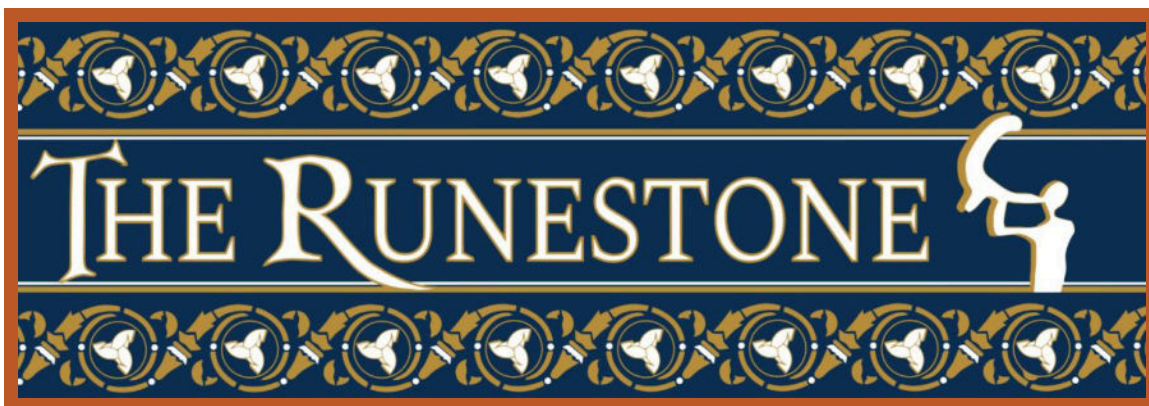


The Runestone: Voice of the Asatru Folk Assembly



Þórshof
Second Hof of the Asatru Folk Assembly

www.thorshof.com

October 2025



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Words from our Allsherjargoði



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

THANK YOU! Thank you to Witan Clifford Erickson and Gyðia Catie Erickson for their hard work, including moving their family across the state of Pennsylvania to facilitate this Hof happening. Thank you to our generous but anonymous Óðinshof member who is our lender for this Hof. Thank you to Kaleb Hawryluk and Lawspeaker Allen Turnage for facilitating our acquisition of the property. Thank you to all of you who have donated toward this project over the last 3 years. Thank you to Lord Freyr for his blessing us in this endeavor.

This is an amazing time to be alive and an amazing time for Ásatrú. In the last 10 years,

we have established 5 Hofs for our Gods!

Heill the Æsir!

Heill the Folk!

Heill the AFA!

Heill Freyr!



Matthew D. Flavel

Allsherjargoði, Asatru Folk Assembly

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Words from our Founder



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



Founder Steven McNallen

October 15th - Happy Birthday Founder McNallen!



Words from our Witan

Bardagi Vættinna: Battle of the Landvættir



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

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

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





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

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

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

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



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

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

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

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



Witan Svan Herul
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Words from our Goðar

Vetrnætr and Ancestor Worship



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

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

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

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

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

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

Always remember that you are a future Ancestor.

Hail the Ancestors!

Hail the Folk!

Hail the AFA!



Gyðja Sara Ault

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Forging our Mettle:

Some Thoughts on the Season, and the Struggles of Life



AFA Declaration of Purpose IX:

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

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

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

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

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

This is the essence of understanding our Urð. We may not control every event that befalls us; that is the realm of Urð, woven by the Norns. But we always control our

response. Our deeds and actions in the moment we respond are the threads used to weave the tapestry of our future. What will you help to weave today? Will it be a thread of courage or a thread of despair? A thread of community or a thread of isolation?

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

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

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



Gyðja Lauren Anderson
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Vetrnaetr



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

In honour of this month's holy tide, Vetranaetr, I'd like to speak about the importance of ancestor worship and what that means to us as Ásatrúar. I chose this particular stanza from the *Sayings of the High One* to illustrate my point, and also because in just four lines, it tells quite the story.

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

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

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



Which brings us back to the second half of this stanza. Yes, his father is gone, it is a tragedy, and he must move on with his life. That does not mean that he has to forget or should fail to remember his father's life and deeds. Those 'memory stones' are raised to keep those memories alive in those who raise them and to serve as a testament to all who see them that the person honoured by that stone mattered. He mattered to his wife and son, and he mattered to his Folk. This is the foundation upon which ancestor worship is built. They matter to us; no matter the distance in time or location, we are here because of them. All that we are, in the larger sense, we owe to their lives and their deeds. And now that they are beyond the veil, this makes them worthy of reverence and adoration.

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

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



Goði Bodi Mayo

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Ásatrú Trúlgmál



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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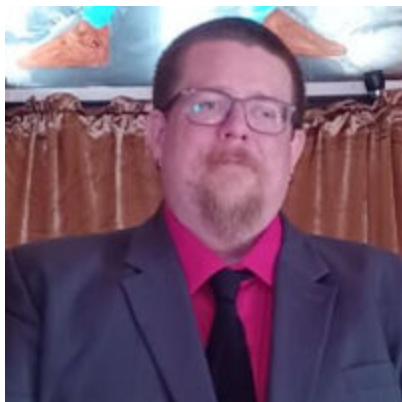
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Upcoming Events





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, Odyssee, VK, Rumble, and Twitch. Audio versions drop on Apple Podcasts, Spotify, iHeart Radio, and Amazon Music no later than the Friday after the live show.

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



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AFA Ásatrú Academy



Check out the Ásatrú Academy at AsatruAcademy.org

Doom and Gloom vs Hope and Purpose



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

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

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

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

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

Rachel Kinsler

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Why Waldorf? Why the AFA Academy?



Hello good Folk,

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

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

and culture. Please reach out to us if you are interested!

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

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

What is Waldorf?

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



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

Rudolf Steiner was a German nationalist, writer, philosopher, spiritualist, and educator. He was a contemporary and was in the same circles as Meister Guido von List. Steiner also participated in this early 20th century spiritual movement. Aside from religion, Rudolf Steiner was also personally invited by Friedrich Nietzsche's sister to assist in archiving her brother's works. Steiner was an admirer of Nietzsche and jumped at the opportunity to meet the philosopher and to assist in preserving his works. Steiner got involved for a time in theosophy, however in contrast to mainstream Theosophy, Steiner sought to build a Western approach to spirituality based on the philosophical and mystical traditions of European culture.

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

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

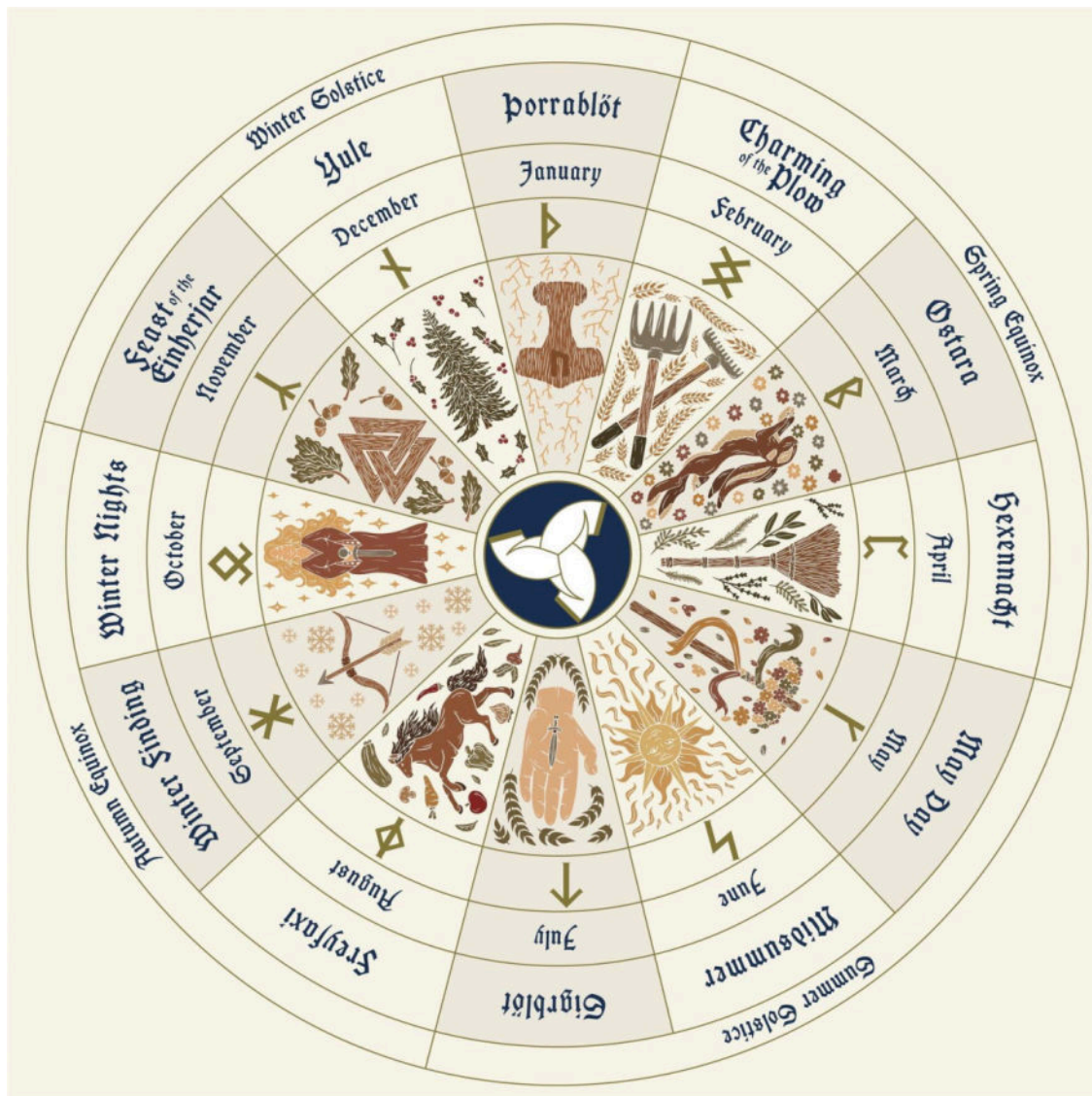
We chose Waldorf because Waldorf specifically sets out to develop the whole person. The program is designed specifically to give a quality education and develop the mind, body, and spirit of the European man and woman. Rudolf Steiner was a proud European, nationalist, and for lack of a better term: he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

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



Goði Rob Stamm
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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 11 - Einherjablót (observed on November 15) <
- > December 9 - Egill Skallagrímsson <
- > December 20-31 - Jól (observed on December 20) <

October



https://youtu.be/L_XbAmkS51k

Days of Remembrance

Goði Þorsteinn Guðjónsson | October 4th



Y October 4, 1928 - January 21, 2000 A

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

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

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

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

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

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

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

Hail Goði Þorsteinn Guðjónsson!

Meister Guido von List | October 5th



Y October 5, 1848 - May 17, 1919 𐌿

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

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

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

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

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

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

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

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

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

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

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

Hail Meister Guido von List!

King Aoric | October 23rd



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

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

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

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

May we all be brave in the face of adversity!

Hail King Aoric!

Ragnvald Odiakarl | October 27th



1484 𐌹

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

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

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

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

Hail Ragnvald Odiakarl!

Holiday

Vetrnætr | October 18th



Autumn has officially started. The days are noticeably shorter. The nights are noticeably cooler. The trees are ablaze with the colors of Fall and the crunching of the

fallen leaves underfoot has begun. All around us the world is dying. This was a time of drawing in close, of hearth and home and family. For our ancestors, this was not an Autumn festival, but a quiet Winter rite in which the female spirits were honoured in a rite called Dísablót.

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

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

Upcoming National Event

Winter Nights XIV | October 10th – 12th



Get your tickets [HERE](#)

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

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

Things to know:

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

Member Family – Weekend: \$135

Member – Weekend: \$90

Member – Day pass: \$45

Guest – Weekend: \$120

Guest – Day pass: \$60

Child – Weekend: Free

Child – Day pass: Free

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

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

Get your tickets [HERE](#)

Hail the Disir!

Hail the Alfar!



Witan Clifford Erickson
cerickson@runestone.org

Goðar Spotlight

Goði Robert Stamm, Dean of the Ásatrú Academy



Ordained October 2021,
Mentored by Witan Svan Herul

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

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

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

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

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

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

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

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

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

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

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

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

—Witan Trent East

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

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

— Goði Bodi Mayo

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

— Witan Brandy Fassett

Goði Rob Stamm is a man among men. His determination, drive, and brilliance as Dean is the sole reason that the Ásatrú Academy is what it has become today. He is

a devoted and loving family man. He has a softer side that has a million and one "Dad" jokes. His knowledge of the history of our Folk and his piety not only helped me grow when he was my mentor, but inspired me to strive to always learn more and continually grow. Hail Goði Stamm!

— Gyðja Sara Ault

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

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

— Witan Daniel Young



Witan Daniel Young
dyoung@runestone.org

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!

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. 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 honoured. 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

Sour Cherry Pie



Crust

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

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

Filling

- 2 cans sour cherries packed in water

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



Annika Peterson
Apprentice Folkbuilder
apeterson@runestone.org

Erin's Awesomest Pumpkin Bread



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

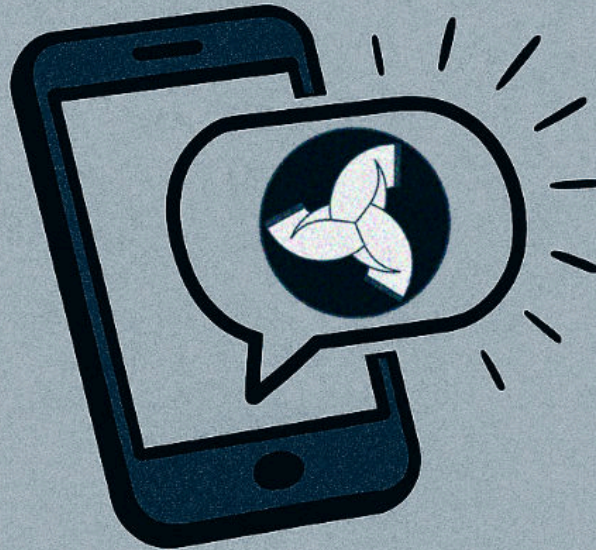
1. In 2 medium sized bowls, put all the dry ingredients into one bowl and all the wet ingredients into the other bowl.
2. Mix each separately and thoroughly.
3. Then slowly pour the dry ingredients into the wet ingredients.
4. Mix well during blending.
5. Pour into a greased and flour'd bread pan, and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



Erin Harrison
Apprentice Folkbuilder
eharrison@runestone.org

AFA Reminder Texts

GET AFA TEXTS STRAIGHT TO YOUR PHONE



REMINDERS, DAILY SPIRITUAL,
PRAYER REQUESTS

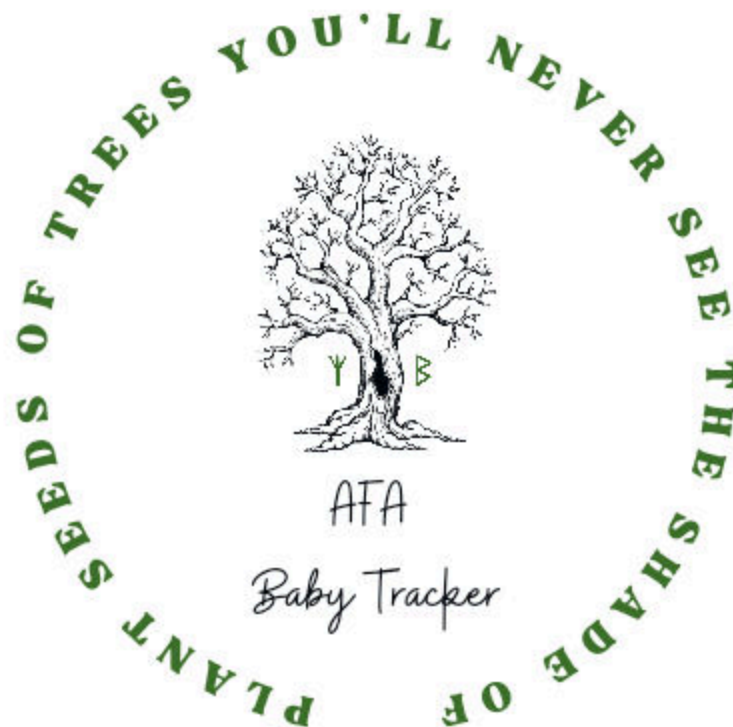
CONTACT SIERRA AT
schapman@runestone.org



Folkbuilder Sierra Chapman

schapman@runestone.org

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**



AFA Ladies Book Study

MEAD CUP MONDAYS!

LADY

WITH A MEAD CUP

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

LADY WITH A MEAD CUP

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



Michael J. Enright



Eldri Virtual Meetings

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

"Thought and Memory"

An illustration of two birds perched on a dark, leafless branch. The background is a warm, orange-yellow glow, suggesting a full moon or autumn light. There are several small, dark silhouettes of bats or birds flying in the background. The overall style is artistic and evocative.

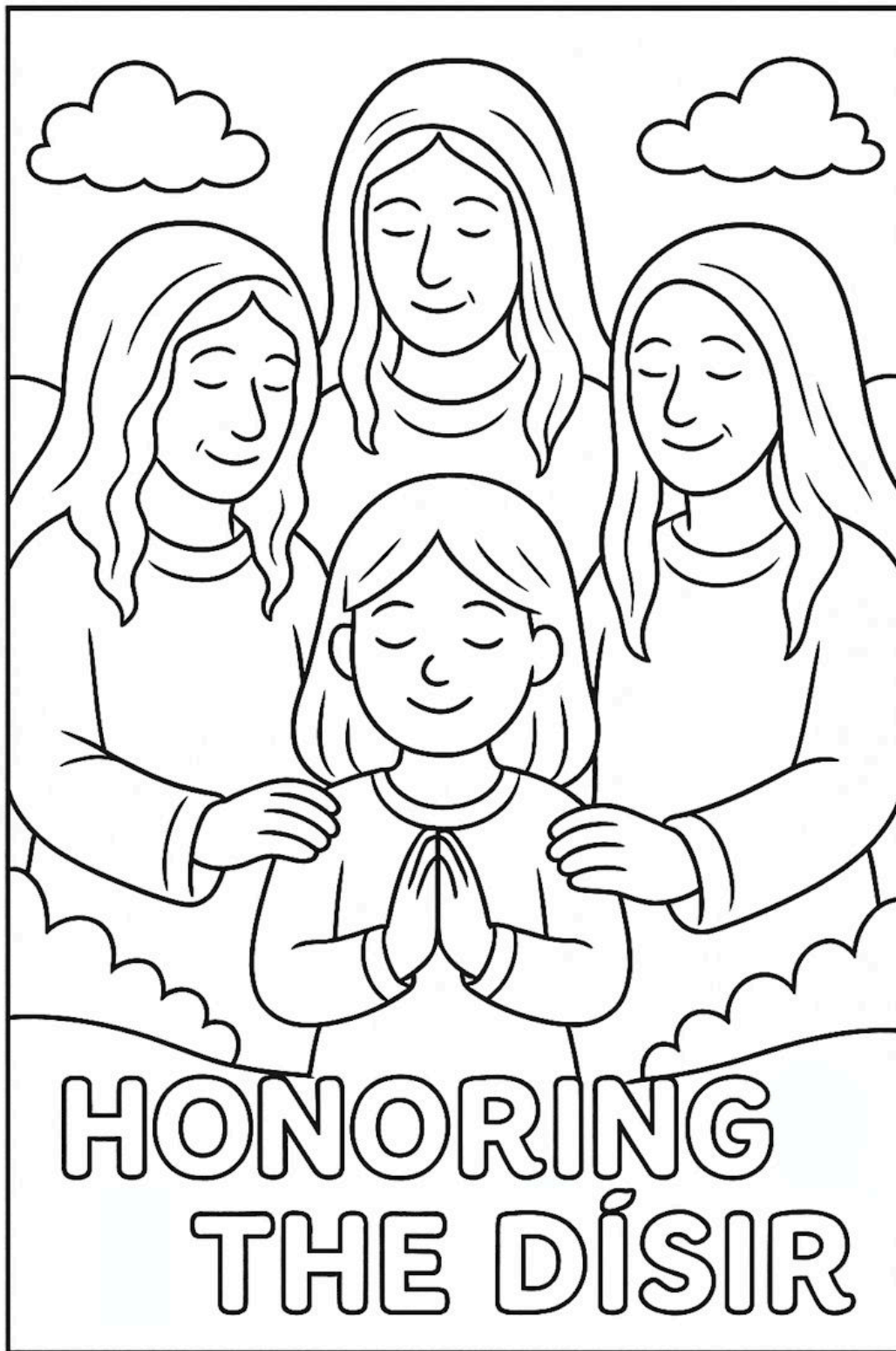
Tuesdays
October 14 & 28

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

Hosted by
Hofgyðja Sheila McNallen
Sheila@runestone.org



Just for Fun



Blessed Vetrnætr to you all!

Reading Club Fun!

Climbing Family Trees!



Families Share Bedtime Stories!

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

history
stories
baking
brother
reading
singing
walking
building
heirloom
daughter

postcard
bicycling
camping
memories
ancestors
swimming
picnicking
family tree
scrapbook
experience

son
dad
aunt
mom
uncle
letter
sister
hiking
cousin
fishing

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

C	P	K	W	M	L	R	M	Q	W	Z	W	O	G	Q	L	W	F	T	A	P	A	J	K	F
H	P	C	H	L	L	S	G	K	R	B	I	C	Y	C	L	I	N	G	H	Y	Z	G	O	Q
J	D	W	D	S	R	N	I	W	A	L	K	I	N	G	I	N	E	D	P	P	W	C	D	R
E	L	P	S	Q	I	M	I	N	I	G	O	L	F	I	N	G	R	D	L	C	Y	R	E	
D	R	C	R	M	T	P	O	T	G	G	G	R	A	N	D	F	A	T	H	E	R	T	B	C
J	Q	K	M	T	D	U	O	M	Z	I	Y	Q	S	E	X	P	E	R	I	E	N	C	E	I
W	Z	I	A	F	I	N	S	S	I	X	N	W	M	P	X	M	G	L	E	S	C	K	B	P
W	W	B	K	P	L	P	Q	Q	T	H	P	G	I	C	E	N	D	T	I	H	L	Y	E	E
S	W	G	U	X	P	I	C	N	I	C	K	I	N	G	I	N	T	T	Z	J	Z	H	X	B
A	U	Q	G	I	R	K	U	X	I	P	A	O	I	K	L	A	D	X	H	S	M	T	Z	O
N	Q	D	R	I	L	Z	X	H	N	C	X	R	A	S	T	O	R	I	E	S	C	J	N	O
C	T	I	A	B	A	D	V	T	O	W	U	B	D	M	O	M	T	M	N	Y	N	B	K	K
E	K	Q	N	Y	O	V	I	P	D	A	U	G	H	T	E	R	U	V	V	G	B	P	O	Q
S	G	I	D	A	D	K	G	N	A	V	L	C	F	R	F	M	I	U	A	M	T	Q	K	U
T	O	W	M	S	X	C	S	B	G	F	A	M	I	L	Y	T	R	E	E	H	U	I	X	D
O	V	I	O	N	N	T	R	C	Z	S	A	K	H	Y	U	A	M	H	O	E	V	D	M	M
R	Y	U	T	O	D	B	E	C	G	R	A	N	D	C	H	I	L	D	R	E	N	X	C	E
S	A	N	H	F	I	S	H	I	N	G	G	I	B	Z	K	P	R	E	A	D	I	N	G	D
G	U	Q	E	O	V	A	G	R	A	N	D	P	A	R	E	N	T	D	D	G	D	W	A	W
A	I	L	R	C	A	M	P	I	N	G	O	J	Q	E	H	I	S	T	O	R	Y	O	U	C
N	B	R	O	T	H	E	R	X	U	C	I	W	P	D	U	J	F	W	A	M	T	M	N	F
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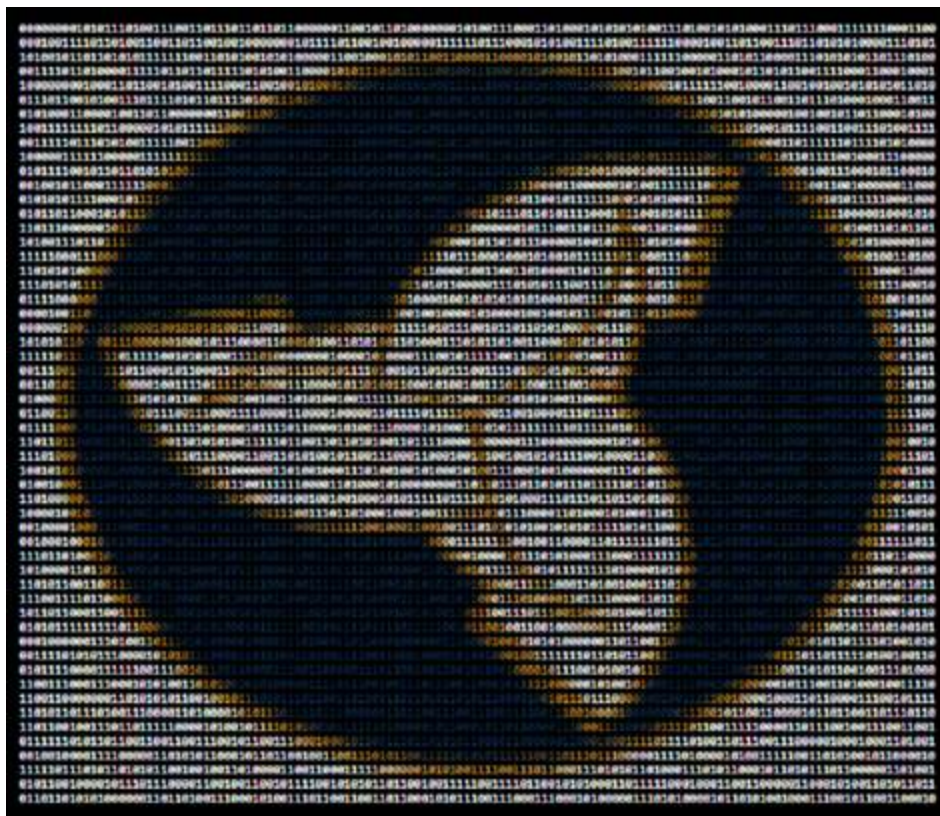
Feel free to send your colored creations or finished puzzle to press@runestone.org for a shout-out in the next issue!



Enjoy! Hail the Dísir!

AFA STEMCELS

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



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

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

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

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



Witan Clifford Erickson
cerickson@runestone.org

2026 Ladies' Retreat





Þórshof

Food Pantry at Þórshof



Back in the spring, we went to the Cumberland County Food Bank to ask why we weren't getting any help with our local food pantry. We went with the intention to either leave with a car load of food, or to find answers. The very kind lady took us on a tour of the warehouse there, because she thought if we saw what they had, we would understand what was going on. The warehouse..... empty. Aside from a single Gaylord of fruit juice, there was nothing. Given the limp wristed response to Hurricane Helene last year, it all made sense. Federal funds given during COVID have dried up.

With the recent scarcity of food provided to local food banks, and since we do not charge admission for any of our gatherings at Þórshof, we are asking that when our members attend our monthly gatherings, that they bring non-perishable items to donate to our own food pantry. This can be canned or boxed goods. This can be a minimum of one item per person. Paper bags are also needed.

We are still getting modest donations by a local grocer, but these are not enough. Witan Daniel and I are working with a deer processor local to us as well. With these combined with your help though, we can make a real impact on those families that are in need. We have at least two families that depend on us as possibly their only source of food, plus all the many others that really need us to supplement their cupboards.

By our generosity and our hospitality, we can affect change in our own communities around our sacred temple, without relying on local food banks that have had their budgets slashed since the pandemic.

You may have noticed that we said we do not charge admission for any of our events. This will include our premier regional event, Austrá at Þórshof beginning in 2026! We will still be posting registration links, so we have an accurate headcount so everyone is fed.

More to come!

Hail the Æsir!



Gyðja Heather Young
hyoung@runestone.org

Haustblót at Þórshof



This past weekend, we gathered at Þórshof in Linden, NC to celebrate Haustblót—a festival of gratitude for the season's harvest, preparation for the coming winter, and a time to bring the community together before the harsh months ahead.

The day began with our monthly food drive, where we joined together to support local families in need. As members began to arrive, we gathered into Rumpf Hall to greet and welcome new members. This year's Haustblót was special, as we held not one but two Blótar during the event. Witan Daniel Young gave a talk on current events and their effects on our daily lives, then led us in a Blót to Þórr, asking for protection and strength for our Folk in the days ahead.

Afterwards, we held our second Blót of the day—to Ullr. We Galdred runes and hunting weapons were blessed in preparation for the coming season, asking for Ullr's protection and skill for all who take to the woods this autumn.



Next came one of Þórshof's favorite traditions: the Battle of the Landvætr. Witan Svan's write-up at the start of this issue will give you a solid deep dive into the history and processes of this rite, but in short, participants dressed as spirits representing the light and dark halves of the season faced off in ritual combat. Each side battled to break the others' sticks—a symbolic contest to determine the nature of the coming winter. With a decisive 4-0 victory, the spirits of the light prevailed! The result telling us to look forward to a milder winter ahead.

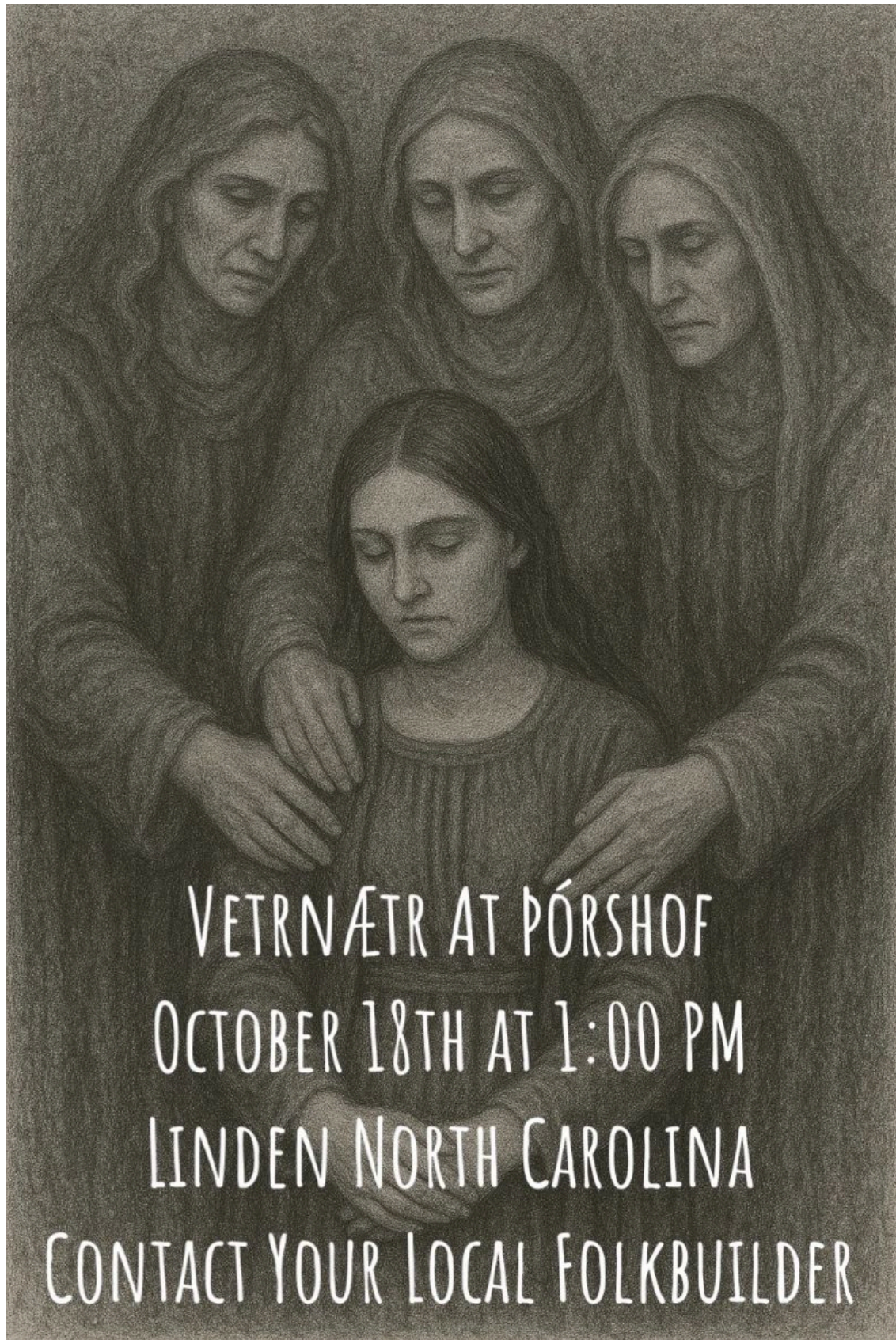
After the battle, we held a friendly test of strength: a stone-throwing contest judged by distance. A fitting tribute to Þórr himself. We wrapped up the evening with a delicious potluck dinner, prepared by our members. Everyone ate their fill and talked and laughed into the night. As the event came to a close and people began to leave, it was clear that it had been another successful gathering at Þórshof—one we believe both Ullr and Þórr would be proud of!



Folkbuilder Robert Shotwell
rshotwell@runestone.org

Upcoming Events at Þórshof





VETR NÆTR AT ÞÓRSHOF
OCTOBER 18TH AT 1:00 PM
LINDEN NORTH CAROLINA
CONTACT YOUR LOCAL FOLKBUILDER



HOF CLEANING DAY

ÞÓRSHOF



LAST SUNDAYS OF EVERY MONTH

Want to Get Involved?



Monthly Members' Meetings

Þórshof

Monthly Members' Meeting

Last Tuesday of the Month at 8pm Eastern



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

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 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!

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.

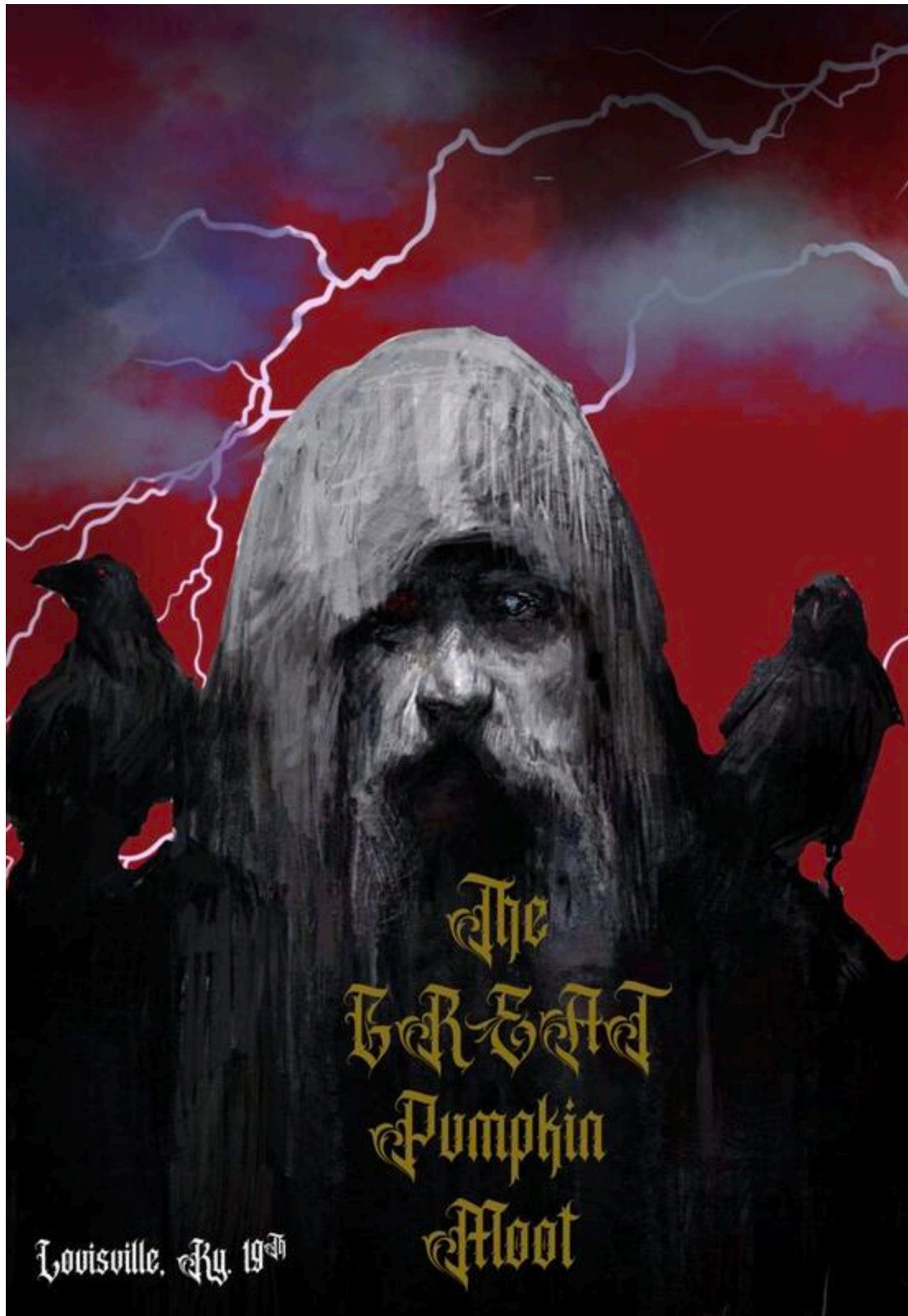
Kentucky

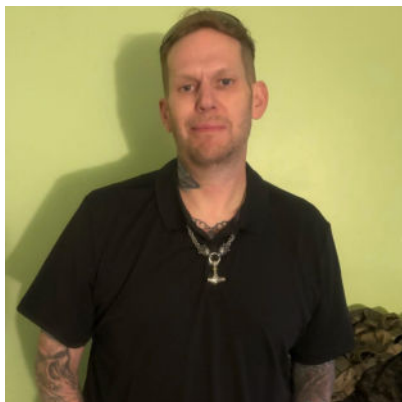
Freyr's Hill Moot



The Folk and I returned to Freyr's Hill one last time before the Jötnar spread their icy winter weather throughout the land. Good times were had by us all. We even had Ross come down from Cincinnati and brought some of the best sausage I've ever had. Queen City sausage!! Definitely worth tracking down. We enjoyed one another's company as well as the weather. Like always I would love to see any Folk in the area come out to join us. Both our usual upcoming as well as our very special end of the month Moot which promises to be very special. As always, anyone that has not attended yet? Please RSVP and come on out.

Upcoming Events





Devon Edmonston
Apprentice Folkbuilder
dedmonston@runestone.org

It is Right and Good



<https://mailchi.mp/bc659c6a37de/runestone-10597941>

making things out of metal. I live and work in Baltimore, Maryland. I have spent almost all my life here in the Baltimore area of Maryland, some of it in nearby Carroll County. I am a Marylander born and raised. I love the beautiful rural areas, the hills, fields and forests, and am fond of our good folk out in the countryside here.

I found my way to the Asatru Folk Assembly just after a major unfortunate event, which was my divorce after 15 years of marriage and the loss of my family—my ex-wife and I had two sons. I joined the AFA about 5 months after I moved into the place where I would live for the next two years—right when I hit bottom. I spent the next two years working, training for a new career, learning some hard lessons about myself and the world, all while getting to Moots and Holy Tides when I could, and leaning on my fellow AFA Folk and leadership to help me through some rough times. It was an incredibly difficult time, but my adherence to our church and regular worship and prayer on my own was the light on my path that got me through. Now I have closed this phase of my life and have moved on to another; I have a new career doing important work, and I am recently married again and happily settled. I have been Ásatrú since 2001, but being in the AFA has helped me to expand my understanding of what that means, and the importance of being part of the institutional structure of a church.

I am stepping up to become a Folkbuilder for three reasons. First, by request: the church needs a Folkbuilder in Maryland. I want to give back to my church because of my love for the Gods and Goddesses, my care for our Folk, and my belief that the Asatru Folk Assembly is a powerful force for good for our Folk. We need an institution which provides a place and a sacred space for us that is exclusive and speaks up for our interests in a society that is often hostile to us. Second, I have a strong feeling that doing the work of a Folkbuilder and being directly involved in our church will help me to grow spiritually, in a way that is proper and true to my nature as an Aryan man. Third, I have never done much volunteer work, and have mostly thought only of my own wants and needs, and that of my immediate family. It is right and good to give back to my church community which has helped many of our Folk, myself included. I look forward to working with you, and the adventures ahead.

Hail the Gods! Hail the Goddesses! Hail the Asatru Folk Assembly!

Wayland Leysing



Apprentice Folkbuilder
wleysing@runestone.org

North Carolina

Upcoming Events



Folkbuilder Robert Shotwell
rshotwell@runestone.org

Tennessee

Happenings in Northeast Tennessee



It might be that we're getting old, but this July and August felt unbearable with the heat and humidity. Our goal was a hike Moot and week after week was in the 90s. Then we got rained out. September arrived and with it, another heat wave, yet we finally persevered. Our group met up outside of Knoxville to explore unknown hiking trails of

the I.C. King Expansion. Little did we know, that Alltrails did not reliably list the trails, nor were there blazes or trail signs. HA! We laugh in the face of this conundrum. We meandered through the woods up and down around the offshoot of a river. We saw turtles, snake, heron, and had awesome conversations. More importantly, we got to frustrate our regular rucker, Bill, by stopping repeatedly on the quest to find the elusive Spice Bush. Spice Bush is a shrub that grows along waterways and produces a waxy, aromatic berry. We were past the peak at our home elevation and hoped to find some here. Lo and Behold, Spice bush!



An interesting link about the plant: Sacred Trees in the Americas: Spicebush (Lindera Benzoin) Magic, Ecology, and Sacred Uses - The Druids Garden

<https://thedruidsgarden.com/2021/03/14/sacred-trees-in-the-americas-spicebush-lindera-benzoin-magic-ecology-and-sacred-uses/>

The purpose for this berry-picking was yet to be in store. We told Bill that it would all be worth it the next week when he came over. We got “lost” several times and still found our way out after 6.7 miles, a hike to be proud of and one earning us a good dinner. Unbeknownst to us all, it was a home game for the Sportsball folks in this university town but we finally found a place to get some grub and had a lovely sushi and ramen meal.

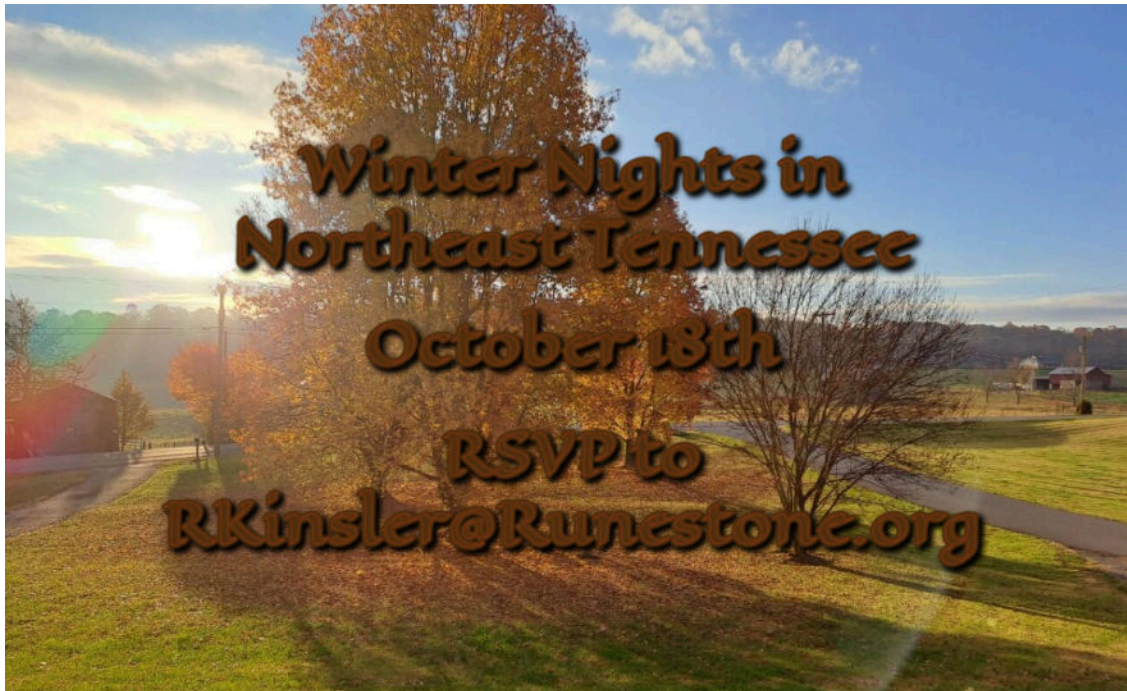
One week later, Folk gathered at our home for a combination Freyfaxi and Haustblót. While many others were celebrating the harvest, our garden was still in full swing and it did not feel in alignment with what we were doing as ground cultivators. Our lower latitude meant that our harvest ritual and offering came later. We caught up with Annika and Nick before they started her big cross-country move and wished them wonderful wedding bliss. We gave Blót to Freyr and Ullr. Then came dessert.



David had pained over days, picking apart berries from pits, making a slurry, then all into homemade ice cream. The final result was stunning, amazing, and delectable by all. Reminiscent of allspice, the feeling of creamy holiday warmth. Better than eggnog, Spice Bush ice cream is the winner!

It has been a melancholy summer, but we are full of hope now, deepening relationships, forming new ones and planning Winter Nights for those of us in the south. Happy Fall!

Upcoming Events



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

Grandma's Rocking Chair



There's a room of pink and lace,
Where ponies play, and smiles on her face,
A young girl sits with dolls in hand,
Dreaming of being in a faerie land.

In this quiet room when moonlight glows,
A gentle shadow comes and goes.
She lingers near with watchful eyes,
A grannie's ghost, time made wise.

She watched her grand girl with ribboned hair,
Chasing butterflies through summer air.
Through scraped-up knees and bedtime prayers,
Her love was always waiting there.

She saw her bloom in braided grace,
A vibrant young woman, bright of face.
She watched her walk to take his hand,
A steady man, so strong, so grand.

Through candlelit nights and lullabies,
She saw new babes born of twinkling eyes —
The same warm spark she once had known,
A piece of her in flesh and bone.

The years like rivers moved along,
Great grand children grew with voices strong.
And still she stayed, a quiet light,
A loving soul in fading night.

Children's laughter warmed the quiet air,
While little feet danced everywhere.
Through passing years, a mom's love held true,
But over time, silvered hair the children knew.

Now in her chair she softly sways,
Now she's a grandma in her twilight days.
Her children grown, their laughter near,
She keeps the watch her own held dear.

As the rocking chair grew still,
The hearth was warm, the house was chill.
The old one smiled, her breath was gone —
But death was just the breaking dawn.

She turned her head — no longer frail —
To see her grannie, though thin and pale,
No longer ghost, but seen whole and true,
With arms outstretched and eyes like dew.

Smiles and hugs, two women where time is none,
Both old, both young, both newly spun.
A family returned, that quiet presence now known,
Grandmother, granddaughter, a new role now shown.

Upcoming Events

Day of Remembrance Dinner Floom



9th of Every Month
630pm | Cookeville, TN

RSDP to nrice@runestone.org



Folkbuilder Nicholas Rice
nrice@runestone.org

Virginia

I Want to See My Toddler Make Doodles



"Iceland. What will you teach me?" I said to myself as I stared out of the plane window. We just spotted land and were approaching Reykjavik for our final descent.



After landing in Reykjavik and hearing our taxi driver insist that we just had to visit the Sky Lagoon hot springs, we got to our rental car. Awaiting us was a 4x4 SUV nicknamed 'Dusty,' boasting an impressive 300k miles on the odometer from circling the island over and over keeping the Jötnar at bay.

As we drove north towards the Arctic circle, passing tourist spots, small local farming hamlets, dormant volcanos, and glaciers I couldn't help but notice how Ásatrú lore was everywhere. It was baked into the general culture to greater and lesser degrees. For example, a restaurant in the middle of nowhere may use Runic-style letters for its storefront. A children's school may be called Miðgarð Academy or have as its mascot Huginn and Muninn. Many companies I saw used Ásatrú symbols, such as the Vegvísir (see picture below), for their logos.



Ásatrú was on full display in the natural landscape as well. Driving past a glacier bigger than a mountain had my imagination whirling. I imagined a Jötunn giant putting one hand and then another at the blue frosty peak of the glacier while slowly pulling himself up to peak at me and raise an eyebrow. Ravens seemed to always fly in twos. And if you turned your head quickly enough, you may just catch the remnants of a fleeting glimpse of a hooded-man with one eye. I strolled through the national park, Þingvellir, where the very first parliament, called an Althing, was held. As I walked, I imagined

our lore, which we now read on our phones, being poetically explicated to eager ears over roaring fires by talented and energetic Goðar.



That's how I want to live Ásatrú. I want it to be baked into my family culture where it's not just preached sometimes or lectured for homeschool, but experienced constantly. I want my children to find sticks in the woods and say, "Look dad, it's the rune Ýr (Y)!" Or to walk past my kid's rooms and hear them telling spooky stories to one another of the Rime-Jötnar or the Dökkálfar. I want to see my toddler make doodles of a Vegvísir and a Mjölnir. I'd like my wife to come home from her coffee business and say, "A woman bought coffee from me today who reminded me of Sif; her hair was beautiful!"



That's the culture I hope to cultivate. To me, that's what living Ásatrú means! That is what Iceland taught me.

Upcoming Event

Mead Moot!

Mead tastings and lunch



11th
Saturday October ~~18th~~ @12pm
Charlottesville, VA



Taylor Traficanti
Apprentice Folkbuilder
ttraficanti@runestone.org



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