The Runestone: Voice of the Asatru Folk Assembly Copyright © \*2024\* Asatru Folk Assembly, All rights reserved.







## **Óðinshof** First Hof of the Asatru Folk Assembly

## www.odinshof.org

June 2024

- Runestone.org
- **■** Email the Witan
- **□** YouTube
- w VK

- **Parler**
- **Odysee**
- **Bitchute**
- **Rumble**





#### Donate to the AFA

## Words from the Alsherjargothi



We are very excited to present the Ásatrú Trúlögmál.

You can find it on our website at Runestone.org/Library.

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



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

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

all set up.

Hail the Heroes of Ásatrú that paved the way! Hail the Asatru Folk Assembly! Hail the Æsir!



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

## **Words From Our Founder**

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



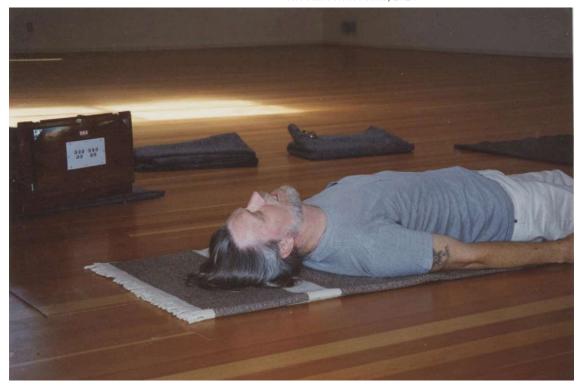


This Memorial Day, I poured a horn of mead on the grave of a man I was proud to call a friend.

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

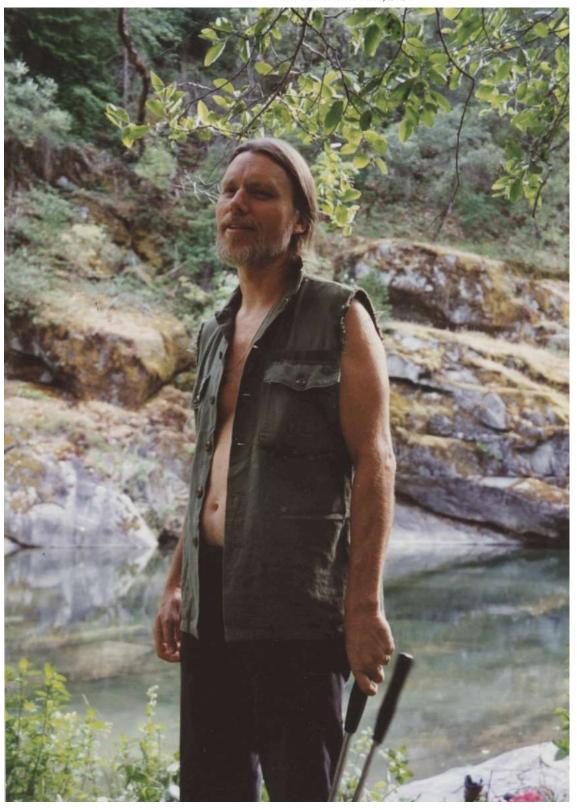
"The usual" stopped there. Walking around to the right you would see a boldly inscribed Thor's hammer, tall, dominant and proud. Under it, you would see the words, "DO RIGHT AND FEAR NO ONE" in large letters. Continuing to the opposite face, you would see something stranger still - the mantra of Babaji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

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



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

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



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



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



Founder Steven McNallen

## Words From Our Gothar

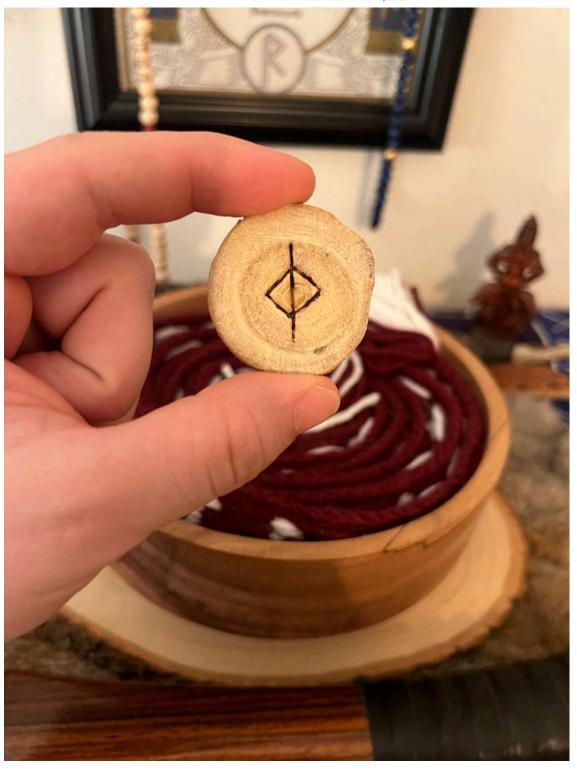
Folk Futhark, Part 4



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



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



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



Gothi Trent East <a href="mailto:teast@runestone.org">teast@runestone.org</a>

Hávamál 44



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

Go often to his house" - Hávamál, Stanza 44

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

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

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

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

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

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

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



Gothi Bodi Mayo <a href="mayo@runestone.org">bmayo@runestone.org</a>

Passion is a Gift of the Æsir



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

Apathy was celebrated and hard work, dedication to any goal outside of immediate

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

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

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

Hail Freyja, goddess of passion!

Bringing Our Divine Ship Captain Into Your Home



We are always thinking of ways to bring the piety of the Hofs into our homes. Knowing that a lot of people honor the gods on their days; Týr on Tuesday, Óðinn on Wednesdays, etc. we at Njörðshof have started making Monday a day of dedication for our divine ship captain, blood priest, and oath-keeper.

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

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



Gothi Lane Ashby <u>lashby@runestone.org</u>

#### Law of the Hall



- Don't let our Gods, ancestors and land spirits get too far from our thoughts.
   Honor them by right action and ceremony. Observe the Asatru holidays for our gods, heroes and folk.
- 2. Keep the whole of the folk in mind when speaking to one another. We may not always agree or even like one another but for the folk we must look one another in the eye with a respect for our folk. Work through discord constructively as we owe that to our people to build and grow from each other.
- 3. Build a reputation that would be honorable in the eyes of our gods, our folk and the AFA. Our actions and words will be remembered good or ill. Be mindful of our outward intent so that it builds weal.
- 4. Do first by your those of your blood and those innangard. Love your family and folk and show loyalty to them before others.

- 5. Be a beacon to our folk within and our folk without. The forces of chaos would see that our people are subjugated and bred out. Work towards the continued existence of our people as it is not negotiable.
- Speak honestly and openly. Do not be the one that spreads gossip or scorn.
   Speak one's mind within reason openly so no one can question your words.
   Do not allow scorn to be spoken in the hall.
- 7. Do not envy your brother or sister because they have gained fame or favor for their fame shines on you as well. Seek to gain your own fame by your might and meign.
- 8. Hospitality is a virtue of our folk. Be generous to your folk with aid of your time and effort. Have an open heart and hand for our folk.
- 9. Oaths are not to be taken lightly. Back your words up with actions and honor your oaths as if your life or the lives of your folk depended on it.

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

Hail the Gods! Hail the Folk! Hail the AFA! Hail Victory!



Gothi Nathan Erlandson nerlandson@runestone.org

## The Runestone - A Throwback

The Horn-Bearer in Today's AFA



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

"Joyous then was the Jewel-giver, hoar-haired, war-brave; help awaited the Bright-Danes' prince, from Beowulf hearing, folk's good shepherd, such firm resolve. Then was laughter of liegemen loud resounding with winsome words. Came Wealhtheow forth, queen of Hrothgar, heedful of courtesy, gold-decked, greeting the guests in hall; and the high-born lady handed the cup first to the East-Danes' heir and warden, bade him be blithe at the beer-carouse, the land's beloved one. Lustily took he banquet and

beaker, battle-famed king. Through the hall then went the Helmings' Lady, to younger and older everywhere carried the cup, till come the moment when the ring-graced queen, the royal-hearted, to Beowulf bore the beaker of mead. She greeted the Geats' lord, God she thanked, in wisdom's words, that her will was granted, that at last on a hero her hope could lean for comfort in terrors. The cup he took, hardy-in-war, from Wealhtheow's hand, and answer uttered the eager-for-combat. Beowulf spoke, bairn of Ecgtheow: "This was my thought, when my thanes and I bent to the ocean and entered our boat, that I would work the will of your people fully, or fighting fall in death, in fiend's gripe fast. I am firm to do an earl's brave deed, or end the days of this life of mine in the mead-hall here." Well, these words to the woman seemed, Beowulf's battle-boast.—Bright with gold the stately dame by her spouse sat down."

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

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

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

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

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

To begin, we consider that women are still frith-weavers and peace-keepers. And men are still contentious by nature. Couple that with the fast pace, generally angry world that we currently live in and the possibility of that chaotic energy mixing into the horn is high. What better way to combat that than by having a women pass the horn from one person to the next? It is not an easy task, however. It isn't just a matter of handing the horn off. A woman who is chosen to carry the horn becomes the protector of the horn, of the Frith of the horn. Thusly, it is her duty to calm an agitated toaster, or to help someone who might need help. Above all things, it is her job to maintain the Frith of the hall.

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

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

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

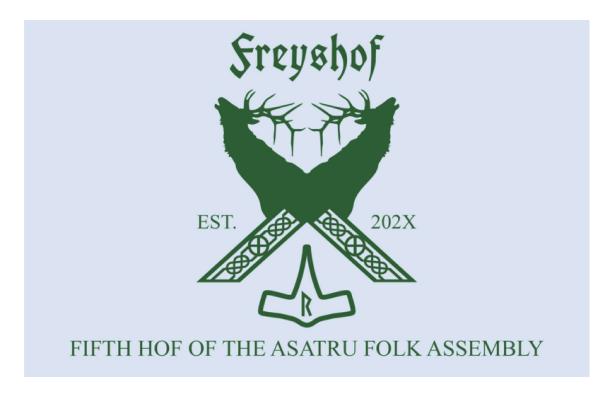


Gythia Catie Erickson
<a href="mailto:cm.erickson@runestone.org">cm.erickson@runestone.org</a>

## 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



<u>Freyshof Fund – Asatru Folk Assembly (runestone.org)</u>

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

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

- 1. We need to pay off Njörðshof.
  - The first of 2 loans have been paid off!
  - We now owe \$85,872.60 on our remaining loan.
- 2. We need to raise our monthly donation average by 17.1%.
  - This is membership dues/Hoftollar plus other donations.
- 3. We need to locate a suitable property.
- 4. We need to find lenders and build a war chest.

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

#### Hail Freyr!



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

## Sigrheim: Home of Victory

Support the Home of Victory



# Help Sigrheim get stocked and ready for our Folk!



Upcoming Events









Folkbuilder Nicholas Rice <a href="mailto:nrice@runestone.org">nrice@runestone.org</a>

## **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 <u>support</u> the stream and keep the cameras rolling!

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

Check out the full playlist with 100's of hours of previous recordings on our <u>YouTube</u>.



We've also got brand new merch dropped this past month over at the <u>Runestone Store!</u> Go check it out!



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

# **AFA Asatru Academy**



Check out the Asatru Academy at Asatru Academy.org



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

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

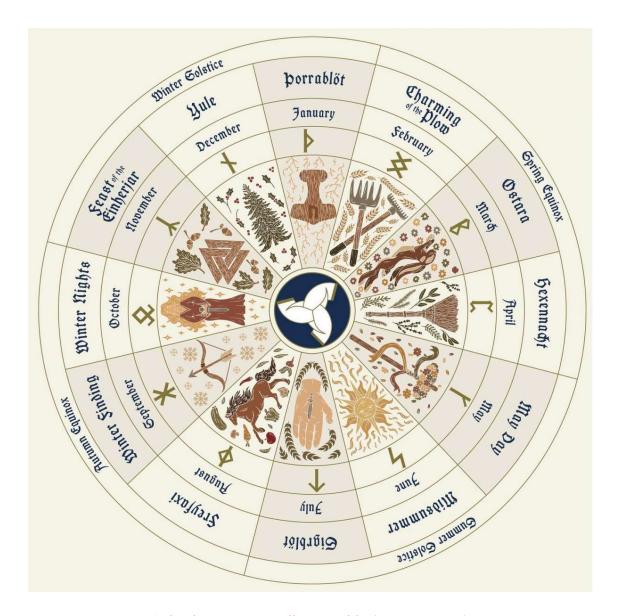


We've also got brand new merch dropped this past month over at the <u>Runestone Store!</u> Go check it out!



Folkbuilder Nicholas Rice <a href="mailto:nrice@runestone.org">nrice@runestone.org</a>

# Remembrance & Holy Days



<u>Calendar – Asatru Folk Assembly (runestone.org)</u>

#### 2024

Date	Observance
January 9	Day of Remembrance for Raud the Strong
January 20	Þorrablót
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olvir of Egg

D (	01
Date	Observance
March 19	Ostara
(observed on 16th)	
April 9	Day of Remembrance for Jarl Haakon
April 10	Day of Remembrance for John Yeowell "Stubba"
April 30	Hexennacht
(observed on 20th)	
May 9	Day of Remembrance for Else Christensen
May 1	M. D
(observed on 18th)	May Day
June 9	Day of Remembrance for King Athanaric of the Goths
June 20	Midsummer
(observed on 15th)	
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	Winter Finding
(observed on 21st)	
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	Feast of the Einherjar
(observed on 16th)	
December 9	Day of Remembrance for Egill Skallagrímsson
December 20	Mother's Night
December 20-31	Yuletide
(observed on 21st)	

# June



Asatru Holidays - June 2024 - King Athanaric | Midsummer

# Day of Remembrance

King Athanaric of the Visigoths | June 9th



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

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

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

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

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

So, what can we learn from this story?

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

It's about Roots.
It's about Connections.
It's about coming home.

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



Gythia Catie Erickson
<a href="mailto:cm.erickson@runestone.org">cm.erickson@runestone.org</a>

## Holiday

#### Midsummer | June 20th (Observed June 15th)



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

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

The planting season is finished. The hard work that began with the blessing of the tools at Charming of the Plow and the planting of the seeds after Ostara has been finished. Now we tend to the growing crops and revel in the beauty of life. We can take a momentary break from the difficulties of life to embrace that which makes the hard work worth the effort.

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



Gythia Catie Erickson <u>cm.erickson@runestone.org</u>

## **Upcoming National Events**

Midsummer at Óðinshof | June 21st-23rd



You're invited to Midsummer, Óðinshof's signature event of the year! Please join your Folk from across all the districts as we celebrate and honor our Gods and Goddesses at

the very First Hof of the Asatru Folk Assembly. This weekend will be a summer "spiritual retreat" for all our Folk coming from near and far. It will be filled with inspirational rituals, scrumptious and hearty meals, healing music, warm sunshine, laughter, motivating conversations, and fun activities for all ages!

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

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

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

See you there!

Register today and take advantage of our Early Bird Special! Get your tickets **HERE**!



Folkbuilder Olivia Sutherland osutherland@runestone.org

Sigrblót at Sigrheim | July 19th-21st



The second Sigrblót at the Home of Victory!

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

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

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

Camping is available on-site (bring your own tents and gear), and there are hotels within 20-30 mins of 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.

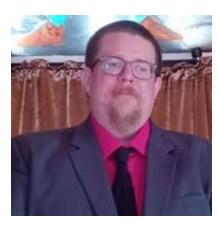
Please wear appropriate footwear and be prepared for a hike through the woods and up the ridge if you plan on participating in Blót. If you have any physical restrictions, this particular part of the weekend may cause a challenge or an inability to participate on that particular event. If you have off-road 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 <a href="mailto:nrice@runestone.org">nrice@runestone.org</a>.

Get your tickets **HERE**!



Folkbuilder Nicholas Rice <a href="mailto:nrice@runestone.org">nrice@runestone.org</a>

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 <u>cerickson@runestone.org</u>

Get your tickets **HERE**!



Witan Clifford Erickson <a href="mailto:cerickson@runestone.org">cerickson@runestone.org</a>

### **Folk Services**

Helping a Loyal Member To Build Himself Back Up



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

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

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

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

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

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

Thank you for considering a generous donation.

**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 <u>prisonministry@runestone.org</u>.



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

# Cooking for our Folk



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

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

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

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

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

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

When the recipe is right and you feed the folk, please send the recipe to <a href="mailto:cookbook@runestone.org">cookbook@runestone.org</a> with details of when and where it was served (Hof/moot).



Folkbuilder Mike Joyner <u>mjoyner@runestone.org</u>

### **Ancestral Food and Culture**

Mr. Boardman's Scones



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









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



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

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



Ron Boardman
Apprentice Folkbuilder
rboardman@runestone.org

#### Fried Bluegill



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



#### Ingredients:

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

#### Equipment:

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



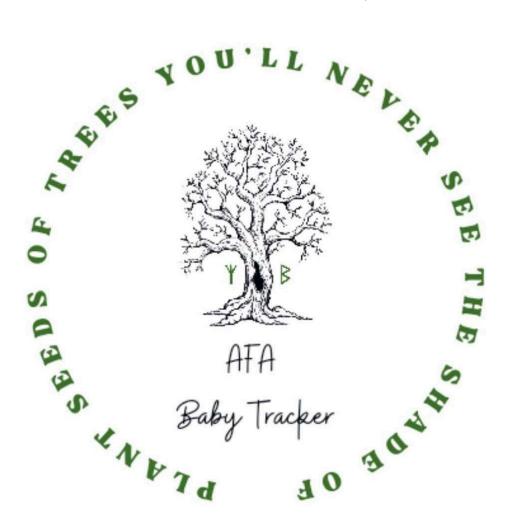
#### Directions:

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



Aaron Simbeck
Apprentice Folkbuilder
asimbeck@runestone.org

**Baby Tracker** 



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

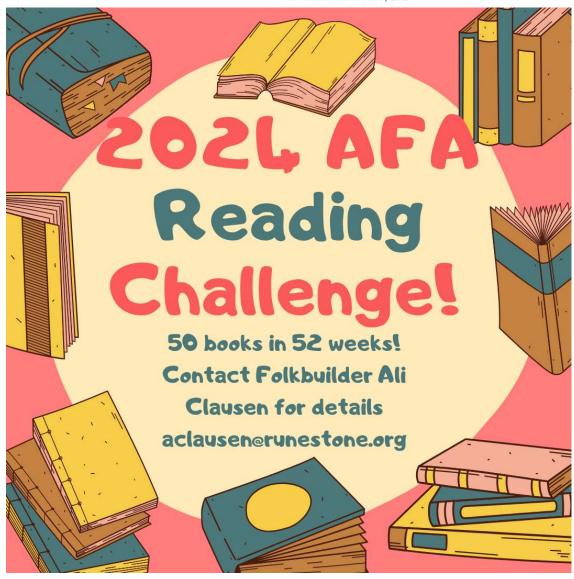
Total babies born in 2024: 12

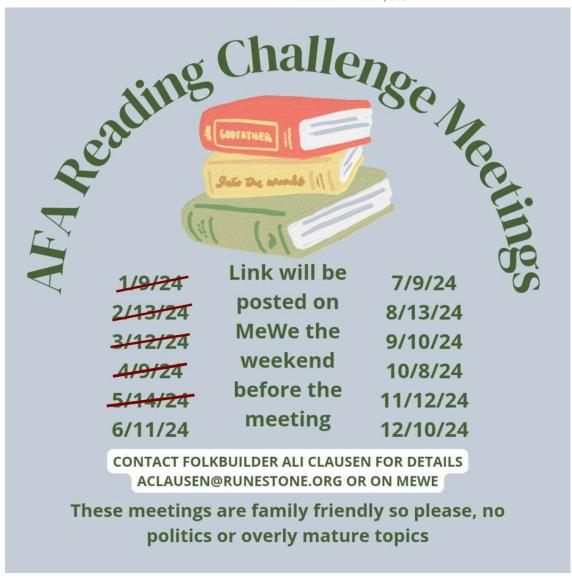
# **Online Gatherings**

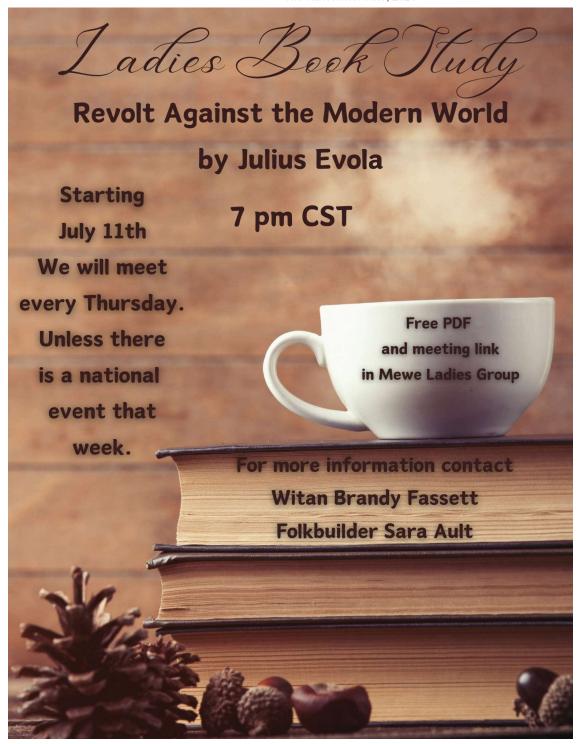


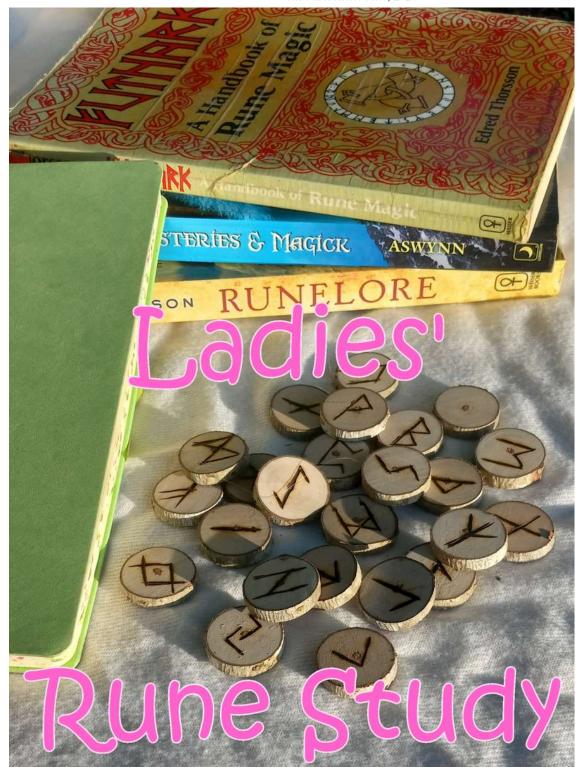
Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12 step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining to the divine will or requesting the removal of any shortcomings. So, we run what we are calling the Virtue Recovery Meeting. Since we are an international organization, the best way for us to do this is via Zoom (<a href="http://tinyurl.com/virtuerecoverymeeting">http://tinyurl.com/virtuerecoverymeeting</a>). 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! <a href="https://tinyurl.com/virtuerecoverymeeting">AMcStocker@Runestone.org</a>











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

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

Contact me with any questions you might have — <u>aplourde@runestone.org</u>

I hope to see you there!

Lore Study with Gothi Jason Plourde Join us every Monday night 8:00 pm EST 7:00 pm CST 6:00 pm MST 5:00 pm PST The L4:00 pm AKSTrse Kings 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



Just For Fun



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





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

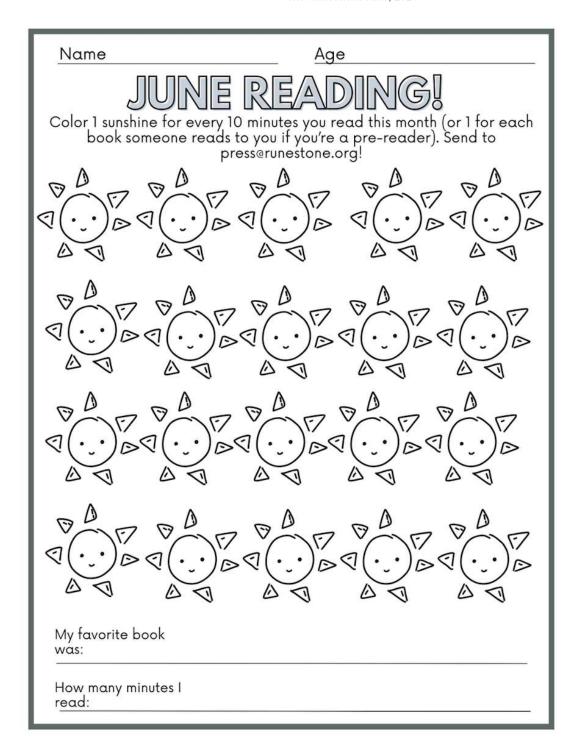
SUNSHINE BLESSINGS BALDR SOL AESIR MIDSUMMER PICNIC LAUGHTER GAMES SWIM SUNBURN FRIENDSHIPS VICTORY

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

Beautiful work on the May Day coloring page, Kara!



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



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

Happy Reading!



Folkbuilder Olivia Sutherland osutherland@runestone.org

## Genealogy and Kinship Charts



#### Come on, AFA family!

- 1) The AFA Genealogy MeWe group has added "chat". We can now share tips, discoveries, resources and all the goodies of family tree research.
- 2) Create a Gedmatch.com account to obtain a "kit number" to find your DNA matches with other AFA members.

Send your Gematch Kit # to
Sheila@runestone.org
for inclusion on our next AFA KINSHIP CHART

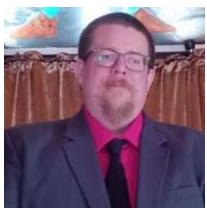
See how closely you're related to other AFA members. 72 people so far, and counting!



Gythia Sheila McNallen <a href="mailto:sheila@runestone.org">sheila@runestone.org</a>

## Calling All Folk Photographers





Folkbuilder Nicholas Rice <a href="mailto:nrice@runestone.org">nrice@runestone.org</a>

## **Store Spotlight**



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



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

#### Alsherjargothic Disapproval & What Would Jason Gallagher Do?

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



Not everything is super-secret-squirrel stuff though!



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



Head on over to the **Store** and grab one (or seven) today!



Folkbuilder Nicholas Rice <a href="mailto:nrice@runestone.org">nrice@runestone.org</a>

# **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 <a href="mailto:babyblanket@runestone.org">babyblanket@runestone.org</a> today! Thank you!

# Óðinshof

## Food Pantry at Óðinshof



An ever-growing need!

May was another successful month distributing food to our Yuba and Butte County neighbors. Word continues to reach people about our service to the larger community with fourteen new families driving in on Sunday. Our numbers have reached a norm for now. This month we served 53 families representing 120 individuals. Most are seniors on fixed incomes.

Our Midsummer event this year was moved to the fourth weekend to help with food pantry logistics. We have wonderful volunteers, but we will need additional help distributing food on June 16th. This is Father's Day, which is likely to keep some of our dads at home. Please let me know if you can help!

With this month's distribution, we have now provided food to 500 individual families! Three years behind us – with many years ahead. Our kindness never ends.



Gythia Sheila McNallen <a href="mailto:sheila@runestone.org">sheila@runestone.org</a>

# May Day at Óðinshof



Hello and Happy June! Last month at Óðinshof we celebrated May Day, which was a BLAST! With moving the Food Pantry to Sundays, we were able to begin festivities as soon as the day started add that helped us get so much done in the day!



The morning began with Folk slowly trickling in as lunch was being prepared with multiple hands on deck helping out. A member brought some delicious homemade bread, and we had a refreshing fruit salad, potato salad, macaroni salad, and sloppy joes! As Folk trickled in, while some made lunch, the rest of the Folk gathered around outside building Frith. Sheila and I Kulned to call the Folk in for lunch, which is a tradition we're trying to implement at Óðinshof to call the Folk in for activities or meals.



After a delicious lunch, we split off into groups of ladies and gentlemen. The ladies went to create their flower crowns, and the men had their talk with Steve outside.



Once the crowns were made, we gathered the children and had a special Children's Sumbel, to help our youth build their foundations in Ásatrú. Gythia Sheila McNallen then read them a story.



We then gathered for Greeting to the Gods, where we were introduced to a few new members who we were thrilled to have joined us at the Hof for the first time!



The day carried on and we gathered around the maypole to do our maypole dance, which was filled with laughter and cheer. This was the most beautiful looking maypole we've had at Óðinshof to date!



After the maypole was done, Gythia McNallen had a fun activity planned for us to do some square dancing which brought laughter and cheer to those who participated and those who watched.



Folks got to mix and mingle a bit before we started preparing for dinner and transitioning into Blót. The children did a fun art project, making rainbows with colored paper.



We had a wonderful Freyrblót led by Alsherjargothi Flavel that brought chills to most people's spine.



While we ate dinner, the children walked around gathering donations for a "50/50 raffle" but did not hand out tickets, so everyone just decided to turn it into straight donations. We spoke about our upcoming Midsummer plans and closed out the night with a meaningful Sumbel outside around the fire pit in the beautiful summer weather.

This month, we will be celebrating Midsummer, Óðinshof's biggest event of the year! It will be jam-packed with Blóts sure to make you feel the wonderful love and energy we have harvested here, at the first Hof of the Ásatrú Folk Assembly. Tickets can be purchased at runestone.org/store and we hope to see you there!



Folkbuilder Sierra Chapman schapman@runestone.org

# Óðinshof's Adopt-a-Highway Team



After spending the morning helping with the food pantry distribution at Óðinshof, Wildman Paul and Yours Truly met up with Hof Steward Daniel Odom to spend time making our adopted highway stretch clean again! We could always use more help with good deeds like these. If you might be free to spend an hour or two with a few guys picking up trash, please feel free to join us! P.S. We promise cooler photos will be taken in the future.



Brodie Sutherland Member

### **Upcoming Events at Odinshof**

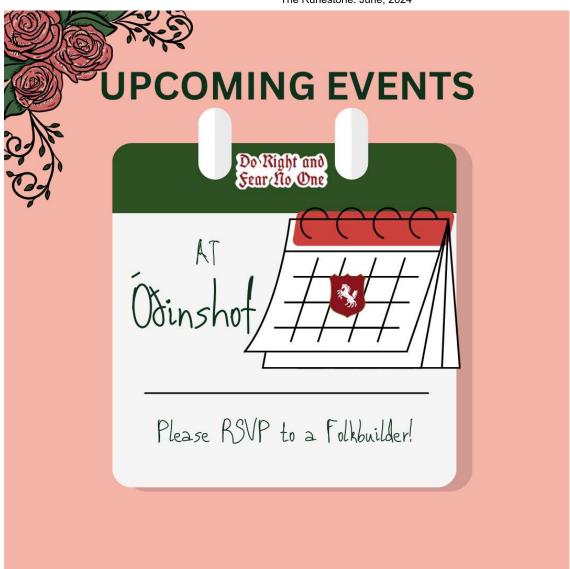
# 2024 Events at Oðinshof

January 20 Thorrablot February 17 Charming of the Plow March 16 Ostara April 20 Hexennacht May 18 May Day June 22 Midsummer July 20 Sigrblot August 17 Freyfaxi September 21 Winter Finding October 19 Winter Nights November 16 Feast of the Einherjar December 21 Yuletide

RSVPs are required. All guests must be preapproved.

On event weekends, Oðinshof is usually open from Friday through Sunday. Those events include a **Sunday** morning food pantry distribution and community outreach on Sundays. We invite you to stay for the whole weekend.

All proposed events are on the third weekend, except for MIDSUMMER which is the premier event for the Odinshof district. It's been moved to the fourth weekend to allow the food pantry to proceed as normal.









# August 2 - 4, 2024 Family Camp at Oðinshof

# **OUR FOCUS:**

Parents as teachers; traditional values 3 days of learning and fun for all ages

A spiritual adventure for all

Camping & meals together



Óðinshof Wish List



Óðinshof Member Ritual Requests

# Dear Folk, Are you considering an Ásatrú wedding? A vow renewal? A baby naming? Please let us know! Members may request specific religious rites to honor a member and/or couple at any time. These sacred rituals are regularly conducted during our monthly events by ordained Gothar at Óðinshof, with our Holy Æsir and our Folk bearing witness.

### What Rituals May be Requested?

Baby Namings (Ausa Vatni), Coming of Age Rites, Wedding Ceremonies, Vow Renewals, and Óðinshof Cemetery Funerals are all examples of special rituals that our members may request to have conducted at Óðinshof!

### How to Submit a Request?

Please email all relevant information (your name(s), ritual type, requested Gothar, proposed date for ritual, etc.) to Folkbuilder Olivia Sutherland osutherland@runestone.org. Each request will be evaluated, and we will follow up with you about accommodating your request.

Thank You,

Olivia

Olivia Sutherland osutherland@runestone.org

# Óðinshof Leadership



### Arizona

Additional Arizona Events



CONTACT: OSUTHERLAND@RUNESTONE.ORG

### California

*The Virtue of Self-Reliance-- Our Heroes in Space!* Ásatrú Principles and Space Exploration, Episode 2



NASA Caption: "David R. Scott and Neil A. Armstrong pose for their official Gemini VIII crew photo." (Photo Credit Source: National Air and Space Administration (NASA); from left to right: David Scott, Neil Armstrong with a model of the Gemini VIII spacecraft)

All-Father Óðinn has taught us the value of self-improvement, gaining wisdom, and self-reliance. In the Hávamál, stanza 38, Óðinn instructs us to prepare for battle and, by analogy, for emergencies:

A wayfarer should not walk unarmed,
But have his weapons to hand:
He knows not when he may need a spear,
Or what menace meet on the road.

(Source: W. H. Auden and P. B. Taylor's English translation, 1970)

A great man of our Folk who exemplified the Virtue of Self-Reliance was Astronaut Neil Armstrong. His ability to prepare for and handle high-pressure, life-threatening situations may be why he was selected to command the first Moon landing mission. Besides being an excellent stick-and-rudder pilot, he was an accomplished aeronautical engineer, earning a bachelor's and master's degree in aeronautical engineering. Later in life, he became a professor of that subject. His flying skills and

deep understanding of aeronautical engineering saved his life and the lives of others on more than one occasion. Most of all, he was calm and controlled during emergencies. When listening to the audio of Armstrong's statements during these situations, I am always struck by the calm, even tone in his voice.



Portrait of Neil Armstrong through the window of the Gemini VIII spacecraft before launch on March 16, 1966.

(Photo Credit Source: NASA)

During the Korean Conflict, between 1951 and 1952, Neil Armstrong was a Naval Aviator (final rank Lieutenant Junior Grade) who flew 78 missions. During one

mission, his Grumman F-9F Panther jet fighter plane was hit by anti-aircraft flak over enemy territory. His damaged plane nearly hit the ground, but instead, he pulled up and inadvertently hit some electrical transmission wires that cut about five feet off one wing. In this very damaged plane, Armstrong showed outstanding skills in flying back to friendly territory before bailing out. During this time, Armstrong earned two gold stars and the Air Medal for combat.

After serving in the Naval Reserve for eight years, he flew for the predecessor agency to NASA and became a test pilot at Edwards Air Force Base in California, and he successfully won a spot in the NASA Gemini astronaut program. The Space Race between the U.S.A. and the Soviet Union was a battlefield in the Cold War, and the Soviets kept accomplishing things in space before the U.S. did: first satellite, first man in space, and first man to orbit the Earth. However, the U.S. Gemini VIII mission made the first successful rendezvous-and-docking of two crafts in space!

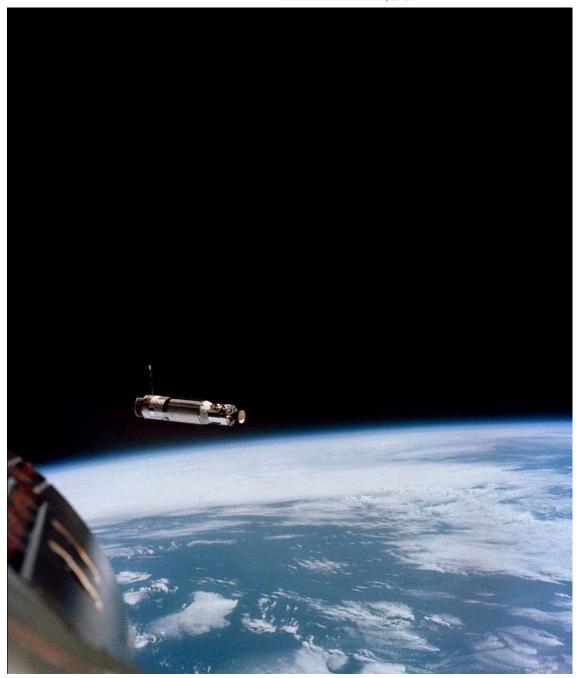




Launch of the Gemini VIII Titan II rocket (Photo Credit Source: NASA)

On March 16, 1966, NASA launched an unmanned Agena rocket 45 minutes before launching Gemini VIII, with the plan of doing a rendezvous and docking, then a long spacewalk, "Extravehicular Activity" or EVA, and staying in orbit for three days. Imagine traveling at about 17,500 miles per hour around the Earth trying to meet up with another craft also going about 17,500 miles per hour in a different orbit -- without crashing. On this Gemini VIII flight were the command pilot, Neil Armstrong, and the pilot, Dave Scott.

Armstrong and Scott accomplished the first rendezvous and docking ever! But, within 30 minutes, the combined crafts began a left roll at 30 degrees per second. Soon, they were violently turning end over end. The combined spacecraft was out of control!



View of the Agena target vehicle from the Gemini VIII spacecraft in orbit (Photo Credit Source: NASA)

It was the 1960's, and NASA did not have radio communications with astronauts around the entire world like they do today, so the crew were not in contact with NASA during the first part of this emergency. Assuming the problem lay with the Agena, Armstrong and Scott jettisoned the Agena. However, to their likely horror, the crew discovered that the problem was with the Gemini spacecraft and not with the Agena.

They began turning at higher and higher speeds--more than 300 degrees per second! This was so fast that the crew experienced vertigo and tunnel vision. If they blacked out, they would most likely die either in space or by burning up in the atmosphere.

They tried different things to fix the problem. It turned out that thruster eight on the spacecraft was stuck open and spinning them around. (Later investigation revealed an electrical short in the thruster.) Houston Mission Control did not have the answer nor the ability to fix the problem remotely. The astronauts were on their own.

Armstrong used his superb aeronautical engineering skills to analyze the problem in real time. If it weren't for Armstrong correctly analyzing the situation, turning off the main thrusters, and starting the independently-wired and independently-fueled Reentry Control System (RCS) thrusters, they would not have been able to get control of the spacecraft. Scott performed quite a physical feat under the force--to look above his head and reach up to the RCS breakers and close them so the RCS would work. It took Armstrong about six minutes, using a joystick and controls, to wrestle the spacecraft back under control. He rescued them from the emergency before they blacked out. Having used up 75% of the RCS fuel needed for retrofire attitude control, they had to return to Earth as soon as possible. They ended up at a backup splashdown site in the Pacific Ocean, south of Japan, rather than at the target site in the North Atlantic Ocean. The capsule bobbed up and down in the water for three hours before rescue arrived. The mission was a partial success, even though they did not get to do the EVA.



Astronauts Neil A. Armstrong (left) and David R. Scott (right) on March 11, 1966 (Photo Credit Source: NASA)

This is a story of excellence and achievement by our Folk. The seasick astronauts had survived a near-death experience! NASA awarded Armstrong and Scott the NASA Exceptional Service Medal. The Air Force awarded Scott the Distinguished Flying Cross and promoted him to Lieutenant Colonel. These heroic, self-reliant men had to make quick decisions during life-threatening situations where no one else could come to their aid.

Hail All-Father Óðinn; the honorable astronauts Neil Armstrong and David Scott; NASA and its 1960's contractors who built the machines, and our self-reliant Folk!

#### Bill, member

Correction for a prior poem: In the March 2024 issue of The Runestone of the Óðinshof District, California section, for the poem entitled, "Freyja's Gifts, a Sonnet," PDF page 87, the source of the image of Goddess Freyja was inadvertently omitted. It is: (Image Credit Source: (1) Wikimedia Commons. ["The goddess Freyja, riding in her catpulled wagon." Originally published in 1865.] (2) From Murray, Alexander (1874). Manual of Mythology: Greek and Roman, Norse, and Old German, Hindoo and Egyptian Mythology. London, Asher and Co. This illustration is from plate XXXVII. (3) Published earlier in Reusch, Rudolf Friedrich. 1865. Die nordischen Göttersagen.)

### May's Work Weekend



My goodness! Friends, has it really come so soon? Another work weekend has come and gone. Those of you who took part know how totally awesome it was, and those who missed out will never know.... Except for what I'm going to say right now. It started off pretty rainy, pretty cold, and pretty wet. I'm not gonna lie, that part wasn't my favorite, but the fellas who were there already were not deterred! They were doing a heck of a job cleaning up the wood pile and fixing the low spots in the driveway.



Inside the kitchen, a master piece was being brought to fruition. Hof Steward Dan-the man-Odom had poured the concrete countertops for the kitchen counters, a beautiful mixture of grey and black polished to a gorgeous luster. These puppies were darn heavy too. In fact, while transporting and setting down the larger one, my wedding ring was crushed flat on my finger (not to worry, Dan had pliers so we were able to round it out again...mostly). Once that countertop was set into place, it really brought a level of craftsmanship and utility that has been greatly needed to our Hof's kitchen.



Our lovely leading ladies got in on the work party as well. Our incredible Gythia Shelia McNallen and beautiful Folkbuilder Olivia Sutherland planted our Hof Flower (more on that in Folkbuilder Olivia Sutherland's article).

Gythia McNallen was amazing; she was hospitable and caring, finding time to teach Dominoes to the children, and, on top of that, working tirelessly around the Hof. Folkbuilder Olivia Sutherland put the finishing touches on the Óðinshof Children's Library (see Folkbuilder Olivia Sutherland's article for more details).



On Sunday, when the clouds parted and the rain had dried, we got into the real meat and potatoes. The crowning jewel of this work weekend, in my humble opinion, was of course the completion of the upper barge rafters that adorn the front of Óðinshof. Those "in the know" know that this was no small task.



The barge rafters are adorned with intricate knotwork, the Othala rune, and the traditional Óðinshof equestrian heads. It took the efforts of many of our Folk coming together for drafting patterns, carving, routering, painting, cutting, balancing on ladders, erecting scaffolding and catwalks, and even working around high voltage!

This labor of devotion has brought out the best of the Folk of Óðinshof. Practitioners took time to gather with their fellow Ásatrúar and bring our Hof, our temple to High God Óðinn, the Chief of the Æsir, to the level of beauty and grandeur that it rightfully deserves.



Did we get wet? Yes.

Did we get dirty? Yes.

Did we work hard? Yes.

Was it worth it?... Absolutely!

If you want to join your fellow Ásatrúar in frith and joyous labor, just come on over. Maybe you just want an opportunity to see the Hof in a different way or maybe you just need to get out and stretch your legs?? Join us; come to a work weekend. Dedicate a little time to the glory of Lord Óðinn at His Hof. It is fun!



Brodie Sutherland Member

Fishing Moot at Paradise Lake



On Saturday, May 25, 2024, a number of Óðinshof District Folk gathered at Paradise Lake in Northern California for a memorable fishing moot. My three kids, myself, the Odom family, and a new member from Sacramento joined the event.



The day started with a short hike to find a perfect fishing spot with a gentle slope to the water, ideal for the small children. Located near a playground, picnic area, and park benches, the spot we found provided ample facilities for everyone.

Fishing was a rewarding experience, with kids excitedly casting their lines. Adults shared tips, enhancing the sense of Frith. After fishing but not really catching anything, we returned to my house where I grilled chicken legs and bratwursts.



As we enjoyed our meal, the kids played in the yard while laughter and conversations filled the air. The event was about building Frith, the sense of peace, and Folkish community. The fishing Moot at Paradise Lake was a celebration of nature, family, and bringing together the Folk by creating lasting memories.



Ryan Skinner
Apprentice Folkbuilder
<a href="mailto:rskinner@runestone.org">rskinner@runestone.org</a>

Óðinshof Official Flower



Recently, decisions were made to adopt official "Hof Flowers" for all the four AFA Hofs as representations of the feminine characteristics each Hof possesses. Although several nice flowers were discussed as possibilities for Óðinshof, our own Gythia Sheila McNallen pointed out that roses seemed most fitting. She informed me that there was a pinkish rose at the entrance to the Hof building when it was purchased by the AFA—a selling point—but that she didn't know exactly what kind of rose it was. Since then, our Folk have planted several more roses around the premises.

As I was considering this information, my phone showed me an old photograph

reminding me of that same day 7 years' prior, when my then preschool-aged daughter was thoughtfully creating a pretty bouquet of pink roses and forget-me-nots from our yard. This inspired me further to search Google types of pink roses, looking for one that could somehow be worthy of Hof Flower status at our magnificent Óðinshof, the first Hof of the AFA. One caught my eye that had delicate petals with distinguished pink edges...the name? The Sheila Rose.





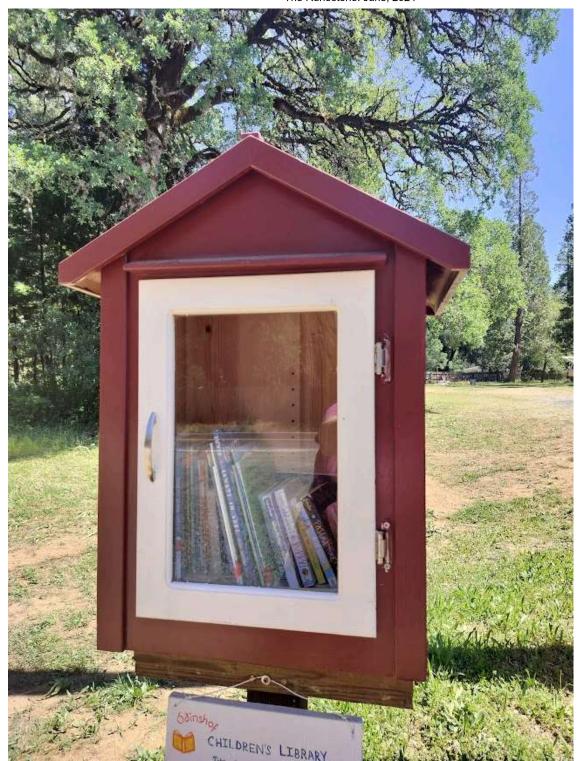
That's right, Sheila--the same name as our own beautiful Gythia Sheila, co-founder of the AFA, who is an inspiration to all who know her and who represents the very heart of Óðinshof!

With further research, I found that the Sheila Rose is not only a sight to see; it is also extremely fragrant! In fact, the Sheila won the 1981 Royal National Rose Society medal for its divine fragrance in England. This had to be the most fitting flower for our Hof--and our Gythia Sheila and Witan Brandy agreed.



At the May Work Weekend, the Hof Flower "Sheila Rose" was planted on the lefthand side of the entrance to Óðinshof, right next to the inspirational roses that have been welcoming our Folk home for years. It was an honor to gift our Hof Flower and plant it at Óðinshof with Gythia Sheila McNallen by my side.

# Óðinshof Children's Library



Announcement: Óðinshof now has a little library just for children!

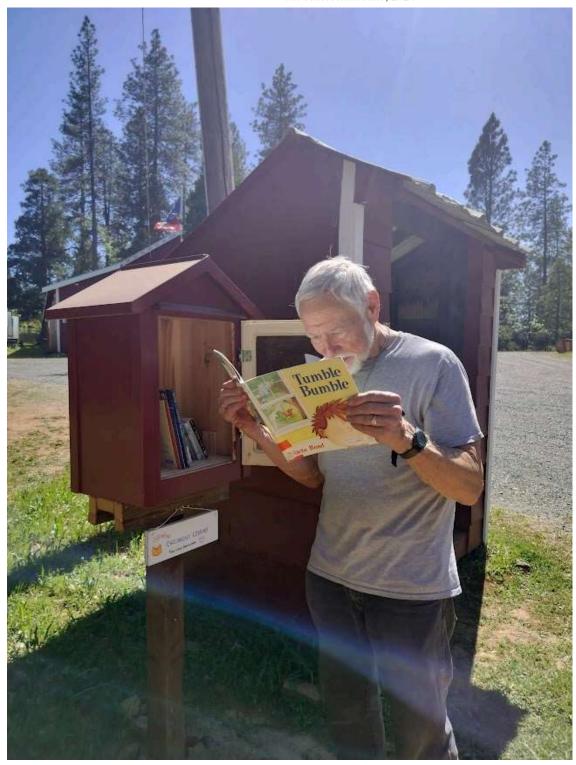
The children's library houses a range of printed materials from board books to chapter books, including fiction and non-fiction, and all with appropriate, positive content. I collected approximately 40 gently-used children's books and brought them to the rainy May Work Weekend to start the library. I also hand-painted a wooden sign that I attached to the library box at a child's height, announcing its purpose to the world. Every child is welcome to take a book and share a book.



The cute wooden box used for the library was a gift to the Hof from Mandy Flavel some time ago. Hof Steward Daniel Odom put in the elbow grease to make it beautiful and painted it to match our Hof colors. Busy as we all are with many Óðinshof projects, this little box hadn't been given a dedicated purpose and just occasionally collected a random item or dust...Until now!



Why children's books? In addition to our church members being enthusiastic about education and raising generations of avid readers, it just so happens that right in front of the Hof, there is an active school bus stop for K-12 students. What could be more perfect than having some good books readily available for the children waiting patiently (or impatiently) for the bus? It not only seemed natural to put these books here, it seemed necessary.



At our May Day event, I could tell that the library was already harnessing the attention of local youth. Some of the books I had put there were gone, and some new ones had found their way to the box. Founder Stephen McNallen also found an interesting book in there! I invite everyone to stop by and check it out!

# Brunch of Champions



On a sunny Saturday in May, we enjoyed a delicious brunch at an Italian restaurant. Elegant goddess figurines, blooming flowers, and a gorgeous tiered water fountain set the scene for our outdoor dining experience. The food was fantastic, from the chicken and waffles, to the omelettes, to the hot cocoa and mimosas. We had good conversations on various topics, plans, and dreams. On the way home, we stopped at a pop-up plant sale where some wise ladies with green thumbs hooked us up with a bunch of pollinator plants and herbs. It was a wonderful, blessed day.

## **Upcoming Events**



Please join us on Friday, June 14th, for BBQ and live music! Contact me for further details.

Jump into June with joyful hearts! I hope many of you come out to Óðinshof at Midsummer and say hello!



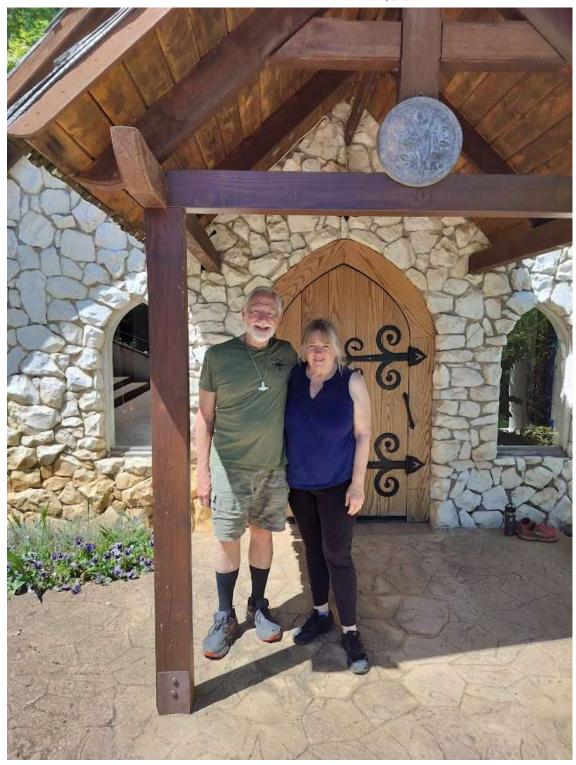
Folkbuilder Olivia Sutherland <u>osutherland@runestone.org</u>

Gold Country Adventure Moot



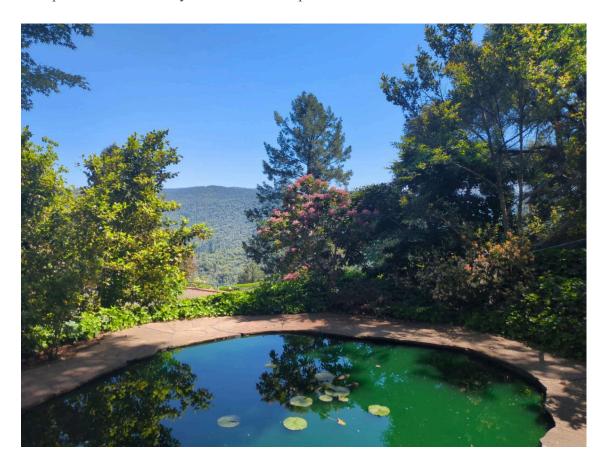
Nevada County is a popular destination for tourists. The back country with rivers that cascade out of the Sierras, to its quaint gold rush towns and cultural events make this a natural spot for AFA gatherings. For my Gold Country Adventure Moot, I chose three unusual locations that locals are largely unaware of.

As this was a last-minute idea, only four others were able to join us, but it proved to be a fine troupe of AFA members. We rendezvoused up on "the ridge" at a small market where the outdoor bulletin board said it well: "Yoga, massages, sitar lessons, organic farmers, and dreadlock artists." We weren't seeking the people, but more of "the place."



Our first stop was up the road a piece. Ananda Village started fifty years ago by dropouts for the San Francisco Bay Area, is a thriving yoga community in the traditions of Yogananda. It's a "peace, love, & good vibes" kind of place – but that also means they invite the public to come and enjoy their gardens and views. From the medieval-inspired chapel, we walked down paths lined with pansies of every color. Shiny green leaves surrounded us until we reached the bottom, where we had a stupendous view of the Yuba River canyon to the north. Our pace slowed as we ascended to the top, to the

wind chimes and reflecting pool. Where others take the time to meditate, we each filled our spirits with the beauty and calm of this place.



Completely opposite of the lovingly landscaped Ananda gardens is Cherokee Cemetery, hidden among oaks on a nearby hilltop. Old gravestones among the dying grasses prove that there was once a town with that name, but all that is left is this graveyard and an abandoned schoolhouse. Over the years, headstones have fallen. Others have been erected.



The one we came to visit says "Josef Turner" and is inscribed with the words "Do Right and Fear No One." The six of us each made a toast of mead to this man, a pioneer of early Ásatrú and the beloved brother-in-law of Stephen McNallen. Within fifty feet of his grave, there were six others with small American flags. We walked to each of these men, said their names, and poured mead onto their graves in our Memorial Day tribute to those who served. It felt uplifting to do so.

A three-generation family was also visiting a grave that day. As they finished setting out a few plants, they asked if we would take their family photo. Then, old Grandpa walked over to Josef's grave where he read aloud that six-word epitaph, saying he really liked it. Light conversation ensued with the passing-off of an AFA business card.



The last part of our trip was to visit Malakoff Diggings State Park, based in the "ghost town" of North Bloomfield, formerly called Humbug. That last ten miles brought us to the white bluffs and jagged cliffs of the diggings. This was a final stage of gold mining, which was eventually stopped by the first environmental law in the US. Huge hydraulic hose had blasted away mountains in order to reach the gold. Imagine the noise at its height.

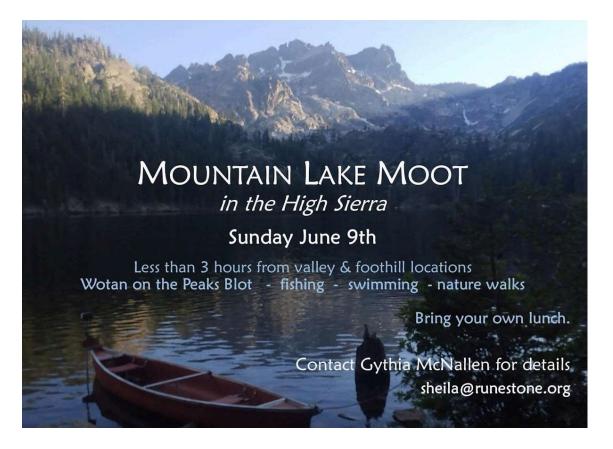


For us, there was barely a sound except wind and birds. A single park ranger greeted us in their main building when we walked in to pay our \$10 visitor's fee.



In the back of this building was their museum with belongings of the founding-families and a section for the Chinese coolies. There was no modern feel to this museum. It was old. It was dark, and it still carried the energy of the pioneer times. The whole town, with well-kept houses and assorted buildings felt like wagons and carriages should be rattling down the road, but it was mostly just us and a few families from 21st century America. Was it a time well spent? Indeed, I felt the day had filled me with memories and experiences that will go with me—to my grave.

#### **Upcoming Events**

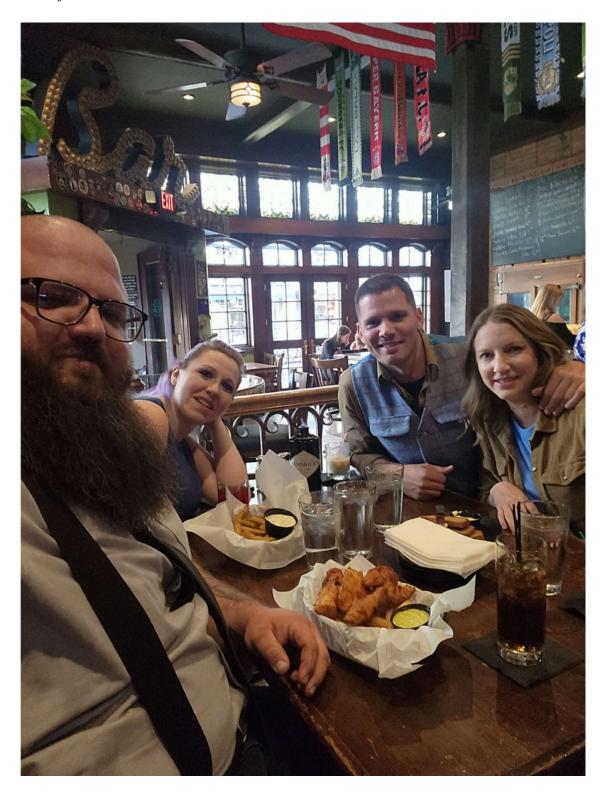




Gythia Sheila McNallen <a href="mailto:sheila@runestone.org">sheila@runestone.org</a>

### Idaho

## Hello from Southeast Idaho



Hey Everyone! I hope you all had a great month of May and were able to get out and spend some time with the Folk. Our May Day moot was probably one of my favorites that I've done so far. We ended up changing it from a BBQ at my house to dinner at an Irish pub that served some of the best food I've ever eaten. We then went to our town's "Second Chance Prom" and danced 'til we couldn't dance any more. This will definitely be a moot I do again next year, and it's one well worth the trip to Idaho Falls. Speaking of trips, I cannot wait to make the trip with my family to Óðinshof for Midsummer, and

I look forward to meeting all of you who make the trip as well. If you're still on the fence about going, I promise that it is well worth every second of however long it takes you to get there.

### **Upcoming Events**



On June 15th, we will be holding our Midsummer moot at my home. I'll be cooking up an amazing dinner that y'all don't want to miss. As always, my home is welcome to all who need to stay the night, so don't let a couple hours' drive stop you from coming out!



Kyle Reader
Apprentice Folkbuilder
<a href="mailto:kreader@runestone.org">kreader@runestone.org</a>

Additional Idaho Events



# Montana

May Brings Many Blessings



It was a busy month for Folk here in Western Montana, but especially for the Harlan Family. As I mentioned last month, by the time you were reading the May Runestone, we would have welcomed a new addition to our family. On May 1st, at 2:56 am, our fourth daughter, Wilhelmina, joined us here in Midgard. Her older sisters, Heidi, Ida Belle, and Lorelei were very excited. We are overjoyed!



On May 4th, the Lilla Ullevi Kindred gathered together in Helena to celebrate May Day, including the Valentine Family from far up North! The weather was cool, but not cold, and definitely felt like spring had finally showed up. Lots of great food and friendship!



On May 9th, we gathered again at the Harlan residence up on the Continental Divide for a Baby Naming Ceremony for Wilhelmina. Surrounded by members of our Kindred

and our friends, and witnessed by our Gods and her Ancestors, we formally named her and welcomed her into our family, our kindred, and the AFA. Hail Wilhelmina Harlan!



May 14th was the birthday of our Kindred member, Chad MacDonald. Happy Birthday, Chad! May 18th found us gathering together for an impromptu moot to enjoy some pizza and Frith with a couple of our members from up in the Flathead area. Tom and Wes were in town for an event, and we couldn't let them leave without saying hello, and spending some time together. A great time spent with great people!

My 41st birthday was celebrated here at home on May 22nd, so we fired up the grill and cooked up a couple of tomahawk steaks (fine dining at home!). We also got together at the Kreutzer residence on May 25th for a Rune study and BBQ and were surprised by a second birthday celebration. Thanks to my Kindred and friends for the warm wishes! It was a very busy month indeed.

#### **Upcoming Events**



On June 15th, please join the Lilla Ullevi Kindred for the Highland Games! Reach out for more details.



Folkbuilder Ryan Harlan <a href="mailto:rharlan@runestone.org">rharlan@runestone.org</a>

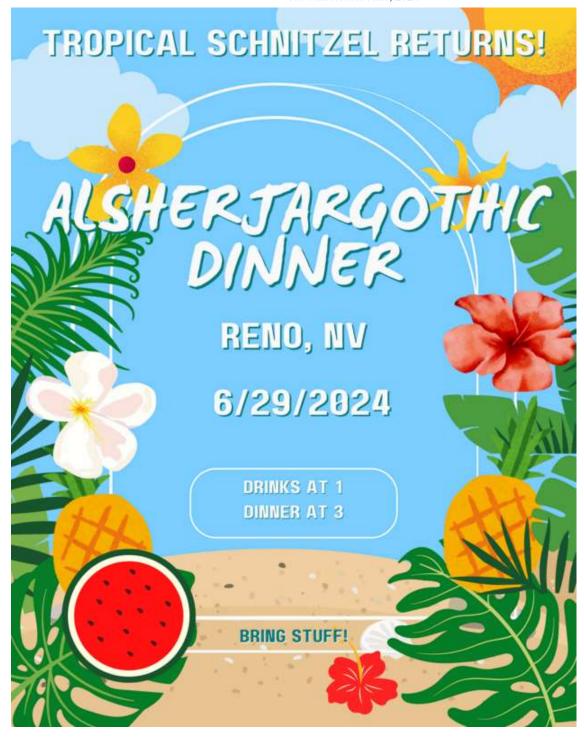
## Nevada

Tropical Schnitzel 2: Electric Boogaloo



Thank you to those who joined us for our monthly dinner, we had a great time and were joined by some folks that we don't get to see often enough. Please join us at our home in Reno on 6/29 for our Tropical themed Alsherjargothic Dinner featuring Tropical Schnitzel!

# **Upcoming Events**





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

# Washington



Hey Folk! Around the middle of May, our kindred hosted an axe-throwing moot at Jumping Jackalope Axe-Throwing in beautiful Couer D'Alene, Idaho. My experience with axe throwing thus far had been extremely limited; this was my third attempt at the sport in my entire life. However, as a traditional pastime of our Folk, going back centuries, it seemed befitting to evoke some of that genetic memory and actually get good at it. Unsurprisingly, it didn't take long to go from repeatedly smacking the broad side of the axe against the concrete to hitting the wood every single throw.

When we showed up, the establishment was essentially empty save the gentleman working there. It was odd for a Saturday night, not that any of us complained. The place possesses a dimly-lit ambiance, halfway reminiscent of a brewery which I'm personally a big fan of, though the aforementioned sole employee informed our party, with not a little regret in his voice, that this business was only licensed to serve soft drinks these days. I noticed he was wearing a Mjolnir pendant, so I immediately struck up a conversation about Ásatrú that lasted the two-hour duration of our time there. Concurrent with axes being thrown, of course. The act of throwing the axe, walking fifteen feet to retrieve it from the pallet wood target, then returning to the line to throw it again became a rote backdrop for the good talk we were all having. I ended up telling

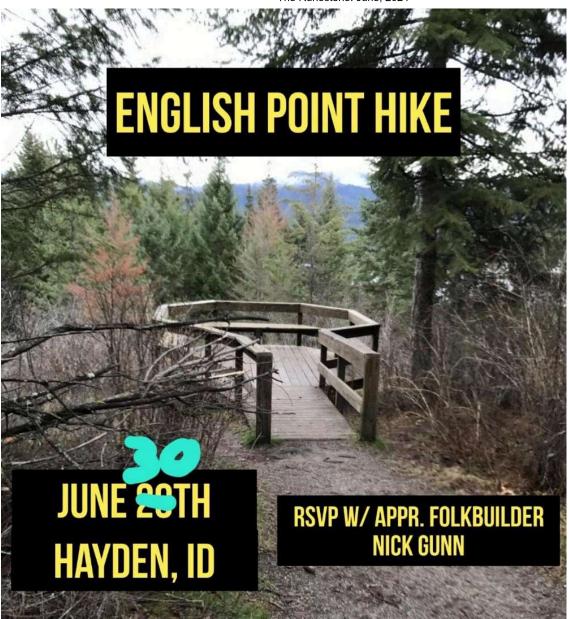
the guy all about the AFA and handing off my Folkbuilder email. Here's hoping him and his wife decide to join up!

All in all, a good time was had by everyone. The likelihood of this becoming a regular moot location for our kindred is fairly high.

## **Upcoming Events**



On June 15th, we will have an informal dinner moot at my place.



On June 30th, I'm hosting a hike out by Hayden Lake.

In July, we've got a camping trip in the works in Montana, so stay tuned!

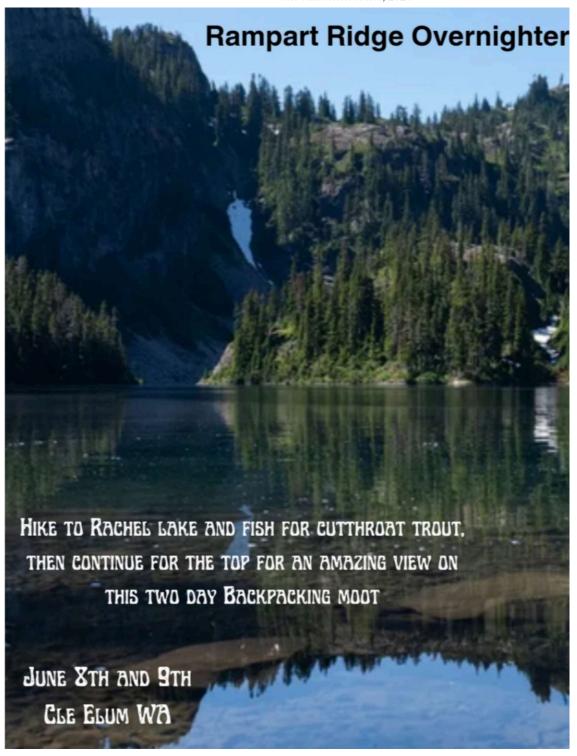
Hope to see you there!

Hail the Folk!

Nick Gunn
Apprentice Folkbuilder
ngunn@runestone.org



Upcoming Cascade Mountain Hike



Coming up in June, I'll be leading a hike up one of my favorite mountains in the Cascade Range. The hike starts out with mild inclines through the forest for a couple miles before turning and going up the mountain. It's 5 miles in to the prime camping spots next to Rachel Lake where we'll stay for the night. After that, we'll have the option to stay at the lake and fish, hike to the Rampart Lakes, another 3 miles in, or climb to the ridge for an amazing view.



There are a few things that you'll have to be prepared for before coming on the hike. You'll need to bring food, a tent or hammock, a warm jacket or wind breaker, and the 10 essentials with you. The 10 essentials and the key items in each category are as follows;

- 1. Navigation- a map and compass or a GPS, a notepad and pen or pencil.
- 2. Sun protection- hats, sunglasses, breathable long sleeved/legged clothing, and sunscreen.
- 3. Insulation- warm clothes, wind breaker, gloves and a hat, extra socks (generally 2-3 pairs per day).
- 4. Illumination- a flashlight, lantern, headlamp, glow stick or flares, and extra batteries.
- 5. First Aid Supplies- bandage tape, bandage wrap, gauze pads, alcohol swabs, ointments or salves, trauma shears etc. You can bring more advanced equipment according to your training and knowledge, but you should do fine with these 6 items.
- 6. Fire- matches, lighter, fire starters, flint and steel, and a stove with fuel if needed for cooking.
- 7. Tools- a knife, machete, hand saw, axe, duct tape, multi tool with pliers, can opener, along with any trip-specific tools.
- 8. Nutrition- all of your food for the time spent away from your vehicle plus one day. Ideally the food you bring has little to no cooking requirements and are nutrient dense to reduce the space taken up by your food. Also a stove, fuel, and a pot, if needed to cook your meals.

- 9. Hydration- water bottles (filled beforehand) and either a filter or purification tablets, though you can purify water by boiling it as well. Keep in mind that if you're rehydrating food, you'll need to be able to purify water for that as well as your drinking water.
- 10. Shelter- a tent or hammock, with tarps, rain gear, a sleeping bag and additional blankets for low temperatures.

Keep in mind, you don't need every item in every category. If you are staying on well maintained trails and can't or don't need to build a semi-permanent shelter, you probably won't need a saw, axe or machete. Most of the items I listed are items I bring every time I go hiking, even if I have some redundancies.



Another important part of backpacking is planning. Checking weather forecasts, expected rainfall and temperatures, avalanche warnings, and tide and flood charts are just a few of the many things you may have to plan for. I will be monitoring these things this time so others won't have to.

You also need to be aware of wildlife. This hike starts in the Wenatchee National Forest and will take us into the Alpine Wilderness on Rampart Ridge, just southeast of Hilbox Mountain. I have personally seen cougars on several occasions and I saw a bear once. All of these encounters were from afar, but you need to be prepared for them.

I recommend learning how to use bear spray and keeping a can with you on the hike. Most bears and cougars are far less interested in you than you are in them. As long as you aren't sneaking through the woods, they'll see, smell, and hear you first and will keep their distance. This trail is regularly hiked and a fairly popular spot, so the wildlife tends to stay a mile or more away from where we'll be venturing.



The hike will be on the 8th and 9th of June. If you can't make it this time, don't worry; we'll be going again in July on the 20th and 21st.

If you're interested in going on the hike, or backpacking in general, please reach out!

Aaron Simbeck
Apprentice Folkbuilder
asimbeck@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 <u>volunteer@runestone.org</u> to help us make a difference in our world.

# 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 depression or PTSD? Is your baby having a hard time with teething? Please reach out to us about these important concerns!

Once a month, women of the AFA 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, please 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 <u>EirsBlessings@runestone.org</u>

# **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 <a href="mailto:photos@runestone.org">photos@runestone.org</a>. The larger the resolution the better, so please email them from the device where the photo was taken.

# **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 <u>folkservices@runestone.org</u>.

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

Thanks in advance!

# **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 <a href="https://www.doyourownwill.com/">https://www.doyourownwill.com/</a>.

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 <a href="mailto:aturnage@runestone.org">aturnage@runestone.org</a>



 $\begin{tabular}{ll} $Copyright © *2024* A satru Folk Assembly, All rights reserved. \\ \hline unsubscribe from this list & update subscription preferences \\ \hline \end{tabular}$ 

