediately and poke a small opening in the side of each pudding to let the steam escape. Serve hot. Good with roasts or jam and tea.

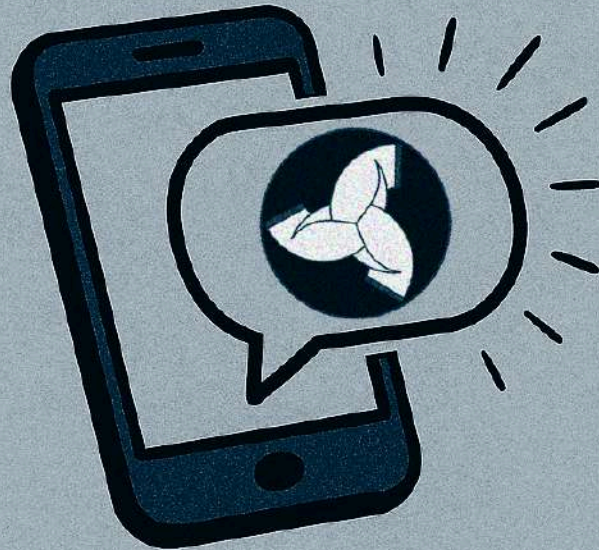


Annika Peterson  
Apprentice Folkbuilder  
[apeterson@runestone.org](mailto:apeterson@runestone.org)

## AFA Reminder Texts



# GET AFA TEXTS STRAIGHT TO YOUR PHONE



REMINDERS, DAILY SPIRITUAL,  
PRAYER REQUESTS

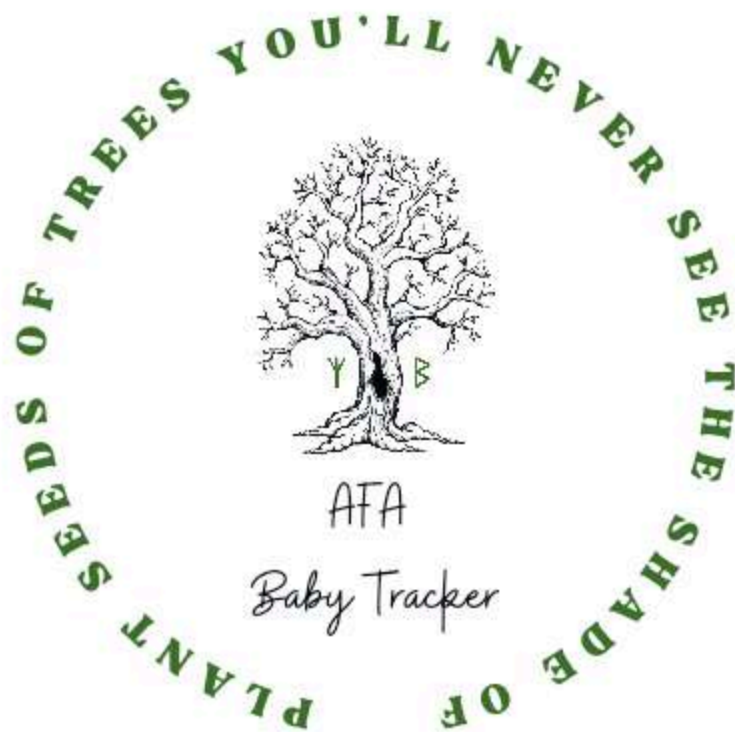
CONTACT SIERRA AT  
[schapman@runestone.org](mailto:schapman@runestone.org)



Folkbuilder Sierra Chapman

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

## Baby Tracker



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



Total babies born in 2025: 19

## Online Events and Meetings

### **Lore Study with Gothi Jason Plourde**

**Join us every Tuesday night**

**at**

**6:00 pm EST**

**5:00 pm CST**

**4:00 pm MST**

**3:00 pm PST**

**2:00 pm AKST**

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

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

# Eldri Virtual Meetings

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

*"Thought and Memory"*



Tuesdays

November 11 & 25

5:00 PT - 6:00 MT

7:00 CT - 8:00 ET

Hosted by

Hofgyðja Sheila McNallen

Sheila@runestone.org







**AFA Ladies Book Study**

**MEAD CUP MONDAYS!**

**LADY**

**WITH A MEAD CUP**

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

**LADY WITH A MEAD CUP**  
RITUAL, PROPHECY AND LORDSHIP IN THE EUROPEAN WAR BAND FROM LA TÈNE TO THE VIKING AGE  
  
Michael J. Enright





**Just for Fun**



Blessed Einherjablót to you all!

## Einherjablót

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

ODINN  
 HERO  
 RAGNAROK  
 EIKTHYRNIR  
 SPARRING  
 MEAD  
 VETERAN  
 BATTLE  
 EINHERJAR  
 VALKYRIE  
 FEAST  
 TRAINING  
 NOVEMBER  
 ASGARDR  
 VIGRIDR  
 VALOUR  
 HONOUR  
 HEIDRUN  
 SAEHRIMNIR  
 WAR

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

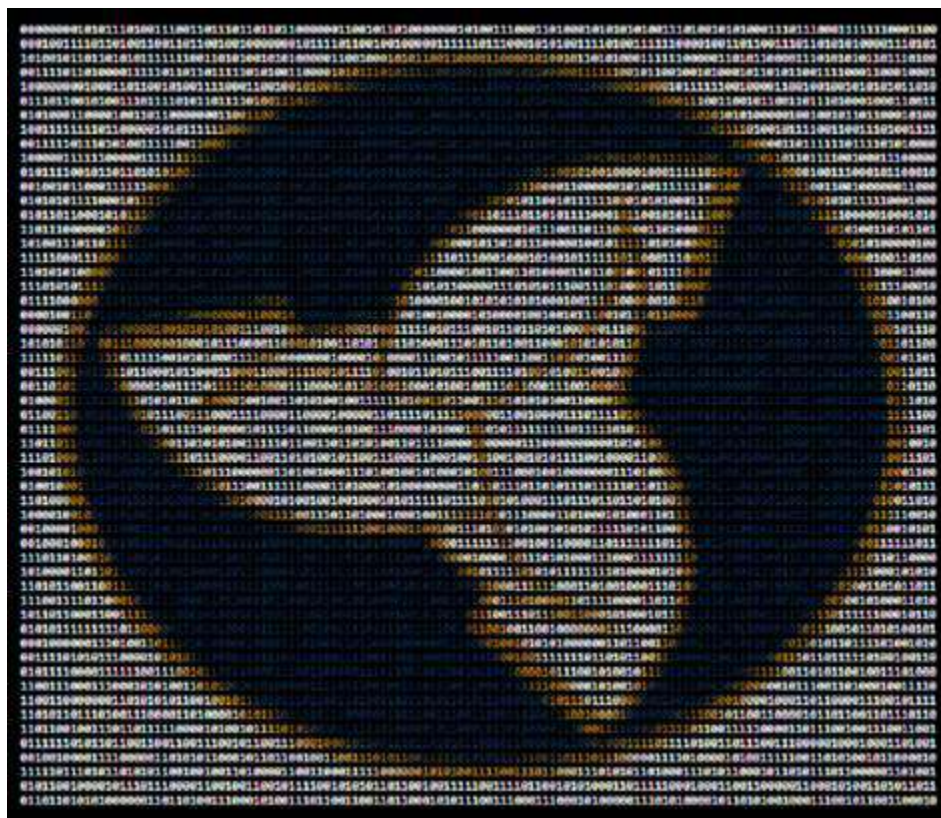




Enjoy! Hail the Einherjar!

**AFA STEMCELS**

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



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

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

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

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





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

## Journey to Belize



Well after planning this move 4 years ago, and putting up our house and farm up for sale 2 years ago, we finally sold. We decided we wanted to move to Belize in Central America, so we can farm all year, live healthier, eat good clean food, and raise our 5 children in a safer, freer country.

About 6 months before we sold, we bought 63 acres right near the border of Guatemala, sight unseen, and had a crew of locals start the process of putting roads in, clearing land, and planting fruit trees. It is extremely hilly with flat valleys, but super fertile, clean water, and very far out there.



After we sold, we packed up our entire life into a 40-ft container and an old 1976 RV, and hit the road. We traveled from Manitoba, Canada, through North Dakota, South Dakota, Nebraska, Colorado, Oklahoma, and Texas. Along the way we stopped at Mt Rushmore and a few other spots, but mostly pounded through due to the RV being old and needing work.





We finally made it to Texas, sold the RV, and bought a camper. Our good friend brought our truck and car down towed behind the truck and met us in Texas. We stayed in Texas for a few weeks, sorted out logistics, and then tried to cross at Brownsville, but due to massive corruption at the Mexican border, we had to turn around and figure out what we would do next.

So we hired a company through Transmigrante to drive our vehicles through Mexico into Belize, and we flew down. We arrived in Belize on September 6th, and got sorted out in AirBnBs. I drove out to our property, and tried to get the camper there, but the road was horrible, and too steep to allow us to get up there.



So we bought 50 acres near the Mennonite enclave of Spanish Lookout, and its great farmland, and we will be subdividing the front section into 10 x 1 acre parcels to allow others to join us.



Our original plan and vision is to create an off-grid homestead for our Folk who wish to live here, to come down with us and live off the land in a lush tropical setting. Or to allow our Folk a place to vacation, stay free in the guest motel we are building, and relax and enjoy the country.

We are still in the beginning parts of our ultimate goal, but thanks to the steady hand of Týr guiding us on our path, things are starting to settle out and pieces falling into place.

This journey has been stressful, angst filled, and busy. But through it all, it has created memories, taught us the highs and lows, and showed us where our strengths and weaknesses lie.





The Gods definitely test us, and I feel like we need to get out of our comfort zones, because when we don't test ourselves, and expand our horizons, something within us sleeps and never awakens to the possibilities of other things.

I will try to update you all as our journey progresses.

Hail the Gods, Hail Týr and Hail the AFA!!



— Sydorenko Family, members

## 2026 Ladies' Retreat





## Store Spotlight

**MERCH DROP**





Dropping in the store within the next week! Keep your eyes peeled!

Get this beautiful keepsake calendar that showcases the AFA Family that we have all built! Our Holy Days and Days of Remembrance are represented.

Bookmark [Runestone.org/store](https://runestone.org/store) and check back soon!





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

## Þórshof

### Food Pantry at Þórshof



It was a much cooler morning when the Folk arrived at Þórshof for Vetrnætr in October. The leaves are beginning to fall, the air much more crisp. Seasons are changing, but our virtue of hospitality does not.

This months food pantry was headed up by our Hof Steward, Craig Flynn, and local member Nick, who fed a modest number of families this month. But those few families were treated to some fresh venison, donated by some good folks in South Carolina. The people of Linden continue to express their gratitude, and we are happy to provide some measure of assistance in their lives.

Seasons change, the temperature fluctuates. But our dedication to service is unchanging.

Hail the givers!



Witan Daniel Young  
[dyoung@runestone.org](mailto:dyoung@runestone.org)

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## Vetrnætr at Þórshof





I pulled into the gravel lot at Þórshof just before noon on Vetrnætr. The building stood tall against the pines and I imagined the mural of Þórr inside. I grabbed my backpack with the small frames—two photos: my great grandparents.

Several of the Folk were already there. We exchanged friendly hellos and caught up since the last Blót, the previous month. We went over the schedule: food pantry, lesson by the Witan, Blót, feast, Sumbl. It felt just right.

People began arriving just after me. We filed into the hall as bells chimed, announcing our entry into the presence of the Gods. After hailing Þórr, we circled a stone altar that held the incense, mead horn, and other items for the Blót. The Goði carried the Hlautbolli, a carved wooden bowl for the mead, and began.

The Goði struck a small bell. We stood. He called the Æsir by name and offered the mead as a gift for a gift. Everyone listened intently while echoing a chanting of runes, holding the memory of their ancestors in their mind's eye. Then the horn passed: each



person sipped mead and hailed a particular ancestor while the rest hailed in response. It was incredibly powerful. When it reached me, I held the frames of the picture and the mead horn. The photos faced me and I realized this was the first time I had brought my recent ancestry back into the presence of the Æsir there at that Hof. “Hail the ancestors!” I cried, while thanking them by name for the blood and bone. I then passed the mead horn and stepped back.

The circle finished the calls. The Goði raised the Hlautbolli high, and the rest would be poured onto the earth outside. Blót done.

We moved to the long tables next door and one of the leaders announced the meal-time blessing. Afterward we ate of the amazing food each of the participants had brought. After such an emotional experience with my ancestors at the Blót, it was fantastic.

Conversation was always fascinating with folks in the AFA: some talked of the next Hof event, travel distance to the dedication of the new Hof and the mural that would be painted, while others spoke of who was coming to Einherjablót or Jól. By dusk, we began making our way outside toward our cars. The Goði thanked everyone; we cleaned up the hall, made sure it looked fit for our Folk, and departed. I drove out while recalling the mental image of me holding my ancestors in hand at the altar in front of the Æsir. It was as if they were in the car with me, silently beaming with approval.



Taylor Traficanti  
Apprentice Folkbuilder  
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## Upcoming Events at Þórshof





# HOF CLEANING DAY

ÞÓRSHOF



## LAST SUNDAYS OF EVERY MONTH

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**Want to Get Involved?**





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## Monthly Members' Meetings

# Þórshof

## Monthly Members' Meeting

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Last Tuesday of the Month at 8pm Eastern



Links Emailed and Posted to MeWe  
Contact any Folkbuilder for assistance

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Beautify Þórshof



Some paint here and there, caulking, replacing a door or two, making sure the windows are air and weather tight, keeping the gutters secure, a bit of landscaping. There's a lot that goes into taking care of our Hof and making sure they are not only functional but aesthetically beautiful and worthy of being the homes and emblematic representations of our Gods as well as functional, safe, and pleasing places for our Folk to come too.

There's a bit of work that could be done to get and keep our Hof in tip-top shape, and we'd love to get to work on doing just that.

If you'd rather than cash, instead donate your time and muscles or maybe some of the raw materials, whether paint or caulking or anything else, please get with our Hof Steward Craig Flynn at [cflynn@runestone.org](mailto:cflynn@runestone.org) and he'd be happy to help let you know



the kinds of things we'd need and coordinate getting it (or you) to the Hof.

We certainly appreciate any and all donations from our Folk.

Thank you in advance!



Craig Flynn  
Hof Steward  
cflynn@runestone.org

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### Support Þórshof



Cleaning supplies, food pantry canned goods and pantry staples, beautification materials, and all sorts of things are up on our Amazon Wishlist if you'd like to donate

to help keep the Hof running, comfortable, fun, and a fitting tribute to Miðgarðr's Protector.



Gyðja Heather Young  
[hyoung@runestone.org](mailto:hyoung@runestone.org)

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## Kentucky

### *Great Pumpkin Moot*







The Folk and I went to Gallrein Farms for a Great Pumpkin Moot. It was a small turn out, and despite the cold and rainy day, we had fun, and we got to let the small Folk (kids) play with the goats at the petting zoo and pick some pumpkins. I bought two little pumpkins that I'll most likely paint faces on. I bought some strawberry butter and some apple butter (absolutely delicious, if you've never had it), and bought some overpriced fudge for my mom.





I don't have too much in the way of a group photo as some members are camera shy, so the group photo ended up being just George and I. He kept me laughing so much I couldn't even stop long enough to take a proper photo. Þórr blessed the Moot as it rained most of the time.

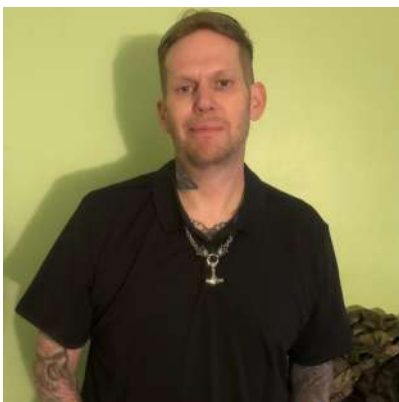
### *Renfest Moot*



The Folk and I journeyed to a magical land of elves and dwarves and dragons. This magical land was Eminence, Kentucky. Unfortunately the dragons, elves, and dwarves weren't real, and neither still were most of those masquerading as vikings. What was real was the fun and comradery we shared. It was a great time and a lot of fun (and money, ha), and we do plan on attending next year. Hopefully with more Folk in tow!



I strongly encourage any Folk who are not AFA, to get involved with the AFA and make Kentucky a region that you can't walk 5ft without bumping into an AFA member (if you do though, I'd highly recommend that you apologize for running into them). As always, Hail the Gods, Hail the ancestors, and Hail the AFA.



Devon Edmonston  
Apprentice Folkbuilder  
[dedmonston@runestone.org](mailto:dedmonston@runestone.org)



## Maryland

### *Mooting in Maryland*



Greetings and Heil to my True and Good Folk!

As a new Apprentice Folkbuilder, I am looking forward with anticipation to hosting an AFA moot which will be on Saturday November 22nd.

For this, my first ever hosted Moot, I chose Union Jacks, a "British-hybrid" pub (restaurant), in Columbia, Maryland, for a couple of reasons. Columbia is just west of Baltimore and is more centrally located making it hopefully more convenient for AFA Folk in the general area.



Second, I thought this would be appropriate as many of our Folk here in the States have roots in England and British Isles and this would be a nice way to re-connect by sampling some standard English fare and perhaps a nice beer (or two) in something like a pub atmosphere.

As an Apprentice Folkbuilder in the central Maryland area, I look forward to bringing life and fellowship for our Folk in the Maryland/Southern Pennsylvania/Northern Virginia area. I see it as lighting a beacon both for our AFA Folk and our fellow Aryans in this area who are still making their way to Ásatrú to get together as Folk who are conscious and proud of our heritage, our Gods and Goddesses and our blood.

### *Upcoming Events*



Wayland Leysing  
Apprentice Folkbuilder  
[wleysing@runestone.org](mailto:wleysing@runestone.org)

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## North Carolina

### *Upcoming Events*



Folkbuilder Robert Shotwell  
[rshotwell@runestone.org](mailto:rshotwell@runestone.org)

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## South Carolina

### *Upcoming Events*



# HONORING — THE — EINHERJAR



CAMDEN SOUTH CAROLINA  
NOVEMBER 29TH





Witan Daniel Young  
[dyoung@runestone.org](mailto:dyoung@runestone.org)

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## Tennessee

### *East Tennessee Vetrnætr*



Once again, East Tennessee geared up to host one of our two larger annual events, Vetrnætr. This year was a smaller crowd as so many of our former attendees have moved cross-country. However, it was a lovely opportunity for my family to spend some time with Witan and Gyðja Young who made the trip to come visit us in the foothills of the Cherokee Mountains. Previously, we had only gotten to see them when they were shouldering tremendous responsibilities at National Events. It was so lovely to have the time to talk and get to know each other better. There were a few last-minute

cancellations, but a lovely time was had and we got to have our own hot tub Sumbl. Awesome casseroles and desserts, perfect weather, and a moving time to recognize our beloved Dísir and Álfar. I thank everyone who drove out to join us and hope to continue seeing faces and more.



Rachel Kinsler  
Homeschool Coach, Ásatrú Academy  
[rkinsler@runestone.org](mailto:rkinsler@runestone.org)

### *The Ancestral Front*



Through time I stride, and hosts appear—  
Our blood-folk's valor, proud and clear;  
Unbowed they stood where stormclouds rolled,  
Each fall a crown of hearts made bold.

Bronze wheels thunder o'er endless plain,  
Sun-burnt hair and fierce refrain—



Lash and spear, the dust-cloud's song,  
Horse and chariot, Yamna hunt the foreign throng.

Still, bronze bright where fate drew near,  
The Spartan's oath his only fear;  
He fell beneath the eastern tide,  
Yet stood as stone in Hellas' pride.

Steel in hand and law in breath,  
He met the edge, unbowed by death;  
His banner high through blood and flame,  
A Centurion carved his name.

Spears rang sharp through forest dread,  
With Hermann's cry the legions bled;  
The oakwoods roared, their shadows grim—  
Teutonic hearts stood firm with him.

Snow and ash on mountain crest,  
The Goth stood tall, his iron blessed;  
Through arrow's hail and battle's din,  
He broke the horde, yet would not bend.

Painted skin and spirits wild,  
The Celt met the storm untamed, defiled;  
Through moor and mist their war-horns cried—  
The old gods roared where heroes died.

Oars bit foam and axes sang,  
Through holy halls the war-cries rang;  
Gold and fear the monks did yield—  
The Northman's fate was forged in steel.

Beneath the king's banner with battle cry,  
He rode where steel and honor vie;  
In shining platemail, through blood and flame,  
A knight upheld his noble name.

From steppe-born sires his spirit came,  
Through ages bound by steed and flame;  
In mail he rode where honor led—  
The old horse-lords still stirred his tread.

Eastward rode; sword flame in hand,  
Where rat-scourge set scurried through sand;  
The desert drank both blood and deed —

And paid the price for oath, for crown, for creed.

Beneath the rain and churned red clay,  
Their bows sang death through break of day;  
From English ranks the storm was cast—  
And kings learned fear of yeomen's craft.

Across a pond, men in coats of blue,  
For tax and tea, rights held true;  
For hearth and kin their ranks would stand—  
And forged a nation from their hand.

Torn between the gray and blue,  
He fought for home, as many do;  
In fields where brother's blood was shed,  
The land still mourns its countless dead.

Through frozen wastes and shattered towns,  
Honour so that upright eagle shant come down;  
Marked in the sky waved red, white, and black—  
Blood and honor, a mighty courage others lack.

With weary eyes and burdened soul,  
He bears the weight they say is freedom's toll.  
Fighting not for kith or kin, and in a foreign land,  
Valour earned, yet coin goes in another's hand.

In shattered streets where empires wane,  
He moves unseen through smoke and rain;  
No flag, no crown—his vow is clear:  
To fight for those who live in fear.

The Folk arise with hearts aflame,  
To claim their truth, their sacred name.

### *Upcoming Events*

# Day of Remembrance Dinner Floom



9th of Every Month  
630pm | Cookeville, TN

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





Folkbuilder Nicholas Rice

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

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## Virginia

### *Mead Moot and Mead-Making*



In Virginia, we held a Mead Moot at a local meadery. I thought it would be fun to share how you can channel your inner Viking and make your own mead at home! It's really easy.

Making homemade mead is a blast—it's basically honey wine and you can whip up a simple batch with stuff from the grocery store. No fancy equipment needed! Start with

a clean 1-gallon jug (like from apple juice or water), some balloons for airlocks, and basic ingredients. This is a beginner-friendly recipe for about 1 gallon of basic mead. It'll take a few weeks to ferment, but it's low-effort. Heads up: Use baker's yeast if that's all you've got (it works, but wine yeast from a homebrew section or online is better for taste). Let's get into it!



Ingredients (all grocery store finds):

- 3 pounds of honey (raw or pasteurized is fine, just not flavored)
- 1 gallon of water (spring or filtered; avoid tap if it's heavily chlorinated)



- 1 packet of yeast (baker's yeast like Fleischmann's, or champagne yeast if available)
- Optional for better flavor/nutrients: 1 orange (sliced), 25 raisins (for natural yeast food)

#### Equipment:

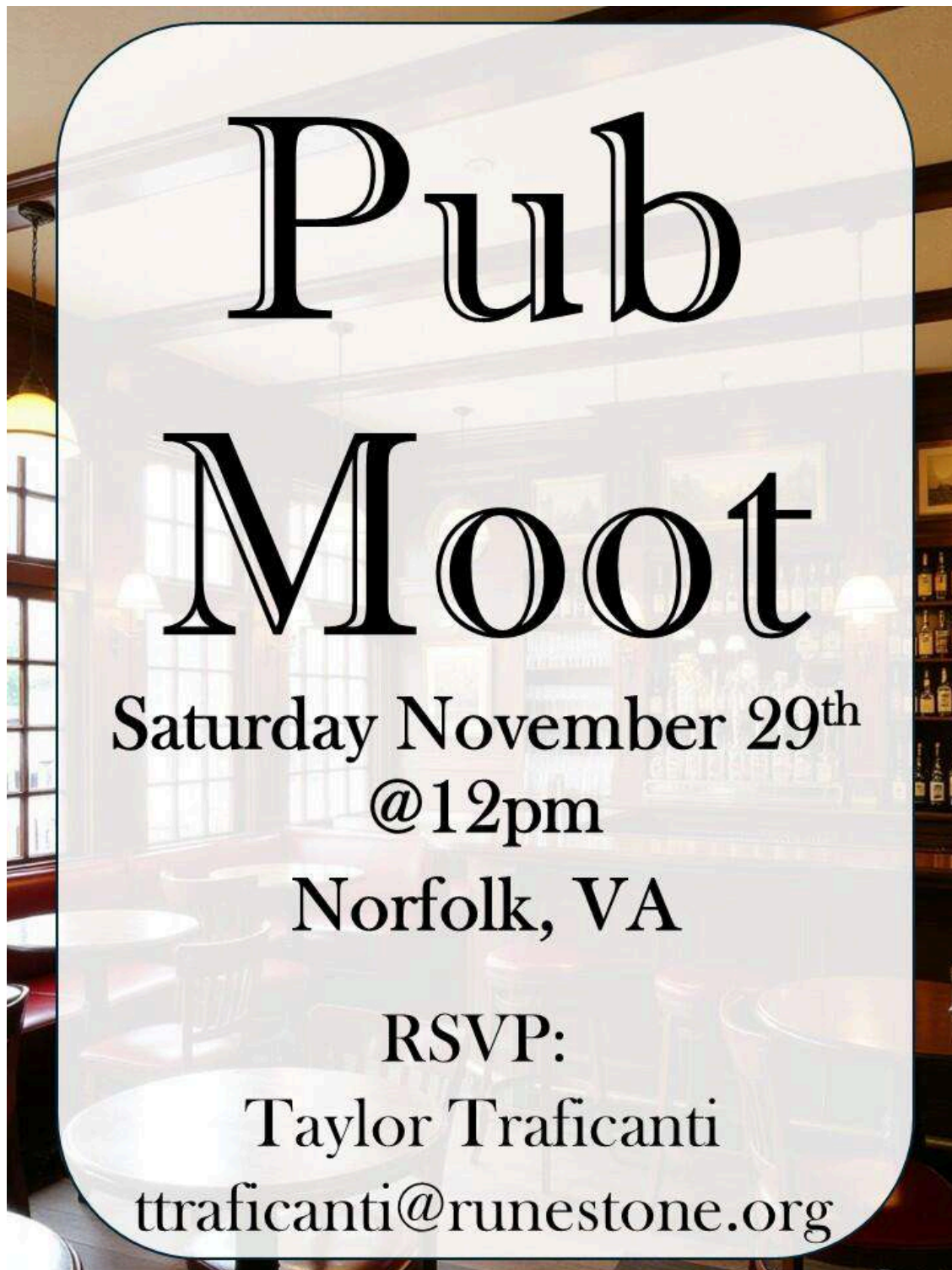
- 1-gallon glass or plastic jug (clean and empty)
- Funnel (optional but helpful)
- Balloon or plastic wrap and rubber band (for a DIY airlock)
- Sanitizer: Use a no-rinse option like Star San if they have it, or a bleach solution (1 tsp bleach per gallon of water, rinse well)

#### Step-by-Step Instructions:

1. Sanitize everything: First things first, cleanliness is key to avoid bacteria. Mix your sanitizer and soak the jug, funnel, and any utensils for 5-10 minutes. Rinse if using bleach. This help prevent your mead from turning into vinegar.
2. Mix the honey-water base: Pour about half the water into your jug. Warm up the honey jar in hot water to make it pour easier, then add the 3 pounds of honey. Toss in the sliced orange (peel and all) and raisins if you're using those. Top off with the rest of the water, leaving a couple inches of headspace at the top. Cap it and shake vigorously for a few minutes to mix and aerate—get that honey dissolved!
3. Pitch the yeast: Sprinkle the yeast packet into the jug. No need to activate it first for this simple method. Give it another gentle shake.
4. Set up the airlock: Poke a tiny hole in a balloon and stretch it over the jug's mouth (it'll inflate as CO2 builds up). Or use plastic wrap secured with a rubber band. Just don't make it air tight. Store it in a dark, room-temp spot (around 65-75°F). Avoid direct sunlight.
5. Ferment: Let it sit for 2-4 weeks. You'll see bubbles in the first few days—that's fermentation magic! Check occasionally; when bubbling slows way down (like one bubble every minute or so), it's ready to bottle. Taste a tiny bit with a clean straw if you want—it should be less sweet and boozy.
6. Bottle and age: Siphon or carefully pour the mead into clean bottles (recycled wine bottles or swing-tops work), leaving sediment behind. Seal 'em up and let age in a cool spot for at least a month—longer is better for smoother taste. It'll be around 10-15% ABV.

There you go! Start small, and tweak with fruits or spices next time. Happy mead-making!

*Upcoming Event*



**Pub  
Moot**

**Saturday November 29<sup>th</sup>  
@12pm  
Norfolk, VA**

**RSVP:  
Taylor Traficanti  
[ttraficanti@runestone.org](mailto:ttraficanti@runestone.org)**

Taylor Traficanti



Apprentice Folkbuilder

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



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