

The Runestone: Voice of the Asatru Folk Assembly

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**Baldrshof**  
Third Hof of the Asatru Folk Assembly

[www.baldrshof.org](http://www.baldrshof.org)

# July 2024



Donate to the AFA

## Words from the Alsherjargothi





Sól is high in the summer sky and AFA activity is in full swing!

Midsummer at Óðinshof was amazing as usual. This year we had the pleasure of having our dear friends and esteemed colleagues, Witan Cliff and Gyðja Catie Erickson attend, along with their two children. The Ericksons are one of the many couples and families that have been built from within the AFA and it continues to be a special pleasure to watch them grow and prosper. It was great to have the Ericksons get to spend a few days with us after the event as well.

Also, in attendance at Midsummer, for his very first time at Óðinshof, was Folkbuilder Nick Rice. Nick spent the entire weekend helping out, as he spends most of his days. I can't express just how much we appreciate all his hard work for us and for our Æsir.

For over a decade, I have heard folks talk about getting a bus to drive scattered members to a Hof for events ..... This year it happened! Many talk about it, but Folkbuilder Tyler Heinlein IS about it. Tyler drove himself, his family, 2 apprentice Folkbuilders, and others from the Pacific Northwest down to Midsummer and it was great to have them all in attendance.

Huge thanks to the stellar crew at Óðinshof for making this event such a great success.

Events like this are such a huge part of what we do, and we want you all to be a part of things! That said, come on out to Sigrblót at Sigrheim!

We are building the dream in Jackson County, Tennessee, and we want to see you all there July 19-21. Sigrheim is an amazing property and will become the home to many of us (the Flavels included), as well as Týrshof and the AFA capital in the years to come. I am looking forward to sharing a special time with amazing people and we would love to count you among them!

Together, we manifest Victory!



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## Words from Our Witan

*Ásatrú is Your Family's Birthright, Too!*





*“Asatru is the religion with homework”*

*“You have to earn your hammer”*

*“The Gods call who they will”*

These three statements can all be misleading.

It is of course good to study history, to study our lore in the Eddas and Sagas and Folklore, to study the runes, language, and all the other things that help to inform our

faith.

It is of course good to act in a way that is noble, brave, kind, and righteous.

It is of course up to the Gods to do as they will, and we can't presume to understand all of their motives, or even any of them.

However, none of these are the defining characteristics of our faith and religion...

Ásatrú means "Belief in the Gods" or more literally "Troth to the Æsir". It is a holy faith in the Æsir. This is faith not only in the sense of "belief" but also in the sense of "trust" or "loyalty". When you say to someone "I have faith in you" it means more than "I believe you exist", it means "I believe you will do right" or "I believe you will succeed".

We know our Ancestors are alive today inside us, our family lines are a river of blood and sweat, of failure and success. Our Ancestors are our direct, physical link to the Aesir. The Æsir are the most ancient blood Ancestors of our Folk. We are, or will be, that same link for our descendants and all their progeny. As you go through life, remember that your reputation belongs to all of us, and especially to your descendants.

The Æsir created the world and gave us life, wit, and vigor. Every Blót we make to the Aesir is a return on this first gift, made from the world created for us by the Æsir. An imperative of our faith is to continue this Gift Cycle perpetually. We should always be mindful that the Æsir started the Gift Cycle and our Ancestors -Ásatrú and otherwise-maintained this Gift Cycle through the successful lives they led. Our existence is proof of this success. Our children's prosperity and faith are proof of our success.

The job of the Goðar of the Asatru Folk Assembly is to represent our Folk to the Æsir when we make Blót. We speak on behalf of the Folk to the Gods. Our Gods are real, they are alive, they exert their will in our world, and they can see us. When a Goði or Gyðia gives a gift, an offering, to the Gods that gift is always in reciprocation for gifts the Gods already have given us. It is made of the gifts they have given us, and it is made by the gifts they have given us. It is a thank-you, and we hope that in giving it that the Gods choose to continue the Gift Cycle with the Folk that the Gods started at the beginning of our world. The Goði or Gyðia is there to receive the gift on behalf of the Folk and to distribute those blessings. This Gift Cycle is the basis of our faith and our Gods and Goddesses are divine, and so piety is not optional even if we cannot be perfectly pious.



In these mixed-up times it is important to remember not only that it is okay to be white, but also that we owe to our descendants the same sturdy roots from which we ourselves have grown. We Ásatrúar are on the side of nature, we are on the side of family, we are on the side of order, we are on the side of light, and we are on the side of life. Live Ásatrú openly every moment. Practice Ásatrú in the light of day. Be a Folkbuilder every day and in every interaction that you have.

**How do we do this? Most importantly, build up the Gift Cycle.**

Regularly attend Blót offered by our Goðar, and make gifts to the Gods, to the Ancestors, and to the Vættir at home. When you make a gift to the Gods, don't show up as a beggar. Instead, show them what you have done with the world and how you have improved it. Show them your worth, but let them determine if you are worthy. Remember your place, and remember that these are Gods.

When you make a gift to your Ancestors that you knew in life, speak to them as you did in life. Give them a gift that is personal and relevant to your relationship to them. I have given my Grandfather Hawaiian pizza because I know he liked this in life. Pick a favorite food or beverage, or make something that you use to do together, or any number of other things than maintain that same relationship that existed in life. Let them know how you are doing and what you might need help with.

When you make a gift to more ancient Ancestors whom you didn't know in life, demonstrate a knowledge of them. Documenting your family tree through genealogy is a great way to do this, and when you reach a branch that you cannot trace any further learn the history and way of life of the nation and ethnicity that the branch folds back into. Build a common frame of reference and again let them know your struggles and victories and where some help would be appreciated.

Landvættir (or Land wights) and Húsvættir (or house wights) can be a little bit trickier to interact with since the kinship relationship is not present like it is with the Gods and Ancestors, but there is a shared interest in maintaining Miðgarð in a healthy and orderly way. Make it clear that is who you are to them, a man or woman whose presence in a place will be for good, and for the order that the Æsir established. This will go a long way with Vættir of varying temperaments and varying experiences with people. Don't ask for anything beyond goodwill from the Vættir.

**The second most important thing is to build your fame, your reputation.**

Building our fame with our Living Folk makes us an example that others want to

emulate, that because of you they want to be Ásatrú. We should be known as “the good neighbor” or the “the good man” as much as we are known as “The Ásatrú Man” or “my Ásatrú neighbor”.

It is okay to be angry at Christianity, but remember that Christian Folk are still our Folk, and they need our help! We need to remind them who they really are.

The collapse of European religious institutions over the past century has led to disintegration of the family unit, to rampant homosexuality, to addiction of all variety, to laziness and unaccountability. But it is also an opportunity. Our Folk would likely not have been ready to return to faith in our Gods had Christianity not faltered as the dominant European religion. Our Christian Folk are not wrong, they have been wronged. They are not the first to wake up, so we need to rouse them. The same is true for those who are halfway there by leaving Christianity but are stuck in some atheistic or secular worldview. We may be in a Wolf Age, but we're also in an age of opportunity which needs spiritual heroes! Some of those heroes are undiscovered in this room right now.

Þórr's reputation among the Jötuns matters. Your reputation among non-Folk matters too! Our faith can be misunderstood easily enough by peoples who do not have informed experience with it. We need to make sure that our reputations are impeccable and that as Aryans, we are the race that all others look up to. We are noble, strong, and just. We are also generous and kind. We respect all living things.

Aryan means noble and we must hold ourselves to a very high standard.

What else can we do?

Volunteer. Be willing to do the work that is necessary rather than the work that is glorious. Know that none of us is the ideal we aspire to but do your best anyway.

Perfect and permanent are imaginary but try for them anyway. But don't wait for perfect to be ready to begin. Be willing to make mistakes and to start now.

*“Ásatrú is the religion with homework”*

Yes, do your homework.

*“You have to earn your hammer”*

Yes, prove you are honorable.

*“The Gods call who they will”*

Yes, listen to the call of our Gods.



But always remember that Ásatrú is the birthright of every single one of our Folk, even if they need to be reminded about that birthright. Appreciate the magic and beauty of our Folk and of the Æsir. Don't settle for less, offer the same to your kin. Ásatrú is their birthright, too.

Bring them home!



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## Words from Our Gothar

### *Folk Futhark - Part Five*



### *Eihwaz -*

This rune's stave, although familiar, is not the one used in the Elder Futhark. It is borrowed from the Younger Futhark, but retains its meaning. This is the rune of transition, of closing a book, of death. All of these meanings can be gleaned from viewing this rune as a man, or as Odin, hanging upside down. That hanged man could be a corpse, or it could be the All-Father sacrificing his lower to his Higher Self to take



up the runes. In divination, this rune is often viewed as the end of something. It is not always a negative rune, but it's certainly one that carries a bit of weight.



### *Perthro -*

This rune's stave is unchanged from its Elder Futhark counterpart. Many people view this as the rune of the "lot cup", or of luck. However, this is an oversimplification. Perthro is placed between the death rune and the life rune for a reason: it is the womb. Where Eihwaz is an end of a chapter, Perthro is the beginnings of the next chapter. Where Eihwaz is the hanged man, Perthro is the fertile womb ready to bring new life

into Midgard. It is potential energy, much like Fehu, but more "alive", for lack of a better word.



*Algiz -*

One of the most recognizable of our Folk's symbols, this stave is unchanged throughout all of the rune rows. This is the rune of light and life, of connection to the Æsir here on Midgard, of being centered and grounded in both the sacred and the profane. The

symbol most closely resembles a man or woman with their arms outstretched towards the heavens, as if they are hailing our Æsir in ritual. This is not a coincidence! The symbol can also be viewed as the gifts of Odin, Vili, & Vé being poured into this new life. Its placement after Perthro is also not a coincidence! Algiz is life and connection and actualization, energy manifest in right action. In divination, this rune is only ever seen as positive. It could mean a new chapter of one's life has begun, or that something or someone will be born into your world, or that you should continue to connect with the Æsir.



Gothi Trent East

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## The Folk Remember





**Farrin LaSan**  
**¥ 11/18/1980 - 6/19/2024 ♠**

Farrin LaSan

¥ 11/18/1980 - 6/19/2024 ♠

Farrin was a sweet girl. She wore her heart on her sleeve and would do what she could to help anyone she could, even if they wronged her in the past. She loved her son very much and was a great mother. She was a good wife, very loving and faithful and got her feelings hurt easily. She smiled, laughed a lot sometimes even when she was sad, most people that met her loved her because she was so kind considerate and sweet. Was 43 years old and her loss is tragic. She will be dearly missed. She wanted to be with her husband and death in hopes to have a lot of what we shared in life. She is survived by

her husband, her son, 13, her sister, her brother and one aunt. She truly was a lovely young lady, and we miss her dearly. Her nickname was mischief because she was always up to it. And we will miss her.

Hail Farrin!

The Folk Remember!

## *Ásatrú Trúlögmál*



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

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

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

Hail the Heroes of Ásatrú that paved the way!

Hail the Asatru Folk Assembly!

Hail the Æsir!



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## The Quest for Freyshof

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

– Gylfaginning



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



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

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

1. We need to pay off Njörðshof.
  - The first of 2 loans have been paid off!
  - We now owe \$84,063 on our remaining loan.
2. We need to raise our monthly donation average by 15.51%.
  - This is membership dues/hoftollar plus other donations.
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!



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## Sigrheim: Home of Victory

*The Hard Work to Prep for Sigrblót*



A huge shout out goes to Witan Dan Young, Folkbuilder Tyler Bethea, and members, Steven and Riley, for joining me out at Sigrheim last weekend for a sweltering weekend of solid work. Fences are continuing to come down, grass is getting mowed, brush keeps getting cleared, and the gravestones are beginning to be restored.





We've a bit more to do in preparations for Sigrblót (tickets at <https://store.runestone.org/product/sigrblot-at-sigrheim/>) coming up in just two short weeks, but we'll be ready to welcome our Folk back to Sigrheim once again. Hope to see you there!

***Support the Home of Victory***





Help Sigrheim get stocked  
and ready for our Folk!

Donate Supplies  
from our  
wishlist ✨  
**amazon**

Thank You!

click here

### Upcoming Events



The poster features a background image of a dirt path leading through a lush green forest. On the left, the text "Sigrheim" is in a purple gothic font, "WORK" is in large orange block letters with a circular saw blade as the letter 'O', and "DAYS" is in large, multi-colored block letters (green, blue, yellow, pink). On the right, a wooden signpost with a white sign reads: "Every ~~First~~ Weekend of Every Month starting May through the Fall". At the bottom, the text "RSVP to: PRICE@RUNESTONE.ORG" is written in a white, slightly distressed font.

Sigrheim  
WORK  
DAYS

Every  
~~First~~ Weekend  
of Every Month  
starting May  
through the Fall

RSVP to: PRICE@RUNESTONE.ORG





Folkbuilder Nicholas Rice  
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Victory Never Sleeps





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

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

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

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

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



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



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## AFA Homeschool Program



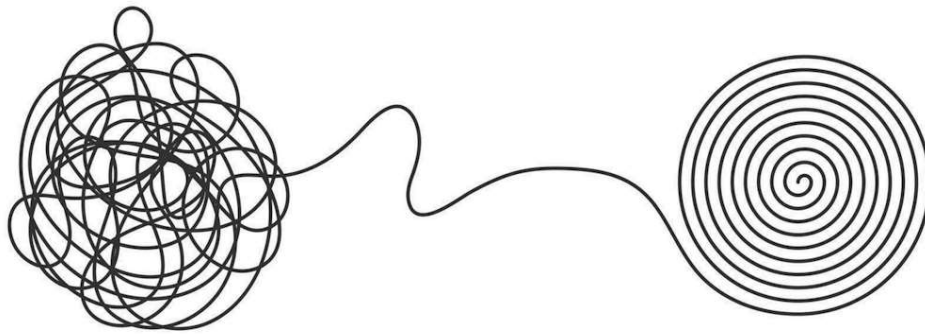
Check out the Asatru Academy at [AsatruAcademy.org](https://AsatruAcademy.org)



We've also got merch over at the [Runestone Store](https://RunestoneStore.com)! Go check it out!

*Order vs. Chaos*





Greetings parents and students. If the heading of this article didn't tip you off, I want to talk about order vs chaos.

We have decided that the upcoming school year 2024/2025, our theme will be order vs chaos. What does this mean for our younger students? Well, while our older students can certainly dive into the metaphysical and cosmic aspects of this concept, our younger students can and will learn to discern the obvious benefits of an ordered life and surroundings, vs a chaotic and unordered life. For example: most of the cartoons and children's programs that our kids watch have a clear theme of the hero fighting a villain. Often this takes form of the villain representing chaos, a rebellion against rules and society. The hero puts things in order. Children thrive on routine and tend to not do as well in a disordered lifestyle, and this is a perfect opportunity to teach them, in terms they can understand, about the very large Aryan principle of order vs chaos. Even seemingly small things, like waiting in line, rather than a disordered push to the front with no clear line. This can be used as a teaching moment.

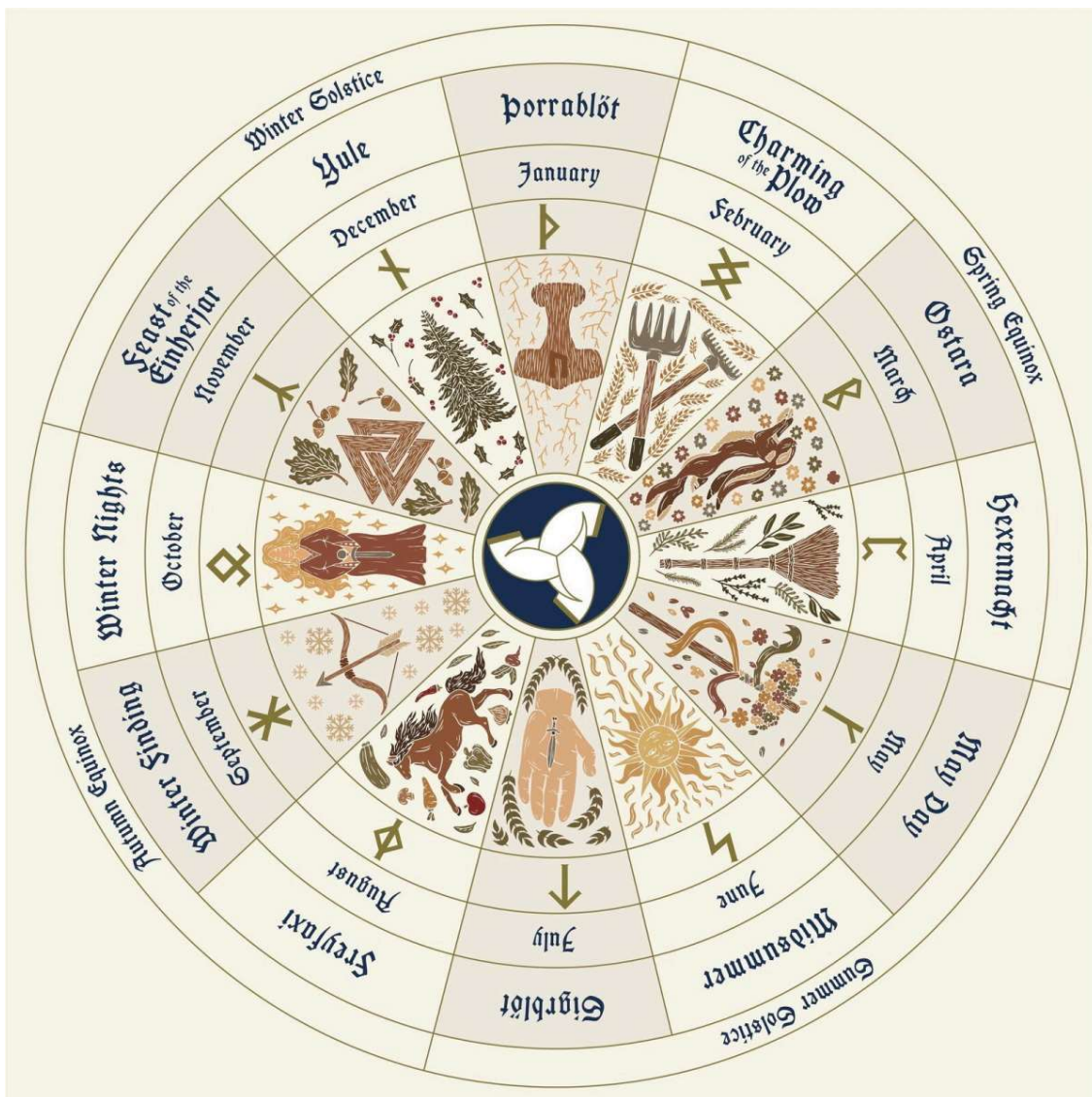
So, our theme for the upcoming academic year will be *order vs chaos*. How will you recognize this is in everyday life? How can we as students and responsible young Aryan boys and girls showcase order and put it to work in our lives? All this will be explored this upcoming year!

We look forward to seeing you all this fall. As a reminder, we will be enrolling K-6th over the course of this summer, to start the school year in September.

Goði Rob Stamm  
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## Remembrance and Holy Days



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

2024

<b>Date</b>	<b>Observance</b>
January 9	Day of Remembrance for Raud the Strong
January 20	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg
March 19 (observed on 16th)	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 10	Day of Remembrance for John Yeowell "Stubba"
April 30 (observed on 20th)	Hexennacht
May 9	Day of Remembrance for Else Christensen
May 1 (observed on 18th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 20 (observed on 15th)	Midsummer
July 4	Day of Remembrance for Sveinbjorn Beinteinsson
July 9	Day of Remembrance for Alexander Rud Mills
July 20	Sigrblót
August 9	Day of Remembrance for King Radbod of Frisia
August 17	Freyfaxi
September 9	Day of Remembrance for Prince Hermann of the Cherusci
September 22 (observed on 21st)	Winter Finding
October 1	Day of Remembrance for John Gibbs-Bailey "Hoskuld"
October 9	Day of Remembrance for Meister Guido von List
October 15	Birthday of Founder Stephen McNallen
October 19	Winter Nights
November 9	Day of Remembrance for Queen Sigríð of Sweden
November 11 (observed on 16th)	Feast of the Einherjar
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31 (observed on 21st)	Yuletide



## July



Asatru Holidays - July 2024 - Beinteinsson | Rud Mills | Sigrblót

## Days of Remembrance

*Sveinbjörn Beinteinsson | July 4th*



*Y July 4, 1924 - December 23, 1993 A*

Sveinbjörn Beinteinsson was born July 4, 1924, and lived as a sheep farmer in Borgarfjörður, a fjord in the west of Iceland. Sveinbjörn was an early practitioner and leader of modern Ásatrú. Sveinbjörn and fellow Ásatrúar founded the Ásatrúarfélagið (Ásatrú Fellowship) on the First Day of Summer 1972 (April 18) and Sveinbjörn was named Allsherjargoði.

Allsherjargoði Sveinbjörn then led the push for the Ásatrúarfélagið to be recognized by the Icelandic government. When Allsherjargoði Sveinbjörn collected the appropriate paperwork from the Minister of the Icelandic Ministry of Justice and Ecclesiastical Affairs, he received vague answers from the minister who did not take him seriously.

When Allsherjargoði Sveinbjörn was exiting the ministry building, a thunderbolt caused a major power outage in Reykjavík which left the ministry building and the minister in the dark. Hail Þórr!

After submitting the required paperwork, Allsherjargoði Sveinbjörn still faced opposition. The strongest opposition came from the Bishop of the Evangelical Lutheran Church of Iceland, the head of the state church of Iceland. The bishop took the position that “polytheistic religious organizations founded [in Iceland] would therefore not be protected by the [Icelandic] constitution”. The bishop also criticized Allsherjargoði Sveinbjörn and the Ásatrúarfélagið for not naming a head of their religion, for not

having a set written doctrine, and for not having a house of worship. There were also critics in Iceland who agreed with the bishop that polytheism was illegal in Iceland and that “Christ is enough”. However, Allsherjargoði Sveinbjörn’s arguments prevailed and in May of 1973 the Ásatrú Fellowship was recognized as a church by the government and with this was given legal standing to perform weddings, was given a share in church taxes.

In August of the same year, Allsherjargoði Sveinbjörn led the first legal public Ásatrú Blót since the year 1000 when the Allthing had forbidden Blót and declared Iceland a Christian nation. Allsherjargoði Sveinbjörn went on to lead the Ásatrúarfélagið for twenty more years until he returned to his ancestors during Yuletide of 1993.

Sveinbjörn was also a published poet of several books of Rímur, Icelandic rhymes. He recorded verses of his own and of the Poetic Edda Hávamál, Völuspá, and Sigrdrífumál.

In its early days, the Ásatrúarfélagið was notably Folkish and took ethical positions consistent with Ásatrú. For example in 1975 the Ásatrúarfélagið opposed abortion on the basis that the movement to legalize abortion is “traced to international movements opposed to the Nordic nations and in particular to the Nordic race”. The Ásatrúarfélagið has unfortunately failed to maintain the ideals of Ásatrú that the Asatru Folk Assembly continues to promote today, but Allsherjargoði Sveinbjörn Beinteinsson of the Ásatrúarfélagið remains a hero of our Folk who heard the call of the Æsir at a time when very few did.

Hail Sveinbjörn Beinteinsson!

*Alexander Rud Mills | July 9th*





*Y July 15, 1885 - April 8, 1964 A*

Alexander Rud Mills was born in Forth, Tasmania, and lived from 1885-1964. He was the guiding light for the foundations of Ásatrú in Australia.

In 1933 Rud Mills began writing books about our faith and in 1936 he founded the Anglecyn Church of Odin. Mills was able to build a solid Ásatrú community, but during the turbulent times of the Second World war, Rud Mills was bitterly persecuted by his government, and the community that he built suppressed. With no evidence against him of illegal activity, Alexander Rud Mills was imprisoned. It was nearly a

decade before Mills was released and despite all of his efforts, he was unable to revive his church to its former glory.

All was not lost, however. Alexander Rud Mills's many publications and his passion lived on and inspired a new generation. In the 1970s a group of Ásatrú students at the University of Melbourne campaigned to have Ásatrú recognized as a formal religion in Australia, hoping to be able to protect the faith from the same persecution that Mills suffered. It took almost two decades, but by the early '90s, Ásatrú was granted religious status in Australia. Alexander Rud Mills's vision also, notably, inspired Else Christensen, who was a leading voice of Ásatrú in North America.

So, what can we learn from this story?

Alexander Rud Mills didn't live to see the culmination of all of his hard work. When he died Ásatrú was still a repressed faith in his homeland. Even without reward and recognition, he worked until his death, to try and revive the ancient folkway. And he did succeed. Could he have ever imagined how far-reaching his influence would be while he lived? Despite being imprisoned and persecuted for his beliefs, Alexander continued. Even without knowing that his hard work would bear fruit, he continued. He didn't give up in the face of a thankless, and dauntless task. He didn't let his ego, or his own self-importance, stop him from doing what he believed he needed to do. There were no rewards. There were no praises. There was nothing in it for him except the knowledge and the belief that he was doing the right thing for his folk.

Take from this story the need to remember that the bigger picture, even when we can't see it, is so much more important than just ourselves. We do what we are doing for our children and for their children so that when we are gone, they have a foundation strong enough to hold them up and help them build better and stronger.

Alexander Rud Mills is the dedicated hero of Þórshof. For more information and a deeper dive into the life and acts of this Australian hero, check out [Thorshof.com](https://thorshof.com).

## Holiday

*Sigrblót | July 20th*



Sigrblót literally means ‘Victory Blót’ and was celebrated by our ancestors in the early summer months. On the one hand, our ancestors were celebrating their victory over the harsh winter. Life had won. On the other hand, our ancestors performed blot to ask for victory. With the warm weather and the completion of the planting time the men often turned their minds to the duty of man. War. Practically speaking, summer was the better time to organize new campaigns and to set sail.

In our modern times, the vast majority of us are not familiar with war in a personal way. We do, however, all have our struggles. Sigrblót is a time to refocus. It is the time we can use to reorganize our priorities, to figure out the steps we need to take in order to reach our ultimate goals, and to break free from those that we struggle with.

One great way to celebrate Sigrblót is to offer a meal or some other item that you spent time making in thanks for the victory of life. Another option is to sacrifice a bladed weapon to the fire. A nice knife, for example, the blade dulled in battle so that it cannot be used against you (this is symbolic, of course), offered to the fire is a great way to ask our Gods for victory during the coming winter.

A gift for a gift.



# Upcoming National Event

*Sigrblót at Sigrheim | July 19th-21st*



The second Sigrblót at the Home of Victory!

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

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

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

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

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

Please wear appropriate footwear and be prepared for a hike through the woods and up the ridge if you plan on participating in Blót. If you have any physical restrictions, this particular part of the weekend may cause a challenge or an inability to participate on that particular event. If you have off-road vehicles such as 4-runners, ATV's, etc., they would be a most welcome addition to the weekend and could mean the ability to get those who are otherwise restricted, up the ridge and safely back down again.

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

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

Get your tickets [HERE!](#)



Folkbuilder Nicholas Rice  
[nrice@runestone.org](mailto:nrice@runestone.org)

*Freyfaxi at Baldrshof | August 16th-18th*



Join the gathered Folk for Freyfaxi at Baldrshof 2024!

This weekend will include:

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

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

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



Children's Tickets are FREE, however please include a ticket for each child in order to properly prepare for meals and children's activities!

All non-member guests must be pre-approved with proper background checks to ensure the safety of our folk and children. Please contact leadership for more details.

Get your tickets [HERE](#)!



Witan Brandy Fassett  
[bfassett@runestone.org](mailto:bfassett@runestone.org)

### *Winter Nights XIII | October 11th-13th*



Started in 2012, the Asatru Folk Assembly's Winter Nights festival was hosted at a beloved camp in Pennsylvania for its first decade. Winter Nights has since been hosted



in Ohio and in Tennessee and this year Winter Nights XIII will be held from October 11th – 13th, in Cheshire County, New Hampshire!

This long-running AFA festival is dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, Goddesses, and Ancestral Mothers. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships. We look forward to seeing members and friends!

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

Things to know:

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

If you have any questions or concerns, please email [cerickson@runestone.org](mailto:cerickson@runestone.org)

Get your tickets [HERE](#)!



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

## A Thanks to Folk Services



I wanted to personally thank all who've helped by giving me a hand up with recent life issues I've faced. A special thanks is owed to Apprentice Folkbuilder Ron Boardman, and Mandy Flavel. Ron convinced me to let Folk Services come through for me in a very difficult time. My faith in the Aesir and Tru Folk has not wavered. Humbling as it may be, we can let go of excessive pride, asking for help sometimes, not try just to

stand alone, like I usually do. The Frith shown to me was unprecedented and gave me a lot of hope. I've donated to Folk Services before and will soon be able to begin paying forward even greater than I received. Thanks once again to the Folk and their generosity.

Hail the Gods!

Hail the AFA!

— Don Ricardo Jr, member

If you'd like to help our Folk in need, please consider donating to [Folk Services](#).

## 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 for nearly a year now, and has been a rousing success! The Ladies of the AFA have knitted, crocheted, and sewn beautiful baby blankets for over 20 of our littlest folk, with more on the way. They've been delivered everywhere from Alaska to Florida, California to Sweden!

If you are a member of the AFA who is expecting a baby, please let your Folkbuilder

know so 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, so he can get you in touch with the right people. It's so rewarding to see your handicraft being loved by our little heathens!

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!



## 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!

## Photo Donations

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



If you are willing to donate some hi-res photos for use in promotions such as the AFA Calendar, the AFA website, our publications, and more please email them to the AFA at [photos@runestone.org](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 honored. 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.

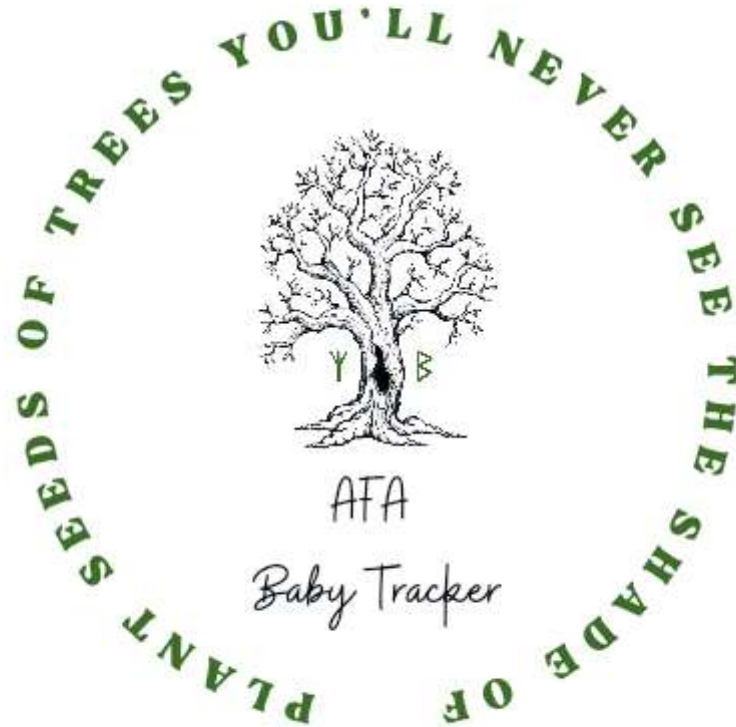
If you have a loved one who is incarcerated or know of someone who is Folkish and will benefit from this ministry, please contact us at [prisonministry@runestone.org](mailto:prisonministry@runestone.org).





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.

## Baby Tracker



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

Total babies born in 2024: 16

## Online Events and Meetings



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

[AMcStocker@Runestone.org](mailto:AMcStocker@Runestone.org)







# AFA Reading Challenge Meetings



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

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

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

# *Ladies Book Study*

## **Revolt Against the Modern World**

**by Julius Evola**

**Starting**

**July 11th**

**7 pm CST**

**We will meet  
every Thursday.**

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

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

**For more information contact**

**Witan Brandy Fassett**

**Folkbuilder Sara Ault**





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

Contact me with any questions you might have — [aplourde@runestone.org](mailto:aplourde@runestone.org)

I hope to see you there!



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

**at**

**8:00 pm EST**

**7:00 pm CST**

**6:00 pm MST**

**5:00 pm PST**

**4:00 pm AKST**

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

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

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



# Eldri Teams Meetings

*for folks over fifty*

**July 2024**

**Tuesdays 7/9 & 7/23**  
5:00 PT, 6:00 MT, 7:00 CT, 8:00 ET

**Fridays 7/12 & 7/26**  
2:00 PT, 3:00 MT, 4:00 CT, 5:00 ET

*Enjoying the peace of summer, with a good book in hand.*  
Contact Gythia Sheila McNallen, [sheila@runestone.org](mailto:sheila@runestone.org)

**Just for Fun**



Again, Folkbuilder Chris McDowell, Apprentice Folkbuilder Hope White, and Apprentice Folkbuilder Brodie Sutherland took the lead! Hail Word Search Victory!



## Victory Word Search

Have fun finding all the words and send proof to [press@runestone.org](mailto:press@runestone.org)!

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

SIGRBLOT  
BATTLES  
SOWILO  
PEACE

VICTORY  
GOALS  
ACHIEVEMENT

CHAMPION  
HAIL  
PERSEVERANCE

Hope you enjoy the July Word Search. As always, the first members to complete the search and submit proof to [press@runestone.org](mailto:press@runestone.org) will get a shout-out in next month's Runestone! Þórshof and Njörðshof, come on and join the fun!





In June, our youth started their summer reading logs. Congratulations Russell on reading the most books!



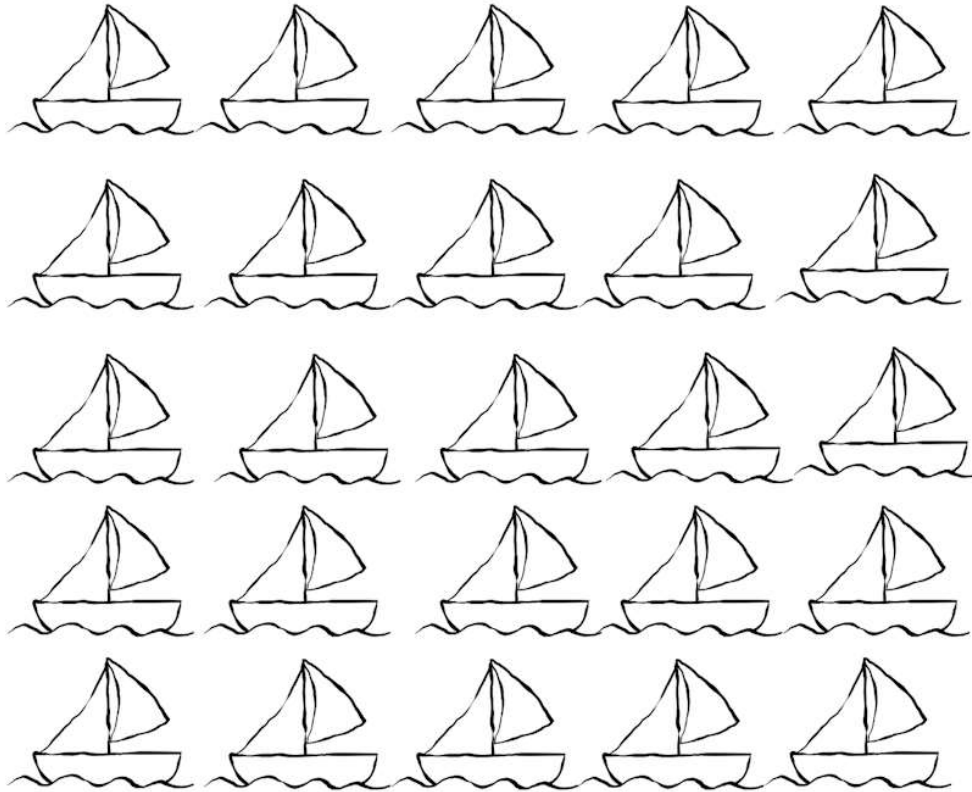
And a huge shoutout to Folkbuilder Nick Rice for helping Russell achieve his goal by reading *Thor Is My Friend* to him during the weekend of Midsummer. Thank you!

Name \_\_\_\_\_

Age \_\_\_\_\_

# JULY READING LOG

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



My favorite book  
was: \_\_\_\_\_

How many  
minutes/books I read: \_\_\_\_\_

Here's a reading log to help track that reading in July! Who will read the most?  
Remember to send it in to [press@runestone.org](mailto:press@runestone.org) no later than August 3rd.

Folkbuilder Olivia Sutherland  
[osutherland@runestone.org](mailto:osutherland@runestone.org)



## Genealogy and Kinship Charts



Gythia Sheila McNallen

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

## Calling All Folk Photographers



Folkbuilder Nicholas Rice

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





## Store Spotlight



One of the values espoused by the AFA is Physical Excellence. Well, not only are you gonna be able to feel good, but we're gonna make sure you look good too. Check out our new throwback gym merch!



[Runestone.org/Store](https://runestone.org/store)

Hop on over and get some fast, as we're only stocking through the summer.





Folkbuilder Nicholas Rice

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

## Baldrshof

### **Ancestor Altar**



All folk are welcome to bring framed photos of their deceased loved ones to be placed on the ancestor altar at Baldrshof!

If you are unable to bring the photo, you are welcome to email a digital copy which will be printed, framed, and hung on the ancestor wall. We also ask that you provide your name, the name of your ancestors, birth and death dates of they are available, as well as a memory, story, or dedication about them. This information will be printed and placed into our book of ancestors kept next to the ancestor altar. Of course, the ancestor can

remain anonymous, but remember that our immortality is in our names and stories being spoken by the folk!

Please contact Folkbuilder Jessie Shaffer for more info or to submit your ancestor pictures and information.



Folkbuilder Jessie Shaffer  
[jshaffer@runestone.org](mailto:jshaffer@runestone.org)

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### Food Pantry at Baldrshof



This year, we had a gloriously gloomy Saturday morning to hold our food pantry. Though we have seen a more stormy season than normal, Murdock and surrounding communities can appreciate stormy days while surrounded by extraordinary greenery.





This month we were able to help 18 families with lots of fresh baked goods, meat, and dry goods. Though it was a slower month, I will be the first to attest to the awesome weather conversations we had with more than a couple of our locals. These connections are what it's all about! We look forward to the remainder of the summer and finding new and creative ways to continue to contribute to the community we are oh-so-grateful to be a part of.



Folkbuilder Ashley McStocker

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



## May Day at Baldrshof



Midsummer 2024 at Baldrshof was a grand affair. The Folk gathered at Baldrshof to celebrate Midsummer, the longest day of the year.



Midsummer at Baldershof is a three-day event, filled with fun, worship, Frith and friendship. Delicious meals were shared with Folk and friends. Tons of children were all running around and enjoying their time amongst the Folk, Gods, and our Ancestors. We even had a newly turned adult and fresh member of the church take an Oath of fidelity to her Gods and officially proclaim herself an Asatruar!





The Folk participated in many wonderful rituals worshipping our Gods, but we also had a lot of outside fun as well! A long game of kubb was played with Witan Fassett and Goði Stamm being crowned champions. The children enjoyed coloring and clay activities. Much Frith was built and maintained. Every event at Baldrshof is like a big family gathering. It's always bittersweet when the weekend ends. So many happy memories were made, our spirit renewed and our hearts full of the Gods, but we all have to say goodbye again until next month. Please join us next time. We hope to see you!



Gothi Rob Stamm

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

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## Upcoming Events at Baldrshof





# FREYFAXI AT BALDRSHOF

*August 16th - 18th*

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## Baldr's Steeple Project



Baldrshof has come a long long way from where it was when we began with it. The church that is Baldrshof now is well over 100 years old. In fact, the parish that originally took residence there in Murdoch was started 150 years ago. The building has



changed a couple times, has been added onto, and has seen different residents. The structure you see today is a combination of 100+ year old structure and significant additions that were added in the 1950s. Eventually, the building was taken up by people that re-zoned it residential. In that time, they likely had lofty goals in mind for it, which unfortunately ultimately led to the decay of the building. June 2024 brought us to the next stage of significant structural changes. Since the 1950s, the identifiable steeple of Baldrshof was a landmark in the town it resides in.



That steeple had to be taken down due to decades of neglect, nature, and weather as contributing factors. This was the inevitable next step in the reinvigoration of this building, which we owe to the dedication of time and energy by our Folk. Many have been involved in Baldrshof from inception in 2020, Only a few of those remain. One thing that hasn't changed is the dedication of our Folk as a whole. It is only through the sacrifice of time and energy by our folk that we are able to make Baldrshof worthy of Baldr and Nanna. Although the structure may have changed from time to time, the essence of what it has become in over century, as being part of the AFA today only grows stronger and more as the pages of a calendar roll by. Today, the steeple that was once part of Baldrshof is gone yes, however, there's balance in everything.





This opens up opportunity For longevity in the structure, longevity with our Folk who get to see the structure, and the continued beautification of Baldrshof. I want to think three people specifically in the project that we've took on in the month of June here. Jeremy Hahn a nearby resident to Baldrshof, Josh Hemmingson, and Lily Rigleman. If not for the three of these Folk to see this project through from start to finish with me, it may have never been possible. Altogether, we removed 20 yard of material and put in over 170 man-hours.



We have a lot more to do, and we're determined to make it even more glorious and worth of Baldr! Help the project as you, whether that be through donations or coming out to the Hof to swing a hammer.

Baldr's Steeple Project > <https://store.runestone.org/product/baldrs-steeple-project/>

Hail the Gods  
Hail the Folk  
Hail the AFA  
Hail Baldr



Gothi Nathan Erlandson  
[nerlandson@runestone.org](mailto:nerlandson@runestone.org)

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## Help Keep Baldr's Light Shining



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## Boasting Corner

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### Illinois

*Czech Your Worries at the Door*





On June 1st, several members from Illinois and Wisconsin met at a Czech restaurant. A few of the members had almost double the travel time due to the weather that day, but they arrived in good moods with a hearty appetite all the same. We even had a member for whom this was his first Moot! The discussion went through many topics from the beer, food, genealogy, Victory Never Sleeps, and several other. More important than the what, when, where and why, was the filling our cups with Frith from our Folk. After a few hours and still more rain, we had to say goodbye to each other until next time. Each Moot I attend, I learn something new about my Folk—their job, interest, dislikes, likes. I highly recommend coming out to a Moot meeting your folk, learning something new about them, learning from them.

### *Hope's Herbs*





I chose this month's herb because of the location it was at. I had my first visit to Baldrshof and found so many little patches of this herb. The herb in question is pineapple weed. Pineapple weed, also known as wild chamomile, is a plant that has been used for various purposes, both medicinal and culinary. You can find it growing in gravel type areas and in cracks in the concrete. One way to identify pineapple weed is to make sure the top looks like a little pineapple. It will not have the same texture of a



pineapple. It will have a fruity smell much like the pineapple especially when crushed or bruised.



### *Medicinal Uses*

1. Digestive Aid: Pineapple weed can help soothe digestive issues such as indigestion, bloating, and gas. It is often consumed as a tea for this purpose.
2. Anti-inflammatory: It has anti-inflammatory properties that can help reduce inflammation in the body. Taken as a tea, tincture, or poultice.
3. Sedative: Similar to chamomile, pineapple weed has mild sedative effects and can

help with anxiety and insomnia. Taken as a tea normally for this usage, can be taken in tincture form as well.

4. Skin Care: The plant can be used topically to treat minor skin irritations, such as cuts, scrapes, and insect bites. Used as a poultice or salve.

5. Antimicrobial: It has antimicrobial properties that can help in preventing infections. Can be taken as a tea, tincture, poultice or as infused oil.

### *Culinary Uses*

1. Tea: Pineapple weed is commonly used to make a soothing herbal tea. The flowers and leaves are steeped in hot water to make the tea.

2. Flavoring: The flowers have a mild pineapple flavor and can be used to add a unique taste to salads, desserts, and other dishes.





### How to Use

Here is how to prepare from the items listed above for medicinal purposes. Tea can be consumed anytime.

#### *Tea*

1. Preparation: Harvest fresh or dried pineapple weed flowers and leaves.
2. Brewing: Steep about a tablespoon of the plant material in a cup of hot water for 10-15 minutes.

3. Usage: Once cooled, the tea can be used as a mouth rinse to help combat oral infections, or it can be applied to minor cuts and scrapes to prevent infection.

### *Infused Oil*

1. Preparation: Place fresh or dried pineapple weed in a jar and cover it with a carrier oil.
2. Infusion: Let the mixture sit for several weeks(in the sun), shaking occasionally. Can also be sped up using a crockpot or stove top. Using Jar add oil and plant matter, put jar in crockpot or pot of water. Simmer for at least 4 hours.
3. Straining: Strain the oil to remove the plant material.
4. Usage: Apply the infused oil to the skin to help prevent infection in minor wounds, cuts, or abrasions. Can also be used to make salve.

### *Poultice*

1. Preparation: Crush fresh pineapple weed flowers and leaves to release their juices.
2. Application: Apply the crushed plant material directly to the affected area and cover with a clean cloth or bandage.
3. Usage: Leave the poultice on for a few hours and repeat as needed. This can help prevent infection in minor wounds and insect bites.

### *Tincture*

1. Preparation: Place fresh or dried pineapple weed in a jar and cover it with a high-proof alcohol like vodka or brandy. Let it sit for several weeks, shaking occasionally.
2. Straining: Strain the liquid to remove the plant material.
3. Usage: Apply the tincture directly to minor cuts, scrapes, and insect bites to help prevent infection. Also use for anti-inflammatory, and mild sedative. If you don't like the taste, I highly recommend adding it to water or tea. You'll only need a dropper full or 2, adding it to another drink to dilute the taste makes it easier to go down.

### *Salve*

1. Measure the Ingredients: For every 1 cup of infused oil, use approximately 1 ounce of beeswax. (You can adjust the ratio for a firmer or softer salve)
2. Melt the Beeswax: Place the beeswax in a small saucepan or double boiler over low heat. Stir occasionally until the beeswax is completely melted.
3. Combine the Oil and Beeswax: Slowly add the infused oil to the melted beeswax, stirring constantly to combine.
4. Pour and Set: Pour the mixture into your clean container while it is still liquid. Allow the salve to cool and solidify completely before putting the lid on the container.

Want to learn more or have questions? Contact me at [hwhite@runestone.org](mailto:hwhite@runestone.org)

\*As with anything before using herbs medicinally, it is important to talk to a healthcare professional. Herbs can interact with other medicines as well as have adverse effects with some conditions.

With any skincare product, it's a good idea to do a patch test on a small area of skin before using it more extensively, especially if you have sensitive skin or allergies. If irritation occurs, discontinue use immediately.

### *Upcoming Events*







Hope White  
Apprentice Folkbuilder  
[hwhite@runestone.org](mailto:hwhite@runestone.org)

### *Midseason Harvest and Preservation of Smiles*



This year is going to be a wonderful harvest! I harvested about two pounds of pea pods, gave a few handfuls to my father-in-law, and preserved over one pound of shelled peas. I made sure to leave plenty of pea pods attached to go to seed, so I can grow more next season without having to purchase more. I plan on doing that for as many as my plants as possible.

I preserved the peas by blanching and freezing them. To preserve peas, place peas in boiling water for one minute and thirty seconds, immediately strain and place into an ice bath for two minutes. After blanching, dry them, and place a single layer of peas on a cooking sheet or tray with walls into the freezer for one hour; remove the peas from the freezer and place into preferred sized freezer bags and back into the freezer. The peas will last up to one year frozen, and have great taste and color for up to eight months. The great thing about frozen peas when cooking with them, there is no need to thaw, just toss them in frozen.





After harvesting, I went to visit my father-in-law to share with him some of the bounty for helping me getting my garden ready in time for the season. As we were sitting in his living room, he grabbed the bag and snapped open the sugar daddy sweet pea with a smile on his face. He placed a few green pods in his mouth and instantly reminisced of



picking peas out of the garden and helping his grandmother shell them at the kitchen table. He told me how he would sneak a few in his mouth while he was helping and how much better this tasted compared to store brought. We then shared recipe ideas of what to create with the peas while watching Westerns in the rocking chairs.

Gardening has done wonders for my mind when I am stuck at home. I am happy that I have returned to the ways of our ancestors. It was great to bring that joyful memory back to Pops with a simple act of kindness and sharing ideas and stories with him. I will be learning more traditional ways of preserving food during this bountiful season and I am excited for it! If any of you fine folk have suggestions/recommendations for food preservation, please let me know, I would be happy to hear from you! I am hopeful to bring some of my crops to the Hof to feed our folk! Until next time, remain a warrior in a garden.

### *Upcoming Events*



*Come travel the road least traveled.  
Explore the riverside as our ancestors did.  
Only in style.*

SCENIC RIVER TOUR  
MOOT

Iowa Falls, IA

Saturday, July 13

RSVP w/ App. Folkbuilder  
Chris McDowell  
cmcdowell@runestone.org



**Breiðablik Fólk**  
presents the 2nd annual  
**Winter Nights in Iowa**

Camping Moot  
Oct. 11-13

Contact Folkbuilders Chris McDowell [cmcdowell@runestone.org](mailto:cmcdowell@runestone.org)  
for detail and RSVP Ali Clausen [aclausen@runestone.org](mailto:aclausen@runestone.org)  
Cody Clausen [cclausen@runestone.org](mailto:cclausen@runestone.org)

IA  
NE

Check-In  
4pm




Folkbuilder Christopher McDowell  
[cmcdowell@runestone.org](mailto:cmcdowell@runestone.org)

## Kansas

### *Kansas Moot*



On June 15th, a few members met in Hutchinson, Kansas to have breakfast for dinner at a nice local restaurant. Always enjoying conversations and letting the children color. After breakfast we ordered some different pies and Brant was very generous in paying for everyone's meal. Thanks Brant! As always, we discussed ideas for the next Moot, and it should be a great one as we plan to hold it back in Little Sweden, KS!

### *Upcoming Events*





Coke Crawford  
Apprentice Folkbuilder  
[ccrawford@runestone.org](mailto:ccrawford@runestone.org)

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## Minnesota

*Indian Food Moot!*



This month in Bloomington, Minnesota, we met up at India Palace in Bloomington for dinner and some good conversation! I'm grateful I had the opportunity to see some of our out-of-state Folk and get caught up in person.



Folkbuilder Bruce Perron

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

*Junearooni*



This Month has truly been amazing! Nonstop, but it's hard finding words to describe some of the memories that were made. Family and folk-filled to the brim.





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Not long after I headed up to North Dakota for a tea party with some great folk! It was a hot day, and we made the best of it with our picnic. There was a nice little zoo that some went through and rock sculpture the boys loved playing on. Nothing like dressing up and getting out with the gals!



Midsummer's day I started my trip out west to meet up with my brother, pick up a trailer, and visit some Folk along the way. Although my journey didn't go completely as planned and i missed out meeting some outstanding Folk- It was perfect none the less! My travels to visit Elder Ron McVan turned out to be a Summer Solstice celebration with Folk gathered from all around. I was honored to participate in Blot with many heroes and great Folk! I made it home in one piece and put on over 3000 miles in 6 folk-filled days. I can't wait to go back...







In-between my escapades I was able to catch Folk and friends for coffee, pizza, some ink, and even a tour of Baldrshof, oh yeah....and now I have chickens, as well. My cat Bragi has a lot to say about it. He has a lot to say about everything though. Since being on my venture too, my garden has been invaded by deer and bunnies. When i got home my Brussel sprouts and sunflowers were demolished. Time to beef up my perimeter...This June and Midsummer have truly been magical and I hope everyone has enjoyed theirs, as well!



Folkbuilder Jessie Shaffer

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

### *Midsummer Season in Minnesohhhta*





June flew by fast, yet it was a very productive month. I was fortunate to meet up with folk for Dinner a couple times this month. Went to Midsummer at Baldrshof for the fourth year. Always great spending time with the Folk. And ended the month with our second annual Folkish Family Wotan on the lake hike. This year was a little smaller than last year but never-less very powerful. I led a Wotan Blót on the shore of Lake Superior. Was a great day and worth driving all that distance



I want to thank Folkbuilder Bruce Perron for taking the time and meeting up with us.

Looking forward to Freyfaxi at Baldrshof August 16th-18th. This will be the ninth one. We look forward to this event all year long. Hope to see you all there.

### *Upcoming Events*





I'm really looking forward to the Folkish Family Tubing Trip on the Whitewater River near St. Charles, MN 11am on July 27th 11am. Please RSVP with me if you plan to attend either event.

Reach out via [jgallagher@runestone.org](mailto:jgallagher@runestone.org) or 612-280-0392

7/27 Folkish Family Tubing Trip on the Whitewater River St.Charles, MN 11am



Senior Folkbuilder Jason Gallagher  
[jgallagher@runestone.org](mailto:jgallagher@runestone.org)

### *Upcoming Events*



Witan Brandy Fassett  
[bfassett@runestone.org](mailto:bfassett@runestone.org)

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## Missouri

*Greetings from Missouri*



I am Charles Moore, and I just became an apprentice Folkbuilder for Missouri in Baldrshof in May. Currently, I'm focused on learning gardening and beekeeping as well as Folkbuilding. I live in Northwest Missouri, and will be working to grow the membership in my area as well as Missouri as a whole.

### *Upcoming Events*





On July 14th, I'm hosting a hiking moot on the Rock Island Spur of the Katy Trail. If you are interested in coming, please reach out to me. I would love to meet the new people in my area.



Charles Moore  
Apprentice Folkbuilder  
[cmoore@runestone.org](mailto:cmoore@runestone.org)

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**Nebraska**

## *Rud Mills Day of Remembrance*



Alexander Rud Mills was born on July 15th, 1885, in Forth, Tasmania, Australia. In 1910, at the age of 25, Mills moved to the state of Victoria in order to attend law school in Melbourne. During his law studies, Mills worked as a school teacher during the 1914-1915 school year. He graduated law school in 1916, passing the bar in 1917.

At the outbreak of the Great War, Mills attempted to join the Australian Imperial Force, while he was living in Sea Lake. Mills was denied enlistment due to medical reasons.

In 1930, Mills was put forward as a candidate for political office. He was selected to run for the seat at Hawthorn on the Nationalist party platform. He did not win the election. Following this political defeat, Mills went into a sort of self-imposed exile and left Australia to see the world.

Visiting South Africa, he declared it to be 'too mixed race.' He went on to visit Italy and Germany. He enjoyed the political climate of pre-war Germany and found himself interested in the politics of the NSDAP. Visiting the USSR, Mills, already not fond of communism came to actively dislike the ideology and resolved to work against it. He is quoted as saying "Russia will cure any Communist if he goes to work there."

It was his travels in Britain that would have the largest impact on the rest of his life. While in England Mills attended meetings of both the Imperial Fascist League and

Union of British Fascists. Aligning himself with the Imperial Fascist League, he distributed their newsletters in Australia after his return.

It was during his time abroad that Mills wrote his first book *And Fear Shall Be in the Way*. This book was published under the pen name Tasman Forth.

Mills returned to Australia in January of 1934. It was this same year that he formed the First Anglecyn Church of Odin. He published several books for use of church members. These books include, *Hael Odin!* published in 1934, *First Guide Book to the Anglecyn Body* in 1936, *Ritual Book of the Moots of the Anglecyn Body* in 1937, and *The Odinist Religion; Overcoming Judeo Christianity* in 1939.

This early organization was inspired by the works of Meister Guido von List and the works of the Nordic Revival of the turn of the century. He believed, and taught, that Odinism was the true belief of the British peoples. (It should be noted that the British peoples were defined by Mills as any White person living anywhere in the British Empire, including former colonies such as America) Mills' church believed that Odin was the sky father deity and that the rest of the Aesir operated much the same as saints. The First Anglecyn Church of Odin was based heavily on the Church of England, but with an active effort to remove the Judaic influences on the ritual and rites.

In 1935, Mills formed the British-Australian Racial Body in correspondence with the British Union of Fascists. In 1941, he became heavily active with the Australia First Movement, which advocated an isolationist stance and protested Australian involvement in the Second Great War.

This combination of religious and political action led to the arrest and detention of Mills on May 7th, 1942. He was held without trial or bail until December 17th of the same year. He was never charged with a crime. During his detention he used his knowledge of Australian law and history as a barrister to provide legal advice and service to other political dissidents.

After the war, Mills published a book under the pen name Justinian, entitled *Law for the Ordinary Man*. This book was written and published with the intent that other people on the political fringe would be able to know their rights and wouldn't suffer the same imprisonment that Mills had.

In 1957, Mills wrote and published his final and most well-known book on *Odinism, Call of our Ancient Nordic Religion; Reflections on the Theological Content of the Sagas*.



In 1962, Alexander Rud Mills married longtime friend Evelyn Price. The pair had known each other for several decades.

Alexander Rud Mills passed through the veil and to the Halls of The Ancestors on April 8th, 1964. He was buried in the Church of England cemetery at Ferntree Gully Cemetery in Victoria. Despite being buried in a Christian Cemetery he was given an Odinist rite and funeral.

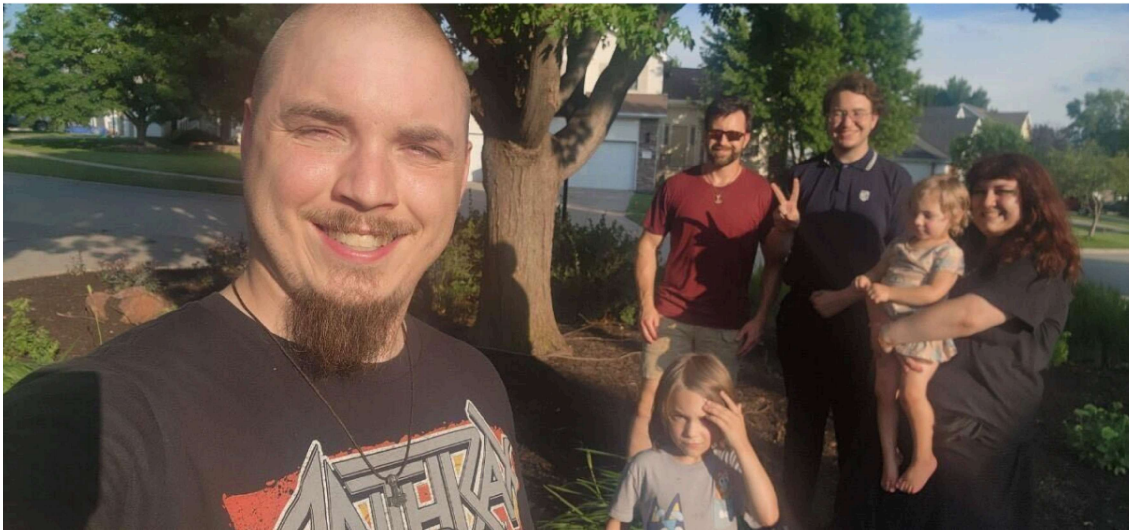
Mills' legacy is one of continued Victory. His works inspired Folkmother Else Christensen to form The Odinist Fellowship in 1969. In the 1970s, a group of university students inspired by and introduced to Odinism through his works petitioned the government in Melbourn to guarantee their freedom to practice their faith without fear of the persecution Mills had suffered. They were granted that. In 1990, the Odinic Rite of Australia was given government recognition as a legitimate faith.

We remember Alexander Rud Mills for bringing Ásatrú into the modern era. His Anglecyn Church of Odin may not share the same view of the Gods, but it was the first step towards a truly Forward-Facing Ásatrú.



Folkbuilder Alison Clausen  
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*Nebraska Weekend Fun*



What's better than a Friday night hangout? Two moots in a weekend! Even with the distance driven, it was an absolute blast.

Friday was a bit impromptu. One of our kindred brothers decided to host a little grill out with a friend of his and invited us over. He grilled up some burgers while his wife made up some wonderful side dishes. In the meantime, we all hung around to share some stories, crack a few jokes, and get to know his friend. Dessert was fried shrimp, which may not sound like a dessert, but it was pretty darn delicious.



After dinner, we mentioned we weren't really doing anything Saturday and were probably going to be back in town, so we said "heck, why not just hang out again?"



That's exactly what we did.

We met up at the sporting goods store, but I'd hardly call it just that. This place has an indoor Ferris wheel, arcade games, a fudge shop, and even a playground for the kids! After doing some shopping and having some fun, we went out for pizza. Overall, it was a terrific weekend, and I can't wait to spend more time with our Folk.



Folkbuilder Cody Clausen

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## Wisconsin

### *So Simple Cowboy Caviar*



This dish is a go-to recipe when you are traveling to an event and need a dish to pass.



## Ingredients

- 1/2 C oil
- 1/2 C sugar
- 1/2 C vinegar(flavor of your choice)
- 1 (16oz) can pinto beans, rinsed and drained
- 1 (15oz) can black eyed peas, rinsed and drained
- 1 (15oz) can black beans, rinsed and drained
- 1 (7oz) can white shoepeg corn, rinsed and drained
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 1 red onion, diced

## Directions

1. In a small saucepan, combine oil, sugar and vinegar.
2. Heat and boil 1 minute and then cool completely.
3. In large bowl, combine beans, peas, corn, peppers and onions.
4. Pour vinegar mixture over bean/pepper mixture and mix to coat.
5. Cover and marinate overnight.
6. Drain than serve.

## *Upcoming Events*



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