

The Runestone: Voice of the Asatru Folk Assembly




**Njörðshof**  
**Fourth Hof of the Asatru Folk Assembly**

<http://www.njordshof.org/>

March 2024

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# Words from the Alsherjargothi



Thank you to the amazing Folk at Njörðshof! Charming of the Plow was a wonderful event and I am certain you all will read more about it in this issue.

Ostara is coming up this month and I hope to see each and every one of you there... better yet bring friends and family!

Spring is here and life will soon be in bloom all around us! Now is the time to get active. We are the folk who build. One of the hallmarks of the AFA is that we are

building the future we want, every day, and through hard work. This is a call to everyone reading this to go out, get involved, and build our AFA! I encourage you all, go to the nearest moot, even if it is a little bit of a drive, make the effort and see the results. Go to your district hof and worship our Gods there, in their temples. The Hof's are a great distance from many of you but actively attending and supporting them is exactly what will make a hof happen closer to you. We all have friends and family who should be part of our AFA Family.... have you invited them to join us? If there are not moots near you and you want more activity in your area, are you willing to host something? Better yet, are you interested in becoming an apprentice Folkbuilder and making this that we all love to succeed at a higher level?

What future do you want?

What are you willing to do to BUILD that future?

If you are interested in Folkbuilding, please contact Folkbuilder Coordinator, Gothi Nathan Erlandson [nerlandson@runestone.org](mailto:nerlandson@runestone.org)

Let's build our dreams together... for our Folk, for our Gods, for our children!



Matthew D. Flavel  
Alsherjargothi, Asatru Folk Assembly  
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## Words from our Gothar

*Embracing the Fight*



Witan Young recently wrote a great article, "Rejecting the Black Pill." I highly recommend reading it if you have not already. In case you haven't read it, I'll give a brief summary.

The world our ancestors knew has been twisted and corrupted, but we are still standing.

Our ancestors live here through us, and our noble Gods see our good deeds. Not all is lost, but spending all of your time wallowing in doom and gloom will certainly push your mind, body, and spirit to feel the effects of that negativity. Our world is not a fairytale, but it is OUR world, and it is beautiful. Our Folk can still be industrious, and courageous, and strong, and free.



Witan Young's message is not that life is perfect and that we should completely close ourselves off from reality, but rather that we should go gladly into this reality and use our will to shape it in a way that will provide for our Folk and honor our Gods.

As expected from any Goði or Gythia of the Asatru Folk Assembly, Witan Young's words convey one of the most important messages found in the Havamal:

"The noble man is thoughtful, silent and bold in battle. But every man should be cheerful and happy until the day of his death." — Stanza 15

We absolutely should be aware of the various dangers and issues of our world, and we should be ever-ready to stand against chaos when it threatens our Gods and our Folk. We should train to be strong, we should practice courage, we should teach our children to be steadfast in every endeavor.

All of that being said, we do ourselves a profound disservice when we live this life by ourselves in an echo chamber of negativity. There are "battles" to be fought, yes, but there is no reason to fight them sad and alone.



To borrow from Witan Young again, our Folk have a community to be a part of, with four Hof's and another 70 acres of land. There has never been a better time to be Asatru in the last thousand years, as the AFA is making unprecedented strides in building a world for ourselves and our descendants. We should be rejoicing at the realization of this, no matter the state of the outside world.

Let's take stock- of our blessings, our victories, our strength as a united Folk- and go forth gladly into this world. We will continue to bring glory to our Gods, with smiles on our faces and courage in our hearts.

Hail the AFA!

Gothi Trent East

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### *From Preparation into Action*



If you were at Charming of the Plow at Njörðshof, then you heard me say during the Freyr Blot that now was the time of the year to prepare for what lies ahead. I reminded you all that preparation is the hallmark of success, and that laying the proper foundation for Victory is stacking the deck in your favor. So now what?

Now, we're moving into the time of the year where the rubber meets the road, when we have to begin implementing those plans and putting in the work in order to reap the success and glory that we are honor-bound to always seek. As Aryan men and women, that internal drive to work our will on this 'middle enclosure' is strong and when honed and aimed properly it is unstoppable. So how do we do that?

As always, when confronted with such a question, my first thought is "what did my

ancestors do?" They did all the things that I implored all of you to do at Charming of the Plow: they devised a plan, they gathered all they needed to carry out the plan, and then they worked the plan. They also turned to their folk when there were setbacks, when the plan seemed in danger of failing, or when it was plainly obvious that they needed help. How can we be more like them?



We can best emulate our ancestors by looking back on their best practices and incorporating them into our own daily lives. Best practices like discipline, consistency, and courage. The best among them never sat around and waited for the world to come to them or for things to be handed to them, they put in the work and reaped the reward. They didn't wait for a Golden Age to come along due to someone else's toil and struggle, just so they could set back and enjoy the fruits of another's labor, and neither should we. So how do we do all of this?

It takes courage to get off the couch, to commit to making yourself better. It takes discipline to do the right thing or the thing that needs to be done, which if done often enough, becomes consistency. As Witan Young reminds us, we are on the precipice of our Golden Age, and it will take all of us being courageous, disciplined and consistent to usher it in. WE are in control of this, no one else.

So, as we move from the time of preparation for the year into the time of action, let us all look towards the dawning of our Golden Age. Let us all rise to the occasion, whatever that may be in our lives, just as Ostara, Goddess of the Dawn, raises her warming light upon the world every Spring. Let us all have the courage to return fully

to the Folk, the discipline to do the work necessary no matter what obstacles may come, and the consistency needed for each of us to do our part for our future.

Hail Ostara!

Hail Victory!

Hail the AFA!



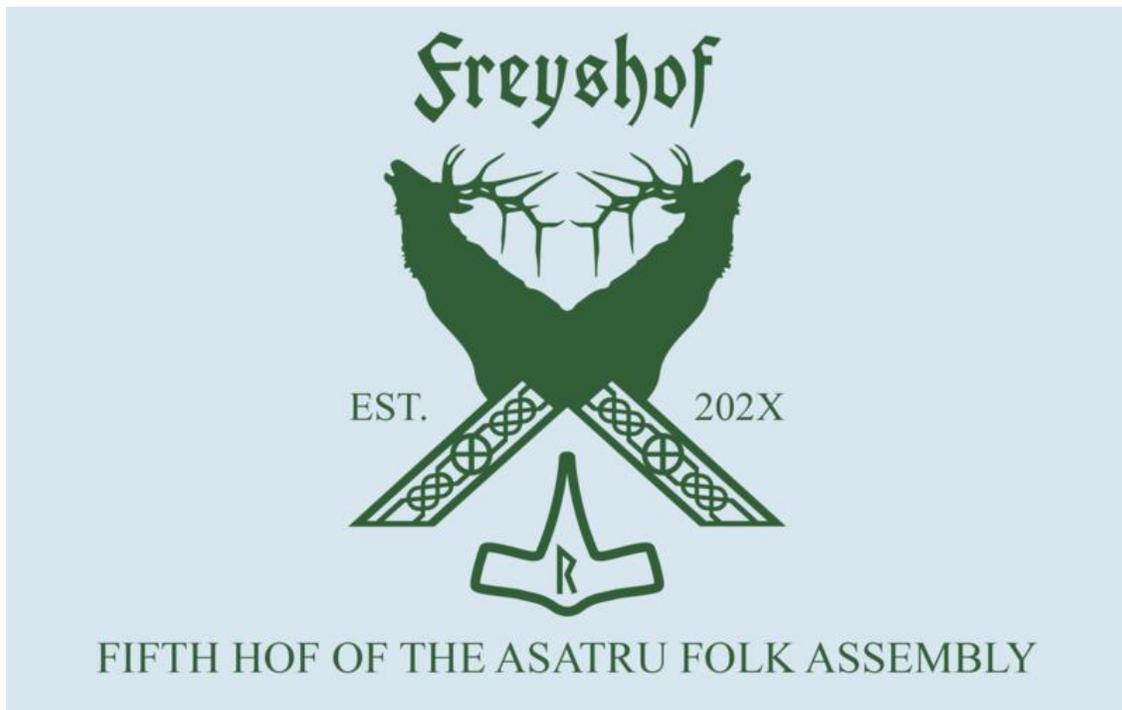
Gothi Bodi Mayo

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## The Quest for Freyshof

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

– Gylfaginning



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

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 \$92,935.77 on our remaining loan.
2. We need to raise our monthly donation average by 14.48%.
  - 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  
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## Sigrheim: Home of Victory

### *Hard Work Pays Off*



February marked Charming of the Plow and a month to get some work done. We didn't have any land needing plowed, but what we did have was a shed needing built. Over the last year, we've acquired a number of tools, supplies, and the like to aid the work at Sigrheim, and it was time a couple weren't enough to keep everything tidy. I went and bought us a shed for the AFA to use while we need it, and we set to work putting it together.



Here's a tip: don't schedule things around the completion timeline listed on the instructions. It took us about 3x that amount, but with a perseverance and a few weekends of work, we got it up, and we got the supplies moved in out of the weather. It's a tiny thing, but it's cute, and it'll serve its job.

Come on out and see us for Ostara. It's gonna be good.

*Support the Home of Victory*



Help Sigrheim get stocked  
and ready for our Folk!

Donate Supplies  
from our  
wishlist ✨  
**amazon**

Thank You!

[CLICK HERE](#)

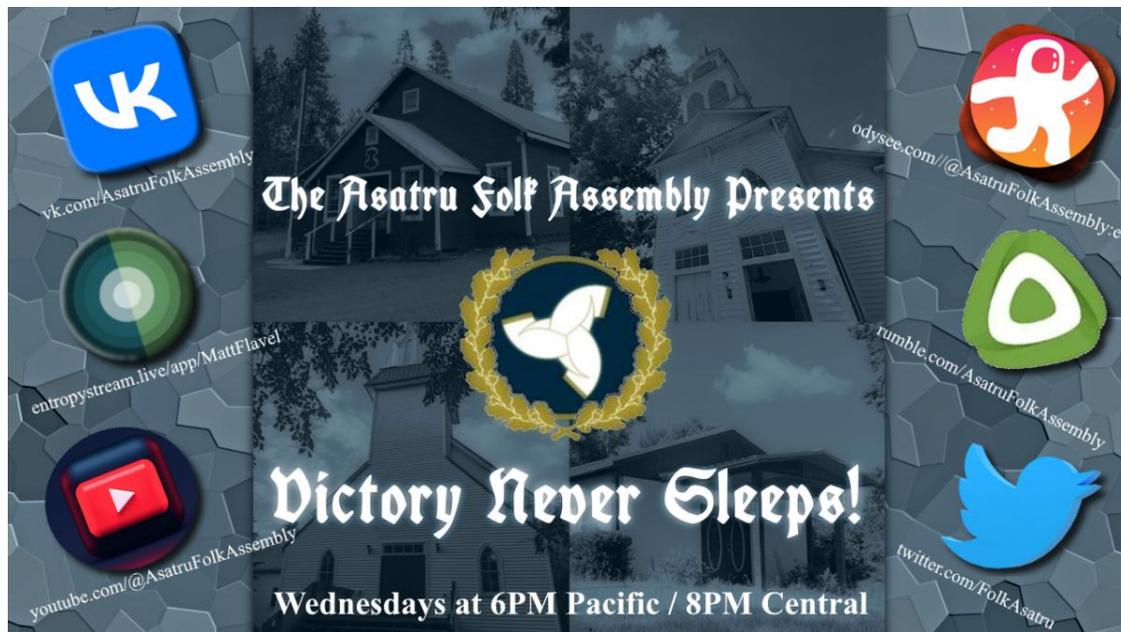
*A Folksiving Dedicated to Victory*



Folkbuilder Nicholas Rice

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## Victory Never Sleeps



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

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

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

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

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

Matthew D. Flavel

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# AFA Asatru Academy



For More Info: [Welcome | Asatru Academy](#)

## Entering Spring with the Asatru Academy



Our AFA Asatru Academy is humming right along and looking forward to the spring season! Currently we have 33 students attending our academy, and we look forward to adding even more students as we prepare to offer K-6th grade this fall. When we began

the academy last year, we made a commitment that we would always have the next grade ready, so we could follow our students as they progress and they would always have the next grade level ready for them. I'm very proud that the Academy staff has worked very hard to not just meet this commitment, but far exceed it. For the next school year, we will have kindergarten through 6th grade ready for students! We are very proud of all our students and families, and we are very proud of all your successes! We celebrate victory together!

*The AFA Academy is so Much More Than Just Story Times*

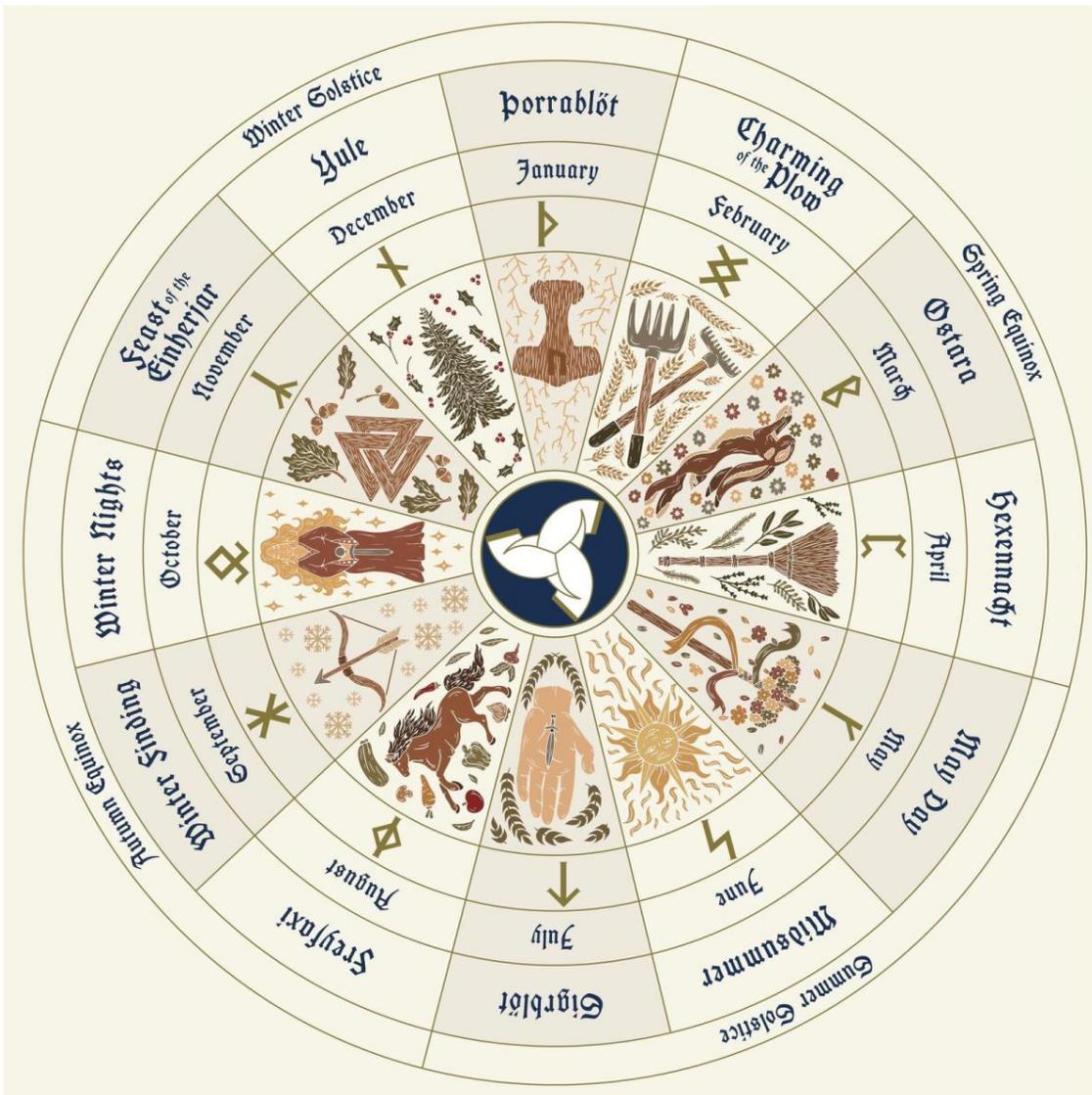


Many of our parents and students enjoy our story times and recorded lore lessons, etc. and you should! They are a wonderful part of our program. But I really want to bring your attention to the rest of our program. We provide everything you need to successfully home school. We chose as our academic anchor a tried-and-true method and material called Waldorf. Normally Waldorf material would cost you hundreds of dollars, it is free to our students in our program. Waldorf is a traditional schooling program, developmentally based, and has been around a long time. Many cities even have regular private Waldorf schools. You really should be taking advantage of this exceptional service we offer to our students, at no cost. All our Waldorf material is accessible to you by logging into quick schools. We really hope you'll take advantage of our full program. And please join us on our parents' and students' meetings that happen twice a month! We often have guest readers, and story tellers, as well as academy staff to answer questions. and the kids get to interact with each other. We hope to see you!



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## Remembrance & Holy Days



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

2024

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

# March



Asatru Holidays - March 2024 - Olvir of Egg | Ostara

## Day of Remembrance

*Olvir of Egg | March 9th*



Sometime between 1020 and 1021 CE, the Christianization of Pagan Europe was well underway. King Olaf II was ensconced on the throne of Norway. Much of the country had been baptized under threat of torture and death. Such things, however, were not enough to deter the faithful, and eventually, word reached the ears of King Olaf II of gatherings in and around Trondheim of a very pagan nature.

Olvir of Egg, a leader and a Gothi of his people, was elected by his people to speak to the King on their behalf and to defend their religious activities. An intelligent man, Olvir was called before the King on two separate occasions to defend the stories of Pagan festivals and feasts. On both occasions, Olvir of Egg humbly described not Pagan gatherings, but communal gatherings, in which neighbors drank and feasted as friends.

Both times Olvir left behind an unconvinced King and when spies told him a third time of an Eostre festival being arranged for the people, Olaf decided that he had heard enough. Five ships and over three hundred men were gathered and set out to ambush Olvir and the men and women who worshipped with him. Arriving under the cover of darkness, Olaf's men ambushed Olvir and his pagan community. Olvir was killed and many of his people were tortured, mutilated, or killed. Once a great stronghold of the Pagan faith, Trondheim had been taken.

And what can we learn from this story?

Many of these stories are not happy stories. On the surface, they are stories of death and defeat, but we have to look past the surface of all of these stories. Here, with Olvir, we see a man who loved his Gods and, despite all of the pressures of his ancient world, did his best to worship them. Not only did he do his best for himself, but he also did the best he could for his people. In the face of adversity, Olvir did his best to provide and protect his people from the angry, outside force that was the King.

Our world is not the same world that Olvir lived in. We have the right to choose our faith, but there will always be obstacles. In these times, when our native faith is still so small, and our heritage is being challenged by the multicultural whirlwind, remember Olvir. Provide a safe place for your folk to be away from the harm of the "societal norm". Remember that sometimes smart words are required instead of rash ones.

Be there for your folk. Provide for your folk.

The Gods and the Ancestors are watching.



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## Holiday

*Ostara | March 19 (Observed March 16)*



Hail Ostara, conquering Goddess of the Dawn, radiant Lady of Spring! You ride boldly out of the east, conquering all before you! May your light chase away the darkness! May your warmth banish the cold!

Ostara is the celebration marking the beginning of Spring. The cold, dreary days of winter are finally coming to an end. The sun is warming the frozen soil. Life is once stirring from the depths. Ostara is a celebration in every way. Our ancestors celebrated life and the survival of another long winter. They celebrated the birth of lambs, calves, and horses. They celebrated the blossoming fertility of the world around them.

In today's fast and hectic world now is a good time to stop and take a deep breath. Let the sun warm your face and take the time to thank the Gods and the Ancestors for seeing you through another cold winter. Shake off the influences of the winter blues. Now is the time to get your hands dirty.

The small plot of the garden that you planned for during the Charming of the Plow is almost ready for planting. Keep that soil turned and soft. Keep fertilizing it. It is too cold to plant seeds directly into the ground, but this is a good time to begin your seeds inside. Plant them and keep them warm. Set yourself up for success. If you are not working on a garden, then you should be moving from the planning stages of your

Charming of the Plow project into the beginning of the active stages. The winter months are stationary by nature, but winter is over. Now it is time to leave the introspection in favor of action. With industriousness, we can change the world. Start small and move always onward.



Gythia Catie Erickson  
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## Upcoming National Event

*Ostara at Þórshof | March 22nd - 24th*



It's that time again! Pretty soon, the grass in Dixie will awaken from its slumber, bees will be buzzing, flowers will begin to bud again. Our national event at Þórshof, Ostara. Folks are coming from all over the country to celebrate the Dawn, the Spring. Ostara

has been among my favorite events since I joined AFA in 2018. Join us to worship, to fellowship, to give birth to the community and to the Gods and Folk.

We will have VIPs such as Alsherjargothi Matthew Flavel, and the AFA Witan, along with Gothar from all over the country! Expect Blót, Sumbl, games, and talks on various Asatru subjects.

# Ostara at Þórshof



Ostara at Þórshof, an Asatru Folk Assembly national event, is scheduled for March 22 - 24 at our very own Þórshof in Linden, North Carolina! [Click here for Tickets](#)

Registration is already underway, please make sure to include children's tickets (even though they are free) so we can have an accurate headcount to plan meals.

Also, if you have items for our auction, whether it's handmade Asatru items, or homemade jam, whatever you wish to donate, it's greatly appreciated.

# Þorshof Shirts Available at Ostara



**Hoodies \$45**



**Event Tees \$25**



**Hof Tees \$15**

We'll have a merch table at Ostara featuring flags, pins, books, and more. We'll have some awesome event shirts up for sale, as well as last year's Hof shirts (at a discount) and Þorshof hoodies.

Contact your local Folkbuilder for details.

Get your tickets [HERE](#)



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

## Charming of the Plow 2024



Charming of the Plow at Njörðshof 2024

## Gothar Spotlight

*Gothi Nathan Erlandson | Minnesota*



AFA Folkbuilder Coordinator  
Gothar Class of 2023  
Ordained August 19, 2023  
Mentored by Witan Daniel Young

Nathan Erlandson is a powerhouse of a man. A force of nature. It has been my pleasure getting to know him over the past few years. I was first introduced to Nathan at Winter Nights 2020, at the insistence of Witan Brandy Callahan. I had just been ordained, and he had just started his own journey into the Gothar Program. He and I hit it off immediately.

It wasn't long after that Gythia Catie Erickson asked if I would mentor him in the

Program, to which I said yes. We started off a little rough, but over the following months we began to crack the ice, so to speak. Once we had broken through a few barriers, Nathan began to open up, and for that, I am grateful. Along the way he and I became friends. I am glad to say that he is one of my closest friends. He learned quickly, and what was most enjoyable was that I got to learn from him as well.

Nathan is a leader. He was almost born with it. What separates Nathan is that he leads from the front. Not one to shy away from work, he is often the first one to volunteer and put in the dirty work. From major repairs at Baldrshof, to cutting lawn, to preparing for and planning events at the Hof.

Nathan felt the calling to the Aesir in 2013 and committed to it 2017. Despite being raised Catholic, Nathan had always felt a calling to something more. He served in the US Army from 1998 to 2005, first as a firefighter than as an infantryman. This tells you a lot about what motivates him in life. His willingness to put himself out front to protect and guide those he holds dear.



Nathan joined the Asatru Folk Assembly in 2020, while he was searching for a community to further his own practice, and like most of us, to find fellowship with like-minded Folk. Nearly immediately, he volunteered to Folkbuild for the AFA. At Odinshof in June of 2021, Nathan took his Folkbuilder Oath at Midsummer, and was immediately accepted in the Gothar Program.

At his ordination at Baldrshof during Freyfaxi, Nathan took his Gothar Oath before performing the Freyfaxi Blot. I was unable to be there, but thanks to Witan Brandy I got to see it all through video call. Nathan is also responsible for hosting the AFA's annual

Feast of the Einherjar, which he has for the past 3 years.

Recently, he was named the Folkbuilder Coordinator for the AFA. When the idea of naming a coordinator came up, Nathan's name was the only one that came up. We have many amazing Folkbuilders in the AFA, however Nathan was the clear choice. The AFA is better with Nathan in it.



“Gothi Erlandson has been a driving force in Baldrshof District and in the Asatru Folk Assembly. His passion, diligence, and steadfastness are an anchor for his friends, his family, his Folk, and his Church. Thank you, Nathan for all you do to protect and support the people and Folk that you love.”

– Witan Brandy Callahan

“Gothi Nathan Erlandson is a great example of many of our Asatru Virtues. He’s certainly hard-working and industrious, forthright and perseverant. He’s the embodiment of self-reliance—and quite literally such, he was the selected by his peers to be the chosen guest on Victory Never Sleeps on the episode all about it. Gothi

Erlandson is a catalyst for right action and forward progress, helping to lead the AFA's team of Folkbuilders. He's a strong man, a proud man, and I'm proud to be able to work with him daily."

– Folkbuilder Nick Rice

"Goði Erlandsson has always been an inspirational person to me, the conduct of his character and strength of his resolve is absolutely something to aspire to. His dedication and steadfast commitment to the AFA is truly remarkable, and the faith he displays in the Aesir marks him as a true leader. The example he sets at Baldrshof makes all of our leadership team very proud to meet the high standards of excellence that he has set for us. Not only is he a great leader, he is also someone who cares deeply about our folk, providing exceptional counsel and advice for those in need. He is organized, coordinated and extremely professional and exemplary Goði."

– Folkbuilder Stian Penner

"Goði Nate Erlandson is someone who steps into a position 110%, and I can say this because I have personally witnessed it on multiple occasions- helping revive Baldrshof, Folkbuilding, becoming a Goði, being the Folkbuilder Coordinator- just to name a few. As a former US Army Infantryman, he chases his goals with the spirit of a warrior and a dogged determination that reminds us how our Folk shaped the world so many times in our history."

– Gothi Trent East



Witan Daniel Young  
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## Folkbuilder Spotlight

*Folkbuilder Heather Young | South Carolina*



For those of you that don't know Heather Young, she is a shining beacon for our Folk. She is who one thinks of when someone says Folkbuilder or Frithweaver for our Church. Heather is directly involved with the management of Thorshof which includes the beautification project, National Event planning and execution for Ostara, she works seamlessly across the AFA as a whole bringing our Folk community, local community work such as a food pantry, coat drives, and toy drives. As if her days weren't filled already, Heather is also studying to become a Gythia for the Church.

"Folkbuilder Young is an outstanding example of a Frithweaver. She spends countless hours reaching out to our folk to help them with their needs, large and small. She is an

outstanding Folkbuilder, amazing woman, and one of my dearest friends. Thank you, Heather for all you do!”

– Witan Brandy Callahan

“Heather is one of the most caring and industrious people I know, both traits that certainly make her an awesome Folkbuilder. She is hard-working, always willing to lend a helping hand, and more than happy to lend an ear as well. She works very hard in a variety of areas with the Church, acting to maintain Thorshof and its leadership.”

– Folkbuilder Nick Rice

“Working with Folkbuilder Heather Young is always a joy. She attacks any problem thrown at her head-on and with a smile. The passion she has for our Church and the love she has for our folk shines through in every interaction. Whether she is spearheading the food pantry, serving meals to our folk, or weaving frith amongst our membership, no task is too great or too small. Her grace and piety bring a light that we couldn’t do without. She is a role model for our women and our Folkbuilders.”

– Folkbuilder Tyler Bethea

“Heather Young exemplifies the ideal Folkbuilder, demonstrating unwavering dedication and commitment to both the folk and her spiritual beliefs in the Gods. She always works to ensure that everyone enjoys themselves, and she spares no effort in supporting the folk in any way she can, from planning events and cooking meals, to outreach amongst AFA members around the country. Heather’s genuine kindness and compassion shine through in every interaction, making her one of the most pleasant individuals I’ve had the pleasure of knowing.”

– Folkbuilder Robert Shotwell

As the above folks have stated, Heather Young is one of the most prized members of AFA leadership. She exemplifies everything it means to be a leader of our Folk and is without question the tip of the spear for our members. Thank you, Heather, for all that you do for the Gods, The Church, and our Folk.

Hail Folkbuilder Heather Young!

Gothi Nathan Erlandson  
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## Be a Doer



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

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

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

## Baby Blanket Project

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

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

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

know so we can get a blanket to you. If you would like to contribute, either financially or by volunteering as a baby blanket crafter, let your Folkbuilder know about that as well, so he can get you in touch with the right people. It's so rewarding to see your handicraft being loved by our little heathens!

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



## Folk Services



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

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

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

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

Thanks in advance!

## Photo Donations

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



If you are willing to donate some hi-res photos for use in promotions such as the AFA Calendar, the AFA website, our publications, and more please email them to the AFA at [photos@runestone.org](mailto:photos@runestone.org). The larger the resolution the better, so please email them from the device where the photo was taken.

## Eir's Blessings



Everybody needs a little extra help sometimes. Women, being the frithy creatures that we are, are uniquely suited to the task of manipulating energy for the purpose of healing. Magic, you could say.

Do you have a health concern and need a little extra energy? Are you battling with a mental illness like depression or PTSD? Is your baby having a hard time with teething? If you've answered yes at all, reach out to us. Once a month women of the AFA will get together to perform healing rituals all across the globe. If you would like to be included, please send a message to let us know!

At the same time, Women of the AFA! If you are interested in helping to create a frithful, healing magic, let us know! It's easy, but it makes a huge difference to those in

our community who need our help!

You can reach us at [EirsBlessings@runestone.org](mailto:EirsBlessings@runestone.org)

## Last Will and Testament

Recently, several members of our AFA family have passed beyond the veil. One was an old man in ill health, two were young men in the prime of life... all died with no legal will on record. Sadly, in two of these cases, our dead AFA members did not have their wishes respected regarding their funerals nor the final resting places of their remains.



We never know when tragedy will strike. We have a responsibility to our loved ones, we have a responsibility to our own legacies, to plan for our passing, and to make our wishes known. Planning for and contemplating our death is uncomfortable. Hopefully, we all have plenty of time for that down the road, but we can't count on that. Maybe we worry about expenses or hiring a lawyer. We all have excuses to put things off until later, unfortunately, sometimes the clock runs out before "later" happens.

We have found an amazing resource for our U.S. members to make legally binding wills in minutes online for **free**. This site also has resources to make Advanced Medical Directives and Powers of Attorney. It takes only **minutes** at <https://www.doyourownwill.com/>.

Please make your will **today**.

The AFA would like to collect signed original copies of wills for all our members and store them. We want to ensure that when members of our AFA family die, their wishes are honored. Please send these to:

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317



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

## AFA Prison Ministry



The importance of this AFA Prison Ministry is so much more than just for those who are actually incarcerated, it benefits not only them as followers of Asatru but their families and loved ones on the outside as they will see the noticeable change in their demeanor and demand that our faith commands for them to lead a noble life. We all are future ancestors and will help them be examples of our faith and not be a burden or a product of recidivism.

We are compiling letters from prisoners that are Educational, Empowering, and Encouraging along with special spiritual writings from our Gothar to create a quarterly newsletter to be distributed to inmates, institutions, and jails. Our mission is not about providing free books or literature to bored prisoners who simply want free stuff. We intend on making real-world change for the better of our folk.

""No packed rooms in the prisons; in each institution I have only a few people; occasionally about a dozen, but 5-6 is more common. I certainly do not want the Fellowship to be a club for cons, or ex-cons; the advantage is that when in prison the inmates have time to discuss and digest what they read, a point that often is lost to people on the outside in the hubbub of daily concerns" - Else Christensen

By the example of our Folkmother, Else Christensen, we will also be going into prisons as we are able to. Some of our Gothar and other leadership, will be going into the prisons to hold study groups, lead blot, and encourage continued growth in the folk inside.

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



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

**Artisans of the AFA  
Support Our Folk**

**GOTHIC RUNES**



**FRITZ MAES**

## GOTHIC RUNES

Energy Elements Ethnicity

Fritz Maes

Final Revised Glorious Edition 03 March 2024

"Fritz Maes' latest book, Gothic Runes, is a precious jewel. In a genre saturated with every other kind of runes - Younger, Elder, Anglo-Saxon, Frisian, whatever - it is a delight to find a competent volume on the runic lore of the much-neglected Goths.

Maes' book breaks new ground, and is illuminated by his knowledge of, and passion for, the mythic and somewhat mysterious Goths. Already known for his works on medieval German weaponry and fighting traditions, he applies a scholar's mind with a refreshing passion to breathe life into the runic tradition of the Goths. Well done!"

— Stephen McNallen

Please consider purchasing your copy of my book from Lulu:

<https://www.lulu.com/shop/fritz-maes/gothic-runes/ebook/product-yv7vgyw.html>

BTW: Anyone who has previously bought my book may email me to verify that and request free copy of latest edition + FM

[fritzmaes@yandex.com](mailto:fritzmaes@yandex.com)

\*\*\*\*\*

Best Regards,

Fritz

**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 you are 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 simple, 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 [cookbook@runestone.org](mailto:cookbook@runestone.org) with details of when and where it was served (Hof/moot).



Folkbuilder Mike Joyner  
[mjoyner@runestone.org](mailto:mjoyner@runestone.org)

## Ancestral Food and Culture

*German Sweet Milk Rolls*



### Ingredients

- \* 450 g all-purpose flour (use weight, not cups for accuracy)
- \* 250 ml milk, lukewarm
- \* 1 pouch dry yeast (7 g or 0.25 oz)
- \* 2 Tbsp vanilla sugar <<https://amzn.to/3PGIAZ6>>
- \* 2 Tbsp sugar
- \* 1 Tbsp honey
- \* 1 egg

- \* ½ tsp salt
- \* ½ stick butter, cut in slices (=56g) at room temperature



#### Instructions

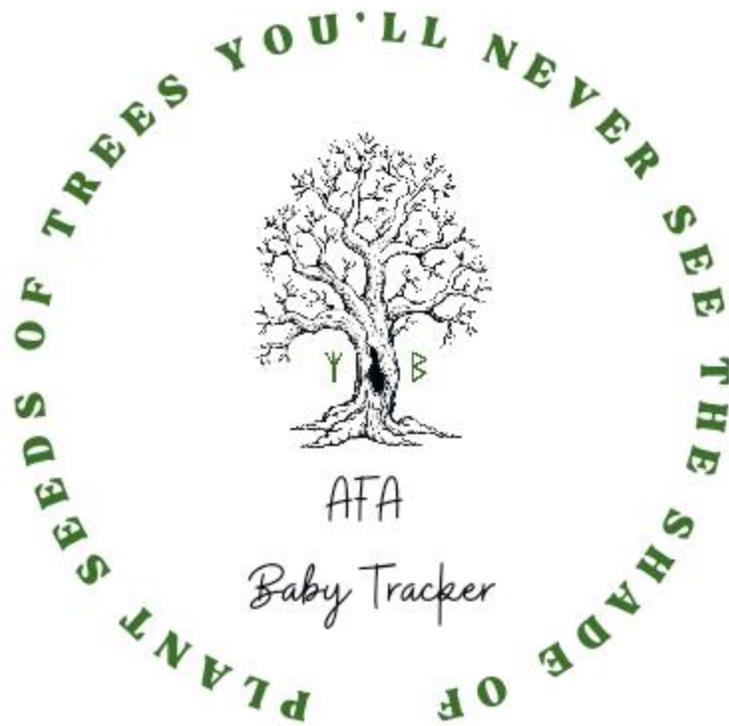
- \* Use some of the warm milk to dilute the yeast in a small bowl.
- \* Add the flour to a large mixing bowl.
- \* Add the yeast milk mix to the flour, cover and let stand for 10 minutes.

- \* After 10 minutes add the sugar, vanilla sugar, honey, salt and the egg.
- \* Give it a quick mix until the ingredients are mixed well, then add the butter.
- \* Mix the dough for 10 minutes.
- \* After 10 minutes mixing, cover the bowl with a damp towel and let the dough proof for 2 hours.
- \* After 2 hours the dough should be significant larger.
- \* Give it a quick knead and if you have time, let it rest for a few minutes.
- \* Preheat the oven to 350°F.
- \* Divide the dough into 9 parts of equal size.
- \* Each dough part gets shaped into a sphere by moving it with a hollow hand in a circle on the table.
- \* Grease a baking sheet or a casserole with butter and place the rolls there.
- \* You can either place them close to each other, so they grow together, or apart so they bake separate.
- \* Bake at 350°F for about 20 minutes (more or less, depending on the oven and size of the rolls).
- \* Remove the rolls from the oven, let cool. Best enjoyed warm and fresh.



Folkbuilder Sara Ault  
[sault@runestone.org](mailto:sault@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: 5

## Online Events and Meetings



# VIRTUE RECOVERY MEETING

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

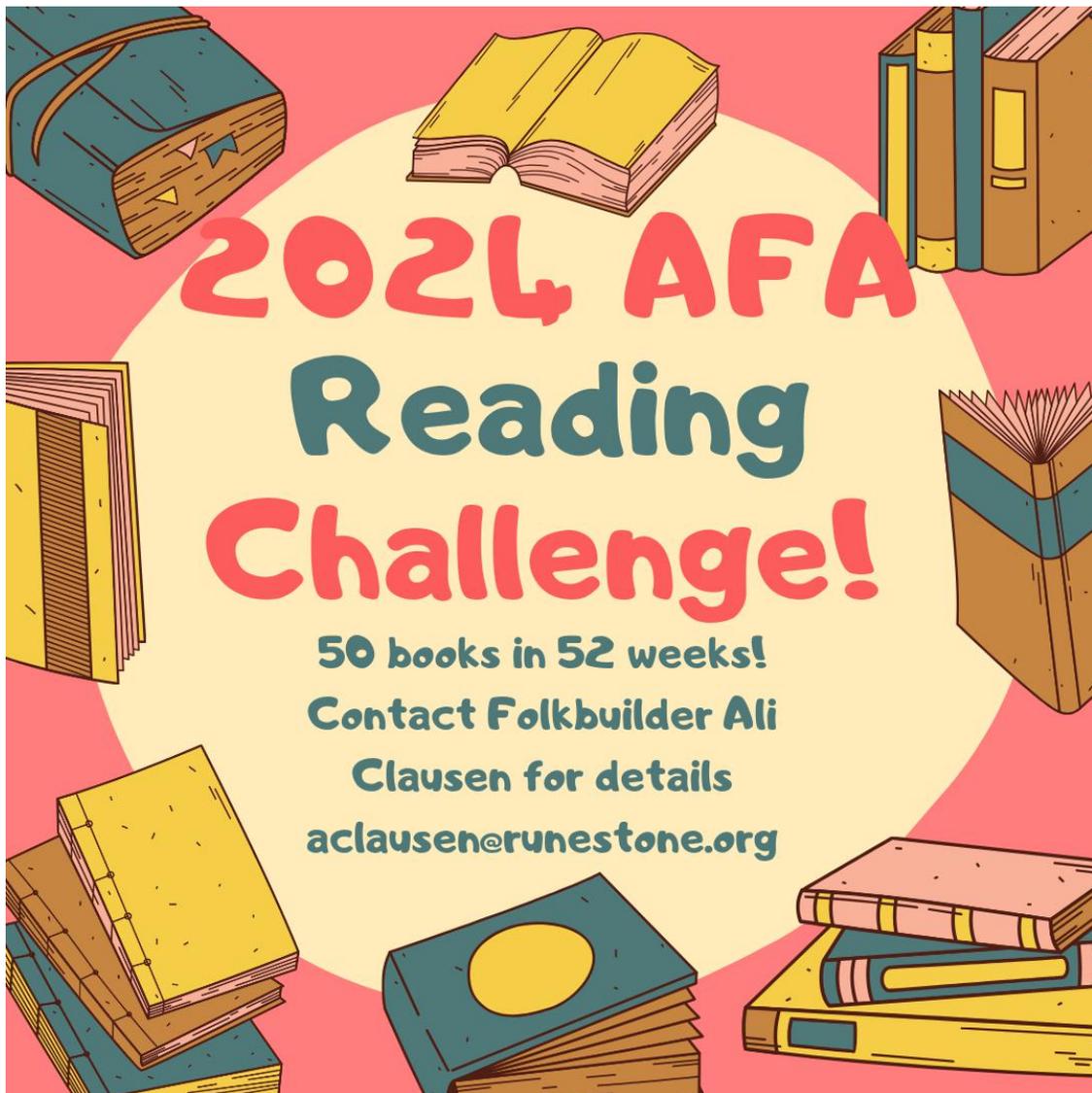
SATURDAY 9AM CST  
(7AM PST, 10AM EST)

Being our most virtuous selves is not always the easiest task. As a community, we are home to many that have or are currently, struggling with addiction. Many traditional 12 step meeting, though so very respected, do not fall in line with what we as a people believe. Specifically, any step pertaining to the divine will or requesting the removal of any shortcomings. So, we run what we are calling the Virtue Recovery Meeting. Since we are an international organization, the best way for us to do this is via Zoom (<http://tinyurl.com/virtuerecoverymeeting>). We hold our meetings every Thursday at 7pm Central and every Saturday at 9am Central. Join us!! Feel free to reach out to

Folkbuilder Ashley McStocker with any and all questions!

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





# AFA Reading Challenge Meetings



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

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

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

# *Ladies Book Study*

## **Revolt Against the Modern World**

**by Julius Evola**

**Dates:**

**7 pm CST**

**January 25th**

**February 8th**

**February 22nd**

**February 29th**

**March 7th**

**March 28th**

**April 4th**

**April 11th**

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

**For more information contact  
Witan Brandy Callahan  
Folkbuilder Sara Ault**

# Ladies Mysteries Podcast

## Seidr

### March 10th

3 pm PST, 4 pm MST, 5 pm CST, 6 pm EST

Witan Brandy Callahan

Gythia Anna Plourde

Gythia Catie Erickson

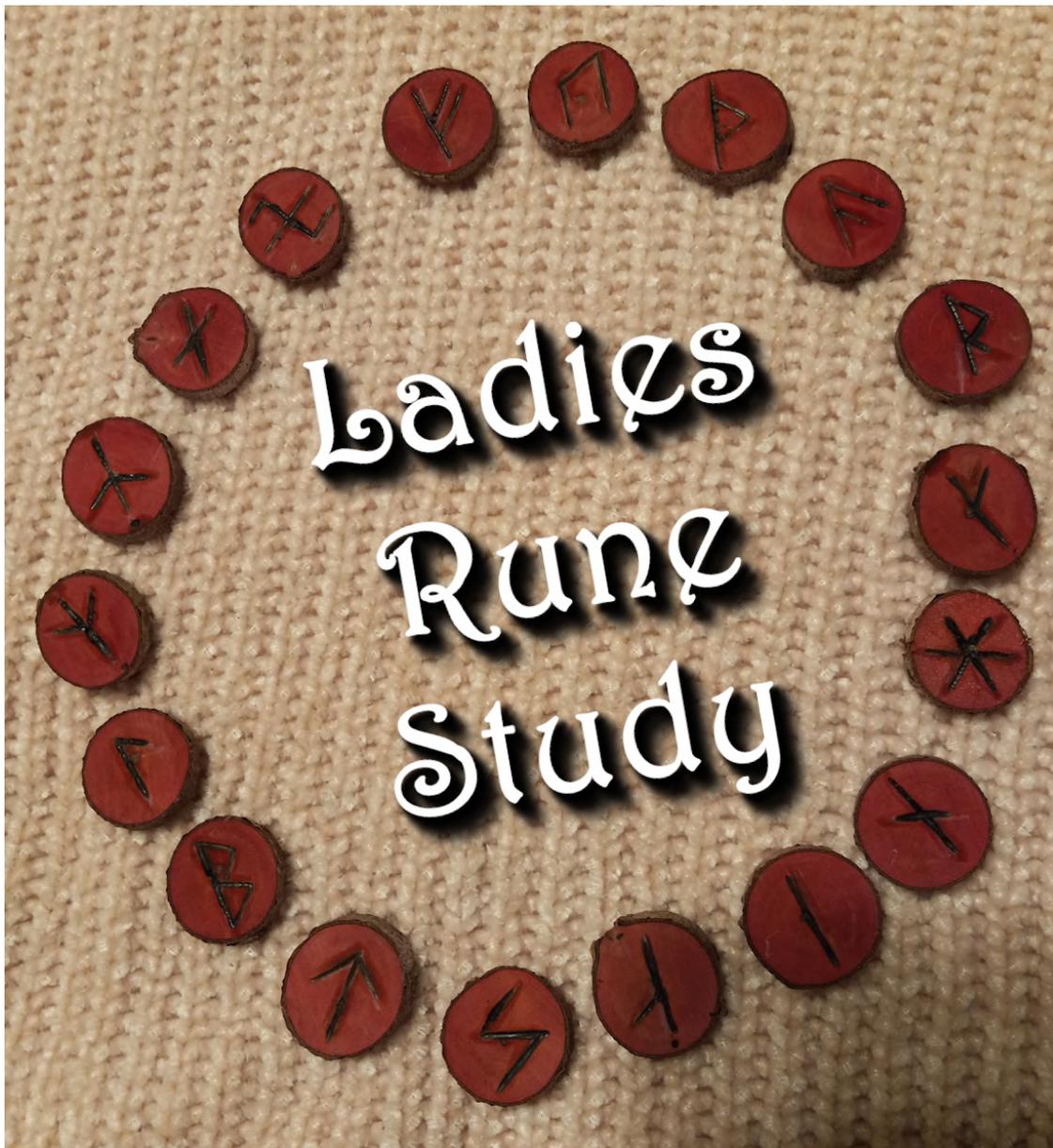
Folkbuilder Heather Young

Folkbuilder Sara Ault

Folkbuilder Ali Clausen

Link will be emailed to all AFA Ladies the week before and posted in the AFA Ladies Group on Mewe

Hope to see you there!



Starting February 3rd, at 1pm Eastern

If you are looking to expand your knowledge of the runes in the company of your AFA sisters, stay tuned. We will be discussing how to work the runes into our real lives, and how they relate to us in the modern world. This is open to all women of the AFA. Stay tuned to the ladies' chat for more details, or feel free to contact Gythia Anna Plourde at [aplourde@runestone.org](mailto:aplourde@runestone.org)

# **Lore Study with Gothi Jason Plourde**

**Join us every Monday night**

**at**

**8:00 pm EST**

**7:00 pm CST**

**6:00 pm MST**

**5:00 pm PST**

**4:00 pm AKST**

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

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

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



For our AFA Folk who are 50 and over

# Eldri

## Teams Meetings

**TUESDAY EVENINGS:**

**March 5th & 19th**

5:30 PT 6:30 MT 7:30 CT 8:30 ET

**FRIDAY AFTERNOONS:**

**March 8th & 22nd**

2:00 PT 3:00 MT 4:00 CT 5:00 ET

*Join us for animated conversation where we share wisdom & reflections while building bonds of friendship.*

Copy this link into a browser: <https://tinyurl.com/yc289cn8>

Hosted by Gythia Sheila McNallen

## February Sister's Fitness Winner



The winner of the February Sisters Fitness challenge is Ceilidh McPhee of New Zealand!

Ceilidh has been consistently working hard in our group and is so deserving of this victory. Every month she has made reasonable goals, continually building off her previous goals.

She has shown true perseverance and despite any setbacks she always continues to the end.

Congratulations Ceilidh!

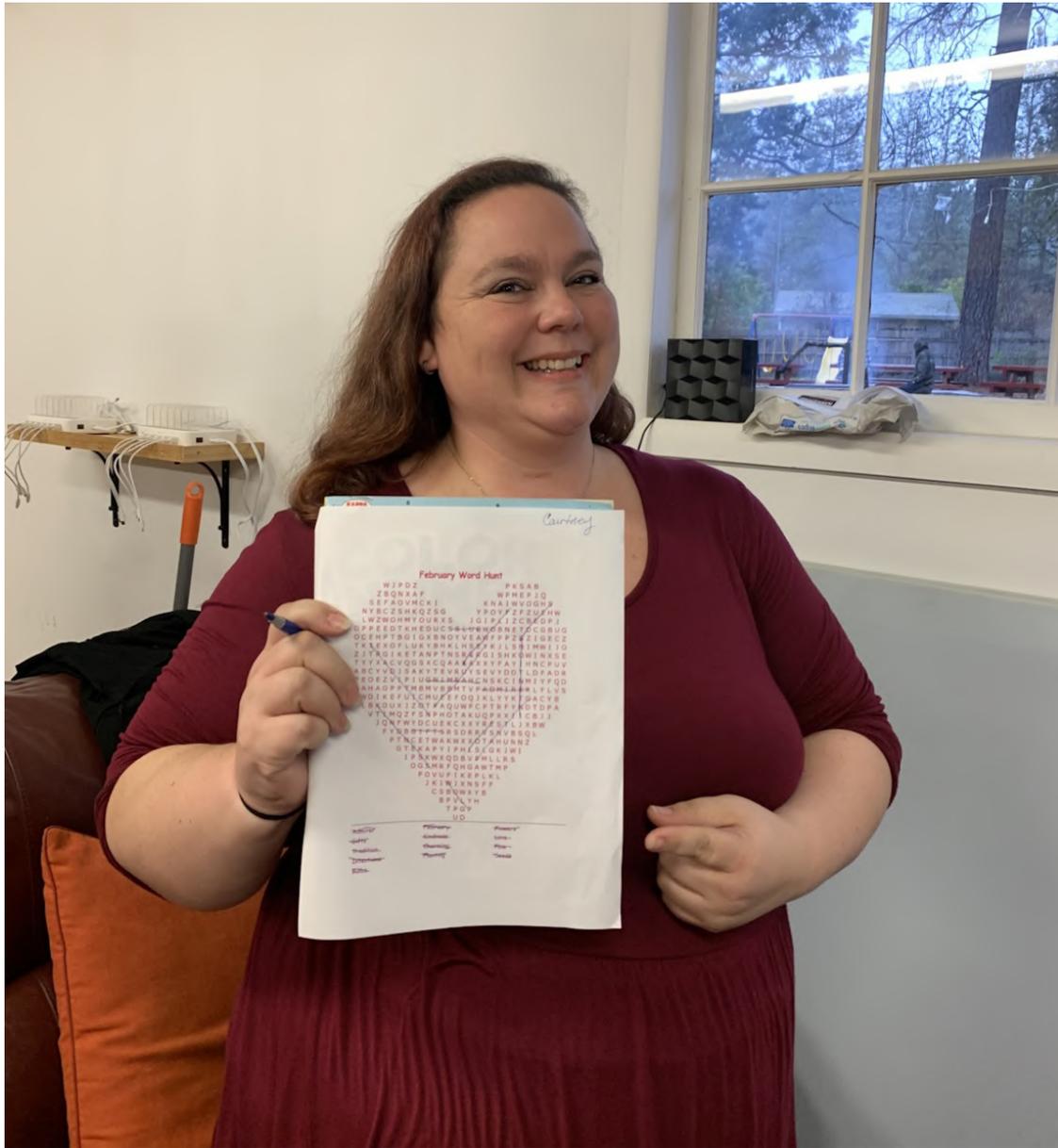
All women of the AFA are welcomed and encouraged to join our AFA sisters' fitness group. Everyone's goals are self-determined and whoever is most consistent wins!

— Corrie Proudfoot, member, Minnesota

## Just for Fun



Apprentice Folkbuilder **Hope White** took 1st place in completing February's word search. Hooray! It was definitely a fun one, and a couple of ladies at Óðinshof raced each other to complete it at Charming of the Plow.



Courtney and Caitlin finished the puzzle with smiles on their faces, worthy of honorable mentions.



Thank you to all who participated!

A huge shout-out also goes to our youth participants, **Kara, Russell, and Madilene** for their efforts in completing the kid's maze and creating a "LOVE" acrostic poem this month!

LOVE Maze

Write a Valentine's Day Acrostic:

**L** augh

**O** ptimistic

**V** aluable

**E** nchanting

www.BrainyMaze.com

Images (c) Hidesy's Clipart & Little Red

LOVE Maze

Write a Valentine's Day Acrostic:

**L** \_\_\_\_\_

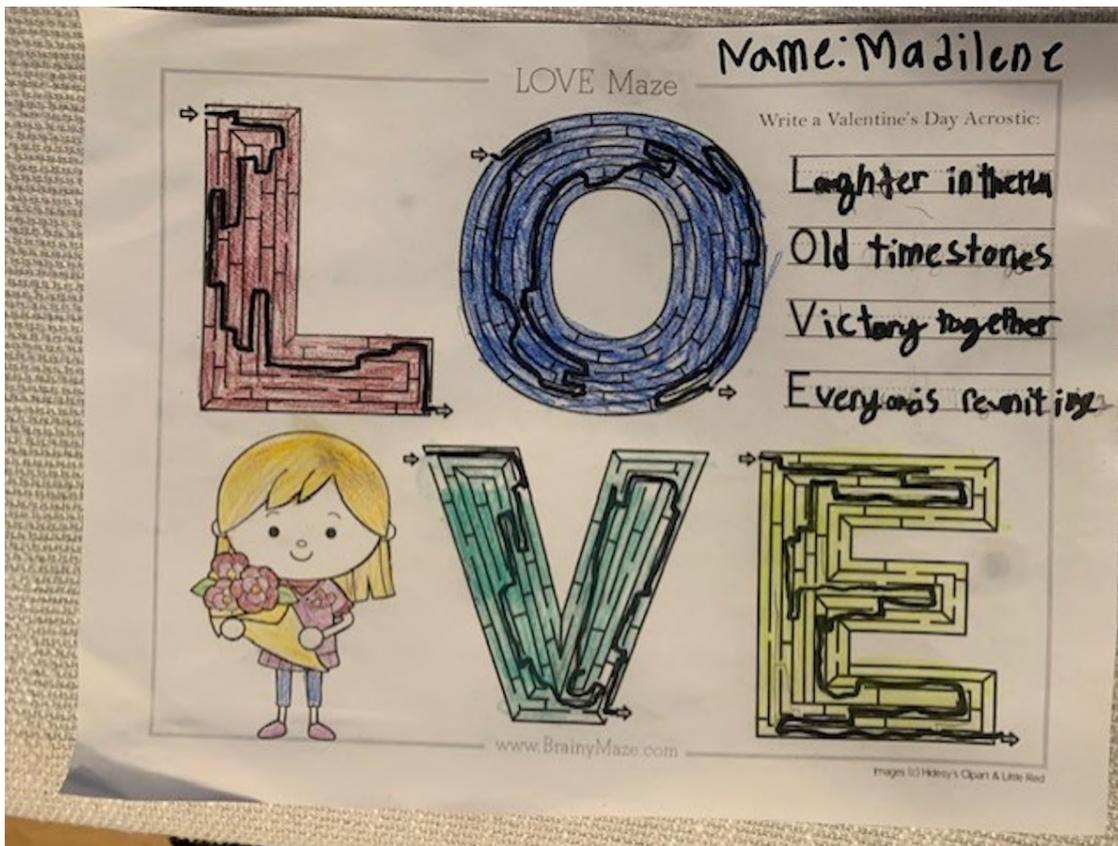
**O** \_\_\_\_\_

**V** \_\_\_\_\_

**E** \_\_\_\_\_

www.BrainyMaze.com

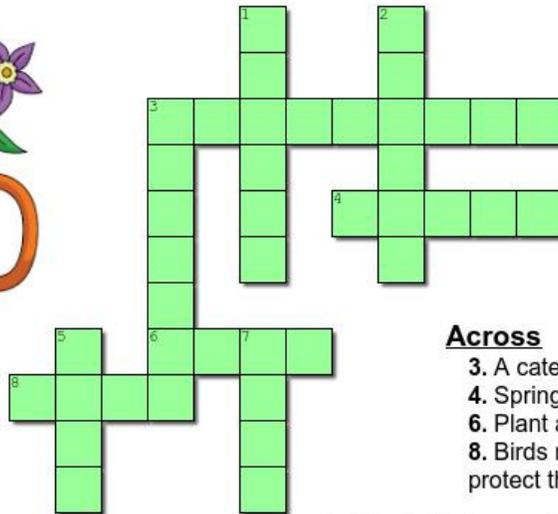
Images (c) Hidesy's Clipart & Little Red



As we welcome the return of Spring, I invite both members and youth to participate in a fun crossword puzzle and to enter the contest for the best AFA Ostara egg design!

### March Crossword

You're invited to complete and send proof to [press@runestone.org](mailto:press@runestone.org)!



**Across**

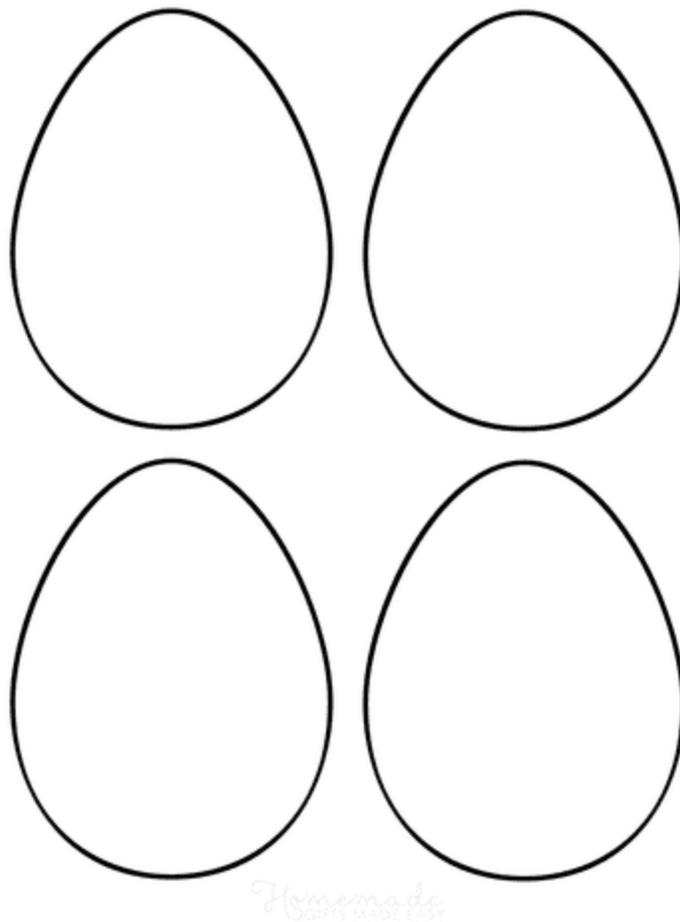
- 3. A caterpillar turns into a \_\_\_\_\_.
- 4. Spring starts during this month.
- 6. Plant a \_\_\_\_\_.
- 8. Birds make a \_\_\_\_\_ to lay and protect their eggs.

**Down**

- 1. goddess we call upon this month
- 2. The first day of Spring lands on the \_\_\_\_\_ equinox in the northern hemisphere.
- 3. colorful arc in the sky after rain, guarded by Heimdall
- 5. Ice and snow \_\_\_\_\_ when they warm up.
- 7. We dye, decorate, and hunt for these.

Created using the Crossword Maker on [TheTeachersCorner.net](http://TheTeachersCorner.net)

The best AFA eggs in the "Member" and "Youth" categories will be featured next month! Please send your design entries to [press@runestone.org](mailto:press@runestone.org).

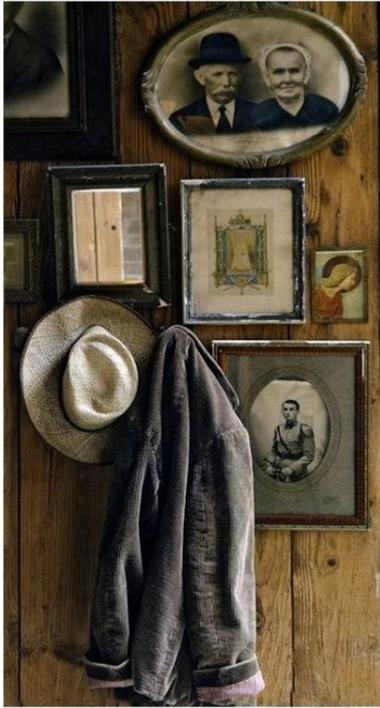


Have a Fun and Magical March!



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

## Submit Now to the Runestone

Took some awesome pics at a moot or event? Were you at the Hof recently?



We'd love to see 'em. Send to [Photos@Runestone.org](mailto:Photos@Runestone.org)

Folkbuilder Nicholas Rice



Editor, *The Runestone*  
[nrice@runestone.org](mailto:nrice@runestone.org)

## Njörðshof

### Food Pantry at Njörðshof



Do good deeds. Njörðshof was able to do so many good deeds this month. It all started with an email from Farm Share (where we get our donations for the food pantry). She stated that she could give a one-time increase in the volume of food. There are so many in need that she could not guarantee that the abundance could continue. Transportation of the food was secured. There were many hands that came down early for the event that pitched in and loaded/unloaded the vast cargo. Even more hands bagging and ferrying from the front hall to the families that were guaranteed to eat well that night. The line looped on the property and continued out of the long drive and well into the

road! All hands were on deck for the distribution. Two to three people were taking down names and more than a dozen were caring for the rest.

They say more hands make light work. We needed ALL the hands. We hit a record of 74 families fed that Saturday. Njörðr's abundance touched us all.



Folkbuilder Katie Joyner  
[kjoyner@runestone.org](mailto:kjoyner@runestone.org)

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## Charming of the Plow at Njörðshof



Going into this year's Charming of the Plow, our national event, it seemed like last year's would be difficult to beat. With confidence, it has been, due to the hard work and dedication of many devoted and pious Folk!

Starting on Friday, Gothi Trent East led us in the Greeting of the Gods, and we uncovered our Godsteds of Nerthus and Freyr for this sacred time together. That evening, Alsherjargothi Matt Flavel presided over a powerful Blot to Lord Njörðr in honor of the patron of our Hof.

Saturday was even more eventful, with us having the opportunity to serve 72 families in our monthly food pantry. The line of cars was around the corner into the road, and we far surpassed our old record of families served in one day. This number is sure to grow over time as well!



Following the food pantry, Gythia Anna Plourde led us in honoring the holy goddess Gejfon, who guides us to the fruits of our hard work. After a delicious lunch together, Gothi Bodi Mayo gave a moving Blot to Lord Freyr, the focus of this holy tide. The

Folk then gathered for a ceremony together, to see the oathing of two new Folkbuilders of the Asatru Folk Assembly: Chris McDowell of Baldrshof and Jordan Wells of Njörðshof.



With our lord of prosperity honored, Gothi Jason Plourde blessed our tools for success in the coming year, whether our own two hands or things we use for work in our daily lives.

The Folk came together again to witness the vow renewal of Michael and Emily Cosgrove by Gothi Lane Ashby, joining their lives together before the Gods and those assembled. This ceremony was exceptionally moving, and we all loved being there for the Cosgroves in that joyful moment.

After an info-packed Q&A with the present Gothar, we were treated to a wonderful

dinner and then a fruitful auction, in which we raised approximately \$2,800 together to help pay off Njörðshof! The day ended with High Sumbel, presided over by our Alsherjargothi with Lawspeaker Allen Turnage as Thule.

We concluded Charming of the Plow the following morning with a filling breakfast from Gothi Lane Ashby and an uplifting Wayfarer Blot by Gothi student and Folkbuilder Mike Joyner. Through this holy tide, we spent an unforgettable time together as a Folk. We shared wonderful food from our talented cooks every day, sacred time with the Holy Powers, and a renewed energy to take the year head on no matter what lies ahead!

Hail the Gods!

Hail the Folk!

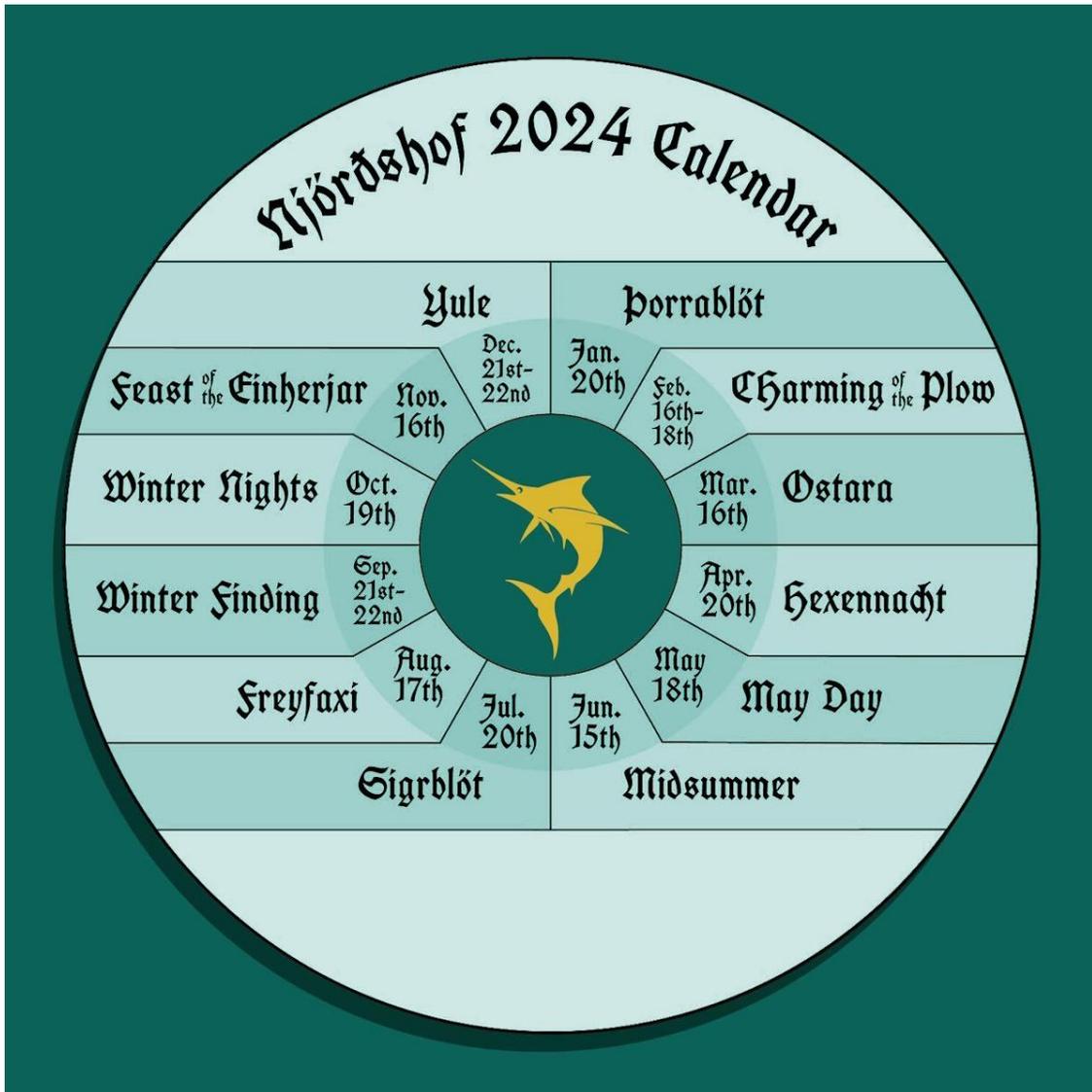
Hail the AFA!



Folkbuilder Jordan Wells  
[jwells@runestone.org](mailto:jwells@runestone.org)

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## Upcoming Events at Njörðshof



### Alabama

*Alabama Brewery Moot*



Our Alabama group had to relocate our February moot at the last minute due to overcrowding and lack of parking at the originally intended place. We ended up gathering at the Good People Brewery instead where we enjoyed Frith, good food from their food truck, and good beer.

### *Upcoming Events*



Laura Morris  
Apprentice Folkbuilder  
[lmorris@runestone.org](mailto:lmorris@runestone.org)

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**Arkansas**

*Arkansas Charming of the Plow*

Me and my kindred hosted Charming of the Plow. We all had a great time. We enjoyed a nice pot roast and a homemade cheesecake. Afterwards we just socialized. Then we had Blot and hung out some more. We can't wait to continue having future moots and celebrating the Asatru holidays together.

*Upcoming Events*



YOU ARE CORDIALLY INVITED

**TO JOIN US FOR  
OSTARA  
IN LITTLE ROCK  
ARKANSAS**

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**MARCH 16 • SATURDAY**

Contact Folkbuilder Jesse Parton for details  
[jparton@runestone.org](mailto:jparton@runestone.org)



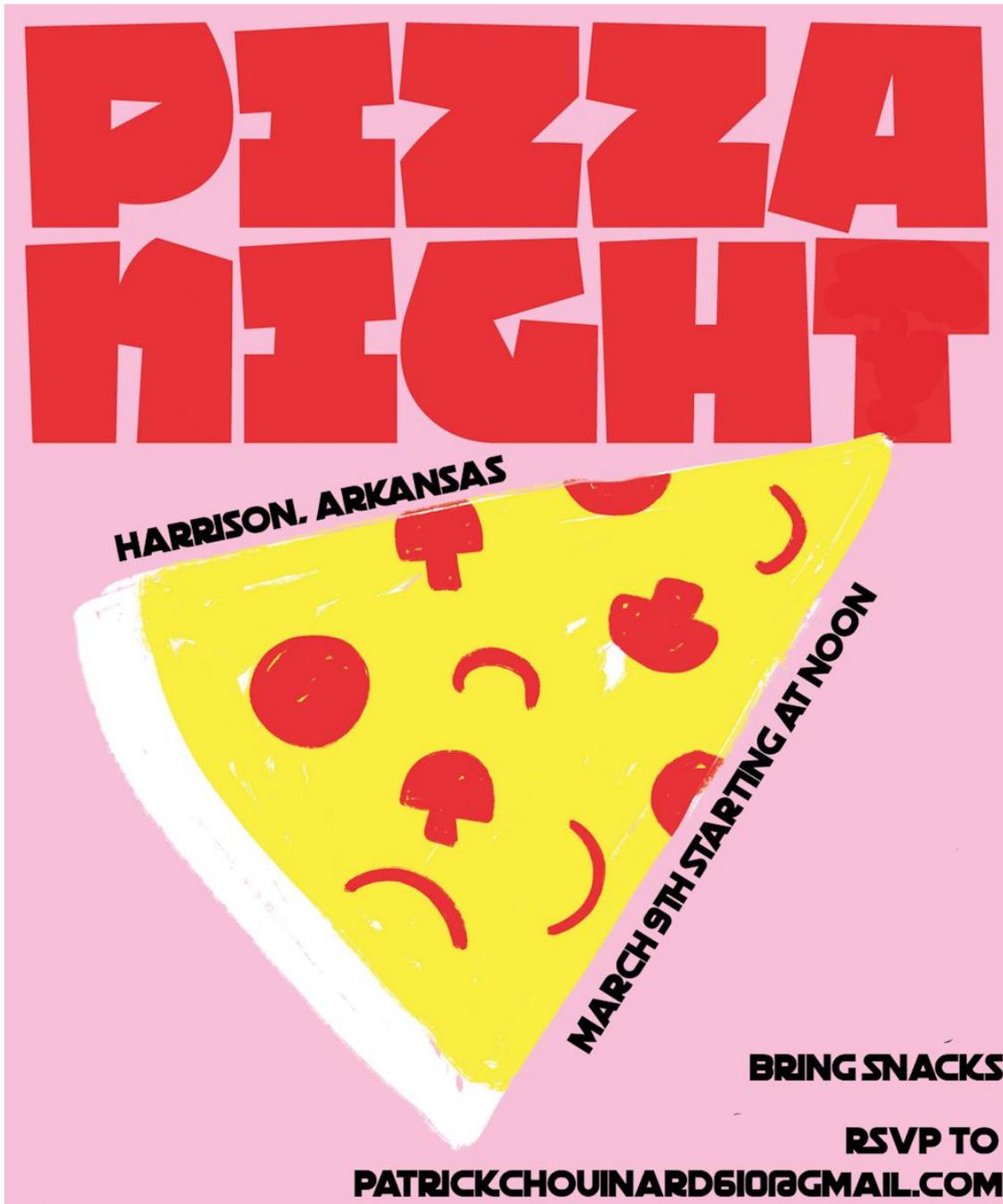
Tabitha Owens

Apprentice Folkbuilder

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



*Upcoming Events*



Florida

*Embracing Our Future*



This was inspired by Gythia Plourde's Blot to Gefjon.

The future, like Njörðr's sea, stretches out before us—an expanse of endless possibilities, challenges, and dreams. As we stand on the precipice of what lies ahead, we find ourselves at a crossroads: fear or hope? Doubt or determination? Let us choose the latter, for within the unknown lies the magic of transformation.

Imagine the future as a blank canvas, waiting for our brushstrokes. Each day, we add vibrant hues—our aspirations, resilience, and unwavering spirit. The artist within us dares to create, to forge a masterpiece that defies the ordinary. The Asatru Folk Assembly has ignited our passions, relationships that nourish our souls, and adventures that stretch our limits. The future is not a mere continuation of the present; it is a realm where we shape our destiny.



In the fertile soil of tomorrow, we plant seeds of growth. These seeds are our dreams, watered by persistence and nurtured by setbacks. We learn from failures, adapt, and evolve. The journey is not linear; it zigzags through valleys of uncertainty and summits of triumph. The setbacks we face today are the stepping stones toward resilience. The future holds promise for those who dare to cultivate their potential, even when storms threaten to uproot them. The harshest winds make the strongest wood.

Listen closely, and you'll hear the symphony of hope playing in the distance. It resonates in our children calling to the Gods, the sunrise after a long night, and the kindness of strangers. The future orchestrates its melodies, weaving our stories into its grand composition. We contribute our notes—the small acts of kindness, the pursuit of

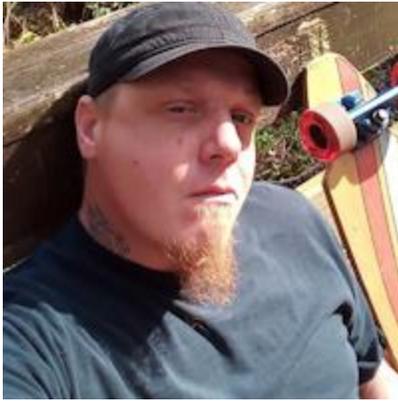
knowledge, the love we share. Together, we create a harmonious tapestry that transcends time. Our legacy is not etched in stone; it is written in the hearts of those we touch.



As we step forward, let us embrace the unseen horizons. The future is not a fixed destination; it is a journey—a dance between intention and serendipity. We may stumble, but we rise. We may lose our way, but we find new paths. The Gods beckon us, promising discoveries beyond our imagination. So, let us walk with courage, eyes wide open, hearts unafraid. For the future holds not only challenges but also the keys to unlock our fullest potential.

In this grand adventure, let us greet the dawn with open arms. The future awaits, and we are its architects. Let hope be our compass, resilience our guide, and love our legacy. Together, we shall paint the canvas of tomorrow—one bold stroke at a time.

As Gythia Plourde said "don't ask what is it now, but ask what do I get to be a part of next"...



Michael Cosgrove  
Member

### *Florida Basket Weaving Moot*



On February 6th, the Folk met up at the Joyner's house to weave a tale....and some baskets. I soaked the reeds ahead of time. We gathered in the best room of the house, the kitchen. Surrounding the kitchen island, we took up the reeds and ordered them into items resembling baskets. None of us are experts but we all gave it a fabulous try. I am excited to have the Folk back over to finish them! There is lots of supplies left for all that would like to come.

### *Upcoming Events*

# Panacea Beer & Oyster Fest

Saturday, March 30th

RSVP Katie Joyner  
[KJoyner@runestone.org](mailto:KJoyner@runestone.org)



Folkbuilder Katie Joyner  
[kjoyner@runestone.org](mailto:kjoyner@runestone.org)

*Scottish Games Moot*



I was delighted about having such a large turnout for the Scottish Games Moot, held in Jacksonville. This was Ninth Night's second year making an appearance at the Scottish Games so now it will forever be a Ninth Night yearly tradition. It was comforting to be able to spend some quality time with those I call family, and other Njörðshof members as we enjoyed our Saturday together with perfect weather. Some of the Njörðshof members made purchases from the vendors, while some had fun tasting the beer selection, delicious Scottish eggs and other fancy things. We marveled at the feats of strength and effort of the Scottish competitors. One of my favorites was the game where the extremely strong men would throw a 20-foot wooden log into the air. It was truly an amazing day. When our group went in separate directions, we ended up having some more fun at separate after party moots because we never wanted the fun to end.

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### *Mala Meditation*



Meditation comes in many different forms and flavors. Whether it is hiking meditation, flame glaze, Kundalini, mantra, or simple mindfulness, it all has benefit and worth practicing. One of the first things to do is to figure out what you want out of your meditation sessions (focus, energy work, break work, pushing towards higher plane and awaking, etc.). The best meditation advice I was given was to keep trying new types until you find one that works the best for you. The Lawspeaker suggests a book entitled *30-Day Meditation Challenge: Exercises, Resources, and Journaling Prompts* for a

Better Life by Silverman and Stumpf. It is a great primer and available on Amazon.

I personally get the most out of mala meditation. A mala is 108 beads strung on a loop. Some have tassels, some don't. Why a 108:  $12 \times 9 = 108$ . Malas can be used for prayer or breath work mediation. My standard meditation routine:

- sitting on the floor or on my meditation cushion.
- Open with the Sigrdrifumal Payer of thanks (because we should start the day by thanking the Gods) with arms in Algiz
- Eyes closed
- Then go into square breathing at a five or nine count
- One breath per bead while keeping mind void of thought and focused on breathing

From time to time, I will add Runic Galdering or instrumental music. As per the Lawspeaker's direction, all of this before morning coffee. If you are looking for a mala, I suggest having Tyler and Emily Bethea make you one. They do top-notch work!



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## Georgia

*Sowing in Georgia Sun*



This weekend, the cold week gave way to sun and 65-degree temperatures, which made our moot at a local historic mill park awesome. I had the pleasure of meeting a new friend from the area, who I hope will be joining us as a member soon. We got to hike for a couple hours, and we did his first Blot together as well.



Since taking my Folkbuilder oath at Charming of the Plow, I also wanted to take this opportunity to thank all of you for being the awesome AFA family that you are, and my inspiration for becoming an Apprentice Folkbuilder. I strive to serve our folk and our

Gods, and I thank you for putting that trust in me to do so! It was an honor to take that oath alongside my peer from Baldrshof, Chris McDowell.



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## Texas

### *Introduction*



I am Patrick Wynne, and I am a new Apprentice Folkbuilder in the Njörðshof district. I joined the AFA in June 2023.

A little about my journey.

I wasn't raised with very much religion in the home, I knew the basics of Christianity and I knew some of the pantheon whom we honor today from the school library. I still remember those being some of my favorite books and being told not to put faith in it repeatedly by adults. I was told I could be Christian, which I did not accept which resulted in a rebellion of sorts and myself becoming atheist.

Years later, as age changes us and it changed me, I cared less about people telling me what I could believe, and I did believe there is more than our simple existence and I wanted to explore that. I set out in a somewhat professional manner to find what I believe. Initially, I gave everything a fair chance, of course some were filtered out in seconds and others longer. I admired a few aspects here and there, especially the community that groups like the Mormons have. I visited various Christian churches, I even spent months speaking in my home with Mormon missionaries, but I discovered immoral things that I could not accept, and even without those things so much of their lore and beliefs like of Christian sects felt foreign to me. I now accept that this is blood memory.

After a couple years in this search in the midst of my discussions with the Mormons, I discovered the AFA online. When I first heard the message of the AFA, when I read the Declaration of Purpose, the Statement of Ethics, when I read the Elder and Younger Eddas this felt right and true. Unfortunately, my initial discovery was conflicted due to the disparaging campaign online by some groups who seek to undermine us who dislike honor and unity among our folk. I did not reach out immediately because of these campaigns but I did continue to watch and learn. I followed social media and the live discussions on VNS were especially helpful. I proudly joined in June 2023.

I have been married to my wife for 7 years, we have a blended family with four children, all of whom are nearly teenagers and good kids. I served in the Navy back in 2000-2004, joining months before 9/11 and while most service members seemed to be heading to the sandbox, I was assigned a tour that would best be described as a vacation cruise with guns conducting friendship building with foreign allied naval forces all the way down to Antarctica. Since then, I have made a career as a software engineer, I volunteer those skills to the Texas Military Department's State Guard and in leading a local kids Lego robotics group.

Besides work and volunteering I try to spend as much time as I can doing Brazilian Jiu Jitsu, or working on suburban homesteading projects around the house, hanging with

my goats or sailing on the lake when I can squeeze it in.

I am very excited to be a part of leadership and I am especially hopeful for the future of the AFA!



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