

The Runestone: Voice of the Asatru Folk Assembly



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## Words from the Alsherjargothi

These are strange times that we find ourselves in. Rest assured that the Asatru Folk Assembly is using this period of stasis, the "lockdown" to prepare and to plan..... there are great things ahead.

Part of the planning and preparation is going on in North Carolina. Our Upper South leadership has gathered and gone to the holy grounds of Þórshof to ready the space to receive our folk and to honor the Aesir. Over the coming months the buildings and grounds will be shaped towards our purpose by the elbow grease of committed AFA volunteers. We plan to have an official dedication and opening ceremony in July (more information on that as events settle out).

Another part of the planning and preparation is the recruitment of many new, eager, Apprentice Folkbuilders. When the restrictions lift, we are poised to hit the ground running. We have two new Apprentice Folkbuilders in the AFA's Midwest region. James Ault and Ben Tiemieir promise a strong future for Wisconsin and Ohio respectively. Katee Allen has stepped up to the challenge of building our Northwest AFA family. Katee will build the great state of Idaho, blazing new trails for the AFA. Krystal Bailey has long been a powerful force in caring for our family at Óðinshof. Now Krystal has stepped up to extending that care for the whole of the AFA West region. Daniel Young, in addition to having his kindred (Donar's Oak) recognized this month as an official AFA kindred, has stepped up to build our Folk in the Carolinas. Daniel's help will prove vital to giving Þórshof the auspicious start that it deserves. Finally, Fiona Aedgar is going to establish a powerful AFA presence in the British Isles!

We stand energized and ready to charge boldly into the future, an AFA future!

Hail the Gods!

Hail the Folk!

Hail the AFA!



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## Midsummer at Óðinshof



Midsummer 2020 celebrates the first 25 years of the Asatru Folk Assembly! All AFA events are special, but Silver Anniversaries only happen once, and you don't want to miss it! As Sunna's journey reaches its height for the year, we will reflect on the past - both recent and long ago - and celebrate the great things we have accomplished. Come meet the leadership of the AFA, including the Witan, our Gothar, and Folkbuilders.

Our agenda will include special presentations, plus special memories from AFA history, as told by Stephen and Sheila McNallen. There will be loads of activities for children, Viking Games, and several rituals. The latter include Welcoming the Gods and a Wayfarer's Blot, a formal Sumbel, a Midsummer Blot, and Matt Flavel's Odin Blot by torchlight and bonfire. We always encourage Rites of Passage for our Folk, and this year will include a poignant baby-blessing for Alice Shelton, as we formally welcome her into our AFA family. After a dynamic day, settle down to an evening bonfire with favorite folksongs and smores, live music, and even dancing under the stars. Anything is possible at Midsummer!

Vendors are encouraged to share and show off their wares. We'll also have an auction featuring AFA collectibles plus wonderful artwork and hand-crafted creations. The funds raised will go to maintaining this historic hof and keep it in good repair. The auction is often hilarious, silly, and quirky – always a delightful part of the weekend! We're pleased to offer camping on-site and will have two private showers and additional restrooms. Talk to us if you need camping gear. Our hearty meals are prepared by our members. We take all of our meals together and always begin with a food blessing.

space. We can also give advice on travel arrangements. This event is for AFA members and trusted friends only. It is not open to the public. Contact us if you

Have someone you would like to invite. Come on Friday and stay through Sunday. Change your life – forever! This is what “coming home” is all about.

Register today at <https://afamidsummer.eventbrite.com/>

Contact Sheila McNallen or Marc MacLeod ([mmacleod@runestone.org](mailto:mmacleod@runestone.org)) with any questions.



Gythia Sheila McNallen  
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## Day of Remembrance for Else Christensen

This month, we raise a horn to the Folkmother Else Christensen. As a young girl growing up in Denmark, she felt the call of our ancient ways. As a young woman, she became interested in the future of her folk. Else worked to lay the groundwork for a society that she believed would act in the best interest of her people. This would lead to many hardships while living in Europe during the early 20th century. Else found herself, her husband, and many peers under harsh scrutiny. This scrutiny then led to personal hardship, including arrests.

Else carried her goals and dreams for her people across the ocean when she and her husband left Europe for Canada. There she encountered the works of Alexander Rudd Mills. From these works, she began to focus on the return of the Germanic pantheon to the hearts of the European peoples. She found further inspiration in the works of Francis Yockey and Oswald Spengler. While she agreed with their consensus that the European folk-soul was in a state of disrepair and decline, Else also believed that there was hope to be found. This hope was in the practice of Odinism. The very roots of this faith, she believed, were nestled with the spiritual DNA of the people themselves, and were part of their natural state.



In 1969, this vision blossomed into the founding of the Odinist Fellowship. This organization began to connect more and more followers of the old ways together, building a network across the globe. Else reached out to those in prison, and provided them with the materials to build themselves. She is a vital part of what we have built ourselves up to today. It would be difficult to imagine what we would be left to work with if not for her unrelenting perseverance.

Hail Else Christensen!



Gythia Anna Funk  
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## Soul Complex: Lyke & Ond

I want to start on the soul complex and its varying parts; and what role they play in our lives. Why delve into the soul, why is it “broken up” into so many parts? The Irish have many words for rain; something they understand greatly. For the whole of a thing is rarely made up of just one ingredient. We see this example also in the runes, as no rune is made up of just one energy/spirit. The many names of Odhinn, the kennings in the sagas; these all show an understanding of a thing beyond its one piece. A Wolf can be both Ulfr (valiant, pack first, honorable) and Vargr (craven, lone, wasted beast). By understanding the different parts of our soul and working to improve them; we can improve our lot in life and that of our family and folk.

### Voluspa

17. Unz þrír kvámu  
 ór því liði  
 öflugir ok ástgir  
 æsir at húsi,  
 fundu á landi  
 lítt megandi  
 Ask ok Emblu  
 örlöglausa

17. Until there came three  
 mighty and benevolent  
 Æsir to the world  
 from their assembly.  
 They found on earth,  
 nearly powerless,  
 Ask and Embla,  
 void of destiny.

18. Önd þau né áttu,  
 óð þau né höfðu,  
 lá né læti  
 né litu goða.  
 Önd gaf Óðinn,  
 óð gaf Hœnir,  
 lá gaf Lóðurr  
 ok litu góða

18. Spirit they possessed not,  
 sense they had not,  
 blood nor motive powers,  
 nor goodly colour.  
 Spirit gave Odin,  
 sense gave Hoenir,  
 blood gave Lodur,  
 and goodly colour.

Odhinn and his brothers found beings that already existed. Ask and Embla were not pulled from the earth and concocted like bread. They instead found what had already come to life and made them more; able to create and evolve. Giving of their own breath, blood, and divine magic; they transformed the two “sticks” (stickmen often being a reference to wights or God/Wight poles) into what has evolved to us today. Before Ask and Embla received the gifts of the Gods and the blood

she had not married Freyr. But, like Gerdr, if we accept this gift of folksoul and embrace it; we can grow and become more.

**Lyke/Lich:** The physical body is the “vessel” that contains of the soul and allows the individuals soul to experience Midgard. Unlike in christianity; we do not see a separation of the physical form and the “spiritual” By improving one, you improve the other. The physical body contains the rest of the soul and is its most outward layer. By improving the Lyke part of our soul we can better empower things like our Hamingja and Luck to come about. Holmgang was an act of showing the whole of the soul at work for some of our ancestors. The ritual combat allowed for the whole of the soul complex to rise in the individual through their Lyke and prove victorious. This allowed for the gathered folk to witness not just physical strength, but the entire complex of what made up a person. A good Lyke helps to increase your chances at success in all things on Midgard.

Beyond the basic functions we use our body for everyday like work, chores, etc., our Lyke provides an outlet for the rest of our soul in this world. Every moment our Hamingja is pulsing with our families Orlog; and that pulse goes with the very hearts in our chest. When we take just that part into account, it would be wrong of us not to work on the piece of us that makes us and our family mighty in this world.

**Ond/Athem:** The breath of life; that which Odhinn breathed into Ask and Embla, filling us with life and imparting part of his soul into our ancestors. This gift enables each breath we take to carry with it the spiritual energies of all things on Midgard and Yggdrasil. Think of the function of breathing. Not just air in, air out; but the flow of it as it pumps into your nose, lungs, and heart. Feel it cycle through the whole of your Lyke. Now remember a time of great excitement; a fight, combat, close call with death, blot; isn't the air charged with something different? Not just your body reacting to the stimuli, but the exhilaration of each breath. This is one of the “easiest” times to experience Ond and its ability and power. Each breath fuels our body, but not just the Lyke; the rest of our soul drinks in and absorbs life.

The experiencing of Ond is obviously experienced passively, but one can also exercise it with intent. Passively experiencing Ond is not difficult and needs little explanation beyond uses in fighting/shooting/etc. that have techniques to vast to talk about here. Doing so with intent though can aid one greatly in life and in ritual. Here is a basic exercise of the Lyke and Ond that I do before and during ritual.

Before ritual when I am clearing my mind and setting it to the task ahead, I focus on my breathing and warm up my body; jog or jump in place, flex and release my muscles. This allows me to loosen up and prepare my Lyke. I breath rhythmically to control my heart and I envision in my mind particles coming from each thing around me. Varying colors for each person and myself. Each breath pulls from them into me, and mine into them. This carries with me into ritual, when I have made the spot holy and the folk has called the Gods to join us. Each breath pulls from the Gods into us, and our breath into them. When the folk places their hands on the horn to impart their gift; we breathe deeply of the life around us, pulling in the energy of life and the Gods. As the gift is placed into the horn and we breath out, envision the energy that was pulled in, being released through your hands along with your gift of might.

The singing of the Galdr, the breathing when we give our gift into the horn, the calling of the Gods names, the creation of taurf. These are a few examples of an intentional use of our Ond.

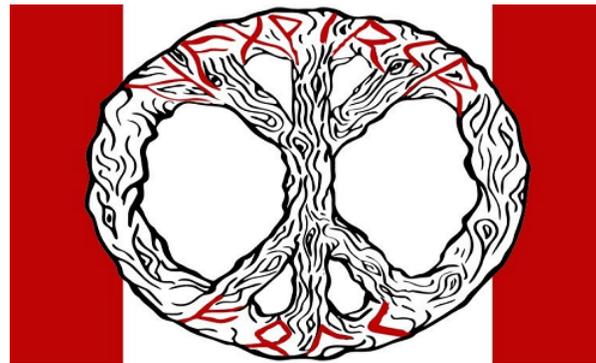


Gothi Steven Morrell

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## Kindred Spotlight

### Hagvirkr Folk Kindred



In this month's Kindred Spotlight the AFA would like to honor and show appreciation to the Hagvirkr Folk Kindred of Northern California. These folks do a lot at Odinhof from helping out with the monthly food drives to working weekends to the upkeep of the Hof. They also host Annual Folkish Family Campouts, hikes, rune studies, and working on doing a presentation at their friend's school for troubled kids.

Hagvirkr Folk you are the shining example of Doers and a Noble Representative of our church. Thank you for everything that you do!

Hail the Hagvirkr Folk!  
Hail 25 years of the Asatru Folk Assembly!!!



Folkbuilder Jason Gallagher

AFA Kindred Coordinator

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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)

In Frith,



Gythia Catie Erickson  
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## Central Corridor

With all the world seeming upside down and many feeling unsure. There is still greatness and good things! Here in Central Corridor we have had some beautiful things happen for our AFA family.



Congratulations Lutisha Wilson on your promotion. I don't know many people as capable, intelligent, or hard working as you and you deserve great things.

Hail the hard workers! Hail Lutisha Wilson!

Congratulations to James and Heather Newsham. James and Heather tied the knot on April 4th.

Hail the Newshams!



Congratulations to Jesse Bryant, the proud new father of a beautiful baby girl, Kira Rose. Children are a blessing and we can not wait to meet her and momma once we are all able to gather again. We are so happy for you.

Hail Kira Rose! Hail the blessed parents!

I became a great aunt on April 7th. Cooper Scott Moore is the 1st child born in that generation in my family. Our family has lost many over the last few years and is now quite small. His birth brings my family joy and hopes for the future. And of course love. We are so blessed. I am very excited to meet him once visiting and travel become possible.



Hail Cooper Scott Moore!

Even in the darkest and most uncertain of times there is life, love, and hope. Stay strong. Reach out if you need to talk. Remember we are all in this together and that we are here for each other. Keep your chins up, keep your spirits high.



Melisa Mills  
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## Deep South

### American Crow Kindred, Florida

During the isolation, many have been experiencing due to the restrictions imposed for the Covid-19 pandemic it is more clear than ever how important it is that our Folk form communities for support during difficult times. Our AFA family is ever on our minds and while many were forced to shelter in place we could still join in a common hamingja. To that effort we asked that everyone "blotar in place" Saturday, April 11th at 7 pm ET.

We raised our voices in unison to honor our Gods and asked for healing for our Folk. To get our



hardy, adapts quickly to its environment, and can be used for many different things including healing. Berkano is a symbol of renewal, growth, and stability; we blossom beneath its boughs. Berkano has often been linked to femininity, and is generally considered a symbol of fertilization, fertility, and birth... thus it is also closely connected with people's fates.

In honoring Eir, who gathers with many healing wights upon the hill Lyfjaberg; we also invoked their names Hlif, Hlifhursa, Thiodvarta, Biort, Blid, Blidr, Frid, and Orboda to keep all sickness and pestilence away from our community.

Our weekly study group continues to bring us together for both lively and timely discussion. This month, when the refrain that shaking hands may not be part of the "new normal" was so frivolously being thrown about, one of our topics was Purchase and Pledge; where we read how "An agreement was confirmed by "laying hands together", and in northern legal procedure, we have the expressions to "fasten" or "fix" an oath." And a purchase, a right, a task, etc. would be "handselled", to our Folk a grasp of the hand served to transmit to another either property or the conduct of a lawsuit or a responsibility. To our ancestors, the two parties understood the validity of the bargain, and both felt the change in themselves when the right or responsibility passed from one to the other, the grasp of the hand had legally binding force so that the law can establish it as a criterion of what has power and what is powerless.

These things, intrinsic to the very soul of our Folk, will not be surrendered.

The American Crow Kindred will hold it's 4th Annual Beach Blot to Njord on Sunday, May 17th. Florida being a predominantly coastal state, this is our May Day celebration where we thank the lord where the sea meets the shore on the beautiful Atlantic coast for a prosperous year and offer a gift for the gift of prosperity in the coming year and protection throughout hurricane season.



The Deep South welcomed three new members home this month and we're excited three more found their way back home to our AFA family.



Lane Ashby  
Apprentice Folkbuilder  
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This April, the Deep South has spent most of our time working and/or stuck in quarantine!

gather in groups right now, but we CAN stay in touch and check on our AFA family. We can hold conference calls and hear each other's voices. We can perform solitary rituals while keeping our Folk in mind.

In lieu of pictures of some awesome gathering, I leave you with this: reach out to your Folk, check on them, help them out if you can. We often call the AFA a family, and times like these are what prove that to be true.



Folkbuilder Trent East

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## Europe

### Italy

Despite the difficult blocking situation currently in Italy, Asa-Odhinn Kindred is developing new things. We have recently welcomed a new sister and two new brothers: Ilaria Testa, Adriano Ferrari, and Alex Lo Vetro. Asa-Odhinn Kindred is compact and grows well. We have two online meetings per week for the growth of the group and the Projects we have started.

One of these concerns the possibility in the future of renting or buying land to develop a small village. Self-sufficiency is one of our goals. We call this project Gimlé, because we are sure that there will be great changes in Italy and Europe in the coming times and we want to be ready for these changes and for what will come next.

We have also made contact with other Kindred in Italy, with families and individuals who are interested in creating the same Project in their region and in establishing an Ásatru union between groups and individuals in Italy. Some of these are already interested in AFA.

There are many people who are working with us for their spiritual growth and some are interested in our Kindred. We still have hopes for the realization of Freyfaxi I AFA Meeting next August, if the Gods want it.

Massimo Nobili  
Apprentice Folkbuilder  
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## Sweden

It was quiet, almost too quiet. You see, the days leading up to the Odin World Prayer Day on the 9th of every month are usually quite turbulent and hectic. Many of us have noticed this phenomenon over the years. It's almost as if the air is electric and tense as before a thunderstorm. Odin is after all the god of wild energy and rage so I guess that it's no wonder that we can feel his energy in the days leading up to the 9th every month. But this April it was unusually calm, quiet, and harmonious.

It had been a beautiful couple of days and this Thursday was no different. It had been sunny and warm and the evening was beautiful when we gathered in Tanumshede on the Swedish west coast. Hroptatyr kindred held the blot together with a few guests. Most of us had traveled from Kungsbacka and Gothenburg and joined up for the trip northwards, where we met our Folkbuilder for Europe, Anders Nilsson, and his friends. Our spirits were high and everyone testified to the good moods and harmony of the last couple of

We met in an old stone circle that we use frequently. It's located on a hillside and the view over the surrounding landscape is beautiful. It was calm and quiet and we started the ceremony at nine o'clock. Anders led the blot and Andreas and Glenn were hornblowers, making us heard wide around the countryside when we closed the circle. When chanting Odin's 108 names and pouring mead over our statues we had an unusually good flow during this blot. It's not as easy as one might think to keep an even and uniform pace when nine people do this simultaneously, but the names rang out in clear union this evening. After the chanting we sat quietly for a while; looking into the fire, lying on back gazing at the stars or traveling inwards and outwards with our eyes closed, meditating on the nature of blot and the nature of Odin. After a while of stillness and silence we poured the mead made holy into our horns and drank. Good and honorable toasts were made to honor our families, to honor the Asatru Folk Assembly, to honor our ancestors, to honor spring and the coming of summer, and for good fortune and luck. Drawing runes was interesting as usual with poignant messages brought to us to reflect over.



After the drawing of runes we sat around the fire in the circle and talked and marveled at the star-strewn heaven above us while the ancestors mingled with us in the circle. It was an evening to remember with a tangible connection to the divine and to the spirits of the land.

*-Submitted by Johan Källfelt*



Folkbuilder Anders Nilsson

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## Midwest

This month the Midwest welcomes a new Apprentice Folkbuilder Ben Tiemeier of Ohio. I look forward to working with him and seeing what we can accomplish in the near future. We introduced him on a Midwest call a few weeks ago. If you have not yet had a chance to speak with him, watch for an email from him.

As most places in our states are shutdown and places to meet are slim, we will be offering two Regional conference calls to keep in contact and have discussions pertaining to the Midwest, our states, and other thoughts. We are hoping that things open up soon so we can get back to face-to-face meetings in each of the states. Things may change drastically at the turn of the month so feel free to contact me or your state contact about possible meetups. These will be updated on the calls this month as they are arranged.

Conference Calls:

May 3rd

May 24th

Both will be held at 6 pm central/7 pm eastern on Sundays. Please email me for the call-in information if you do not already have it. Hope to see many of you there.

We have had a handful of new members to apply this month and a few more inquire. Although we have had a few losses more are turning up and eager to have a community in their local areas. Our region has much to look toward this year once the current lockdown mess blows over.

Heimdall's Midgard Kindred was able to meet up for the first time in two months the last Sunday of April. And what a joyous time we had! The food was good, our talks were good and so was the company. We plan to meet up again on May 24th. If you are close and/or interested in attending please contact me for further details.



We are still shooting for our Regional Midsummer in the Midwest in the latter half of June. We will need to start getting a headcount of those who plan to attend. News pertaining to this will also be in this month's call and further posts. The sooner we know who's coming the sooner we can get things prepared. The location will be near the Chicago, IL area with further details to follow.

Well I hope that all of the Asatru Folk Assembly is doing well during this madness going around. Stay safe! Until next time...



Zach Cato  
Apprentice Folkbuilder  
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My name is Ben Tiemeier and I am the new Apprentice Folk builder for the Ohio area. A few of you I have already talked to a bit online. I have been an AFA member since early 2017. I attended a Yule event in the Dakotas and met so many friendly and helpful people I decided to join. I have had ridiculous work schedules for a while so much of my contact was daily online with national members and then more regional members as I settle location and began to talk with people. I am really looking forward to doing what I can to serve the AFA community. I am really looking forward to the great things we can do in Ohio and our greater region.

I am now pretty well settled and better off financially and a stable job that is beginning to afford me more time. I am currently still working during the shutdown and we are only at about 50% returned staff. Once the shutdown is over I would like to plan several events where we can meet up and do an activity and then follow with a meal. I would like the activities to be a shared interest or learning a new skill. I think you will find I am easy to get along with and someone who is open to hearing ideas. I would like us to continue to strengthen bonds within the group that would also be a growing Asatru Folk Assembly community.

My personal enjoyment is primarily involved in outdoor activities which helps bring me to a real closeness to our Gods. I am continuing to learn about the lore and live by the 9 every day. I would really like us to share our interests or skills within the community. I would like to really promote our self-reliance as we see in any bad situation we are on our own and, I would like for us to be able to help each other out. I have seen gardening skills being shared, I know we have a member who does podcast and video. I have seen a wealth of knowledge that is available to share within the group. I look forward to meeting everyone in the future.



Ben Tiemeier  
Apprentice Folkbuilder  
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## Northeast

family to the last breath. The tribe living through winter by sheer force of will. The sacrifice made by a god for a righteous higher purpose or as a demonstration of fealty.

As the spear tip of these mighty ancestors, we owe it to them, for ourselves, and for our children, to be strong. Physical training is a critical part of our chosen way of life as a member of the AFA. Just as we gather and make mighty rituals and ceremonies, so too must we make rituals and ceremonies of strength a part of our daily lives.

Physical training is more than physical. It hones your spirit, your discipline, and your iron will. The benefits of physical training are incalculable. Any individual or group that ignores physical training is doomed to weakness and ultimate failure.

Strength comes in many forms. Mental, temporal, physical, spiritual, emotional, etc. But physical strength above all is a mighty foundation to develop and grow the others. It has been my personal experience that other forms of strength are more easily developed when physical training is performed daily.

It is medically proven that lethargy and inactivity greatly increase both physical health and mental health issues. It would be hard to argue that lethargy and inactivity would be positive for temporal or spiritual health either. In a society where 50% of the population is diabetic or pre-diabetic, we must focus on the physical development of our folk. This is not optional, but mandatory. We must ask ourselves, "What kind of example am I setting for my folk"?

As a group we must develop a culture of strength. Once this is done, we must develop this for future generations. Future generations will epitomize strength, vitality, and beauty. This is our responsibility and legacy. If this is to be ignored, then our folk will ultimately fall into disease and ruin.

The path toward the journey of strength begins with the first burpee, the first step of the run, or the gripping of the bar. Sometimes goals are achieved quickly, other times much much slower.

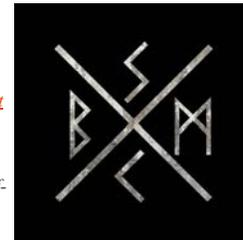
Embrace discipline. Like our spiritual journey, the journey of strength comes with immeasurable rewards. You must take the first step. We are accountable to each other. The choice is yours.

I have many recommendations to accomplish this. Please contact me with any questions, comments, or concerns at [doc.blackmarketstrength.com](http://doc.blackmarketstrength.com).

We will see you out there. Hail!

*-Contributed by AFA Member Michael "Doc" Brown.*

*Doc is a National Registry Paramedic and founder of [Black Market Strength & Conditioning LLC](#) located in Pennsylvania. He is the author of the ebooks, "Black Market Burpees" and "The Trifecta Fitness Method". His business specializes in physical training, self-defense combatives, and custom blades.*



I hope everyone is doing well and staying positive. To begin, I wanted to thank the Asatru Folk Assembly for allowing me to help build the Northeast region as an Apprentice Folkbuilder. It is

with thus far in my short stay has been exemplary individuals. Folk that our Gods and Goddesses would be proud of, as all of you should be as well. Hail the Folk!!!

We are at a kind of a standstill right now with certain activities as we all know. Sure, doing online groups are great to keep us in touch but, I encourage everyone to get out, get to your closet kindred, or meet up in person with other like-minded Folk. I can't emphasize that last sentence enough. In the not too distant past I was once one of those Lone Asatruar. I wasn't lonely per se but, I knew I needed more. The best decision I ever made was to take that first step and stay a few hours at Winter Night's 2018. I have never felt more welcomed anywhere in my entire life and shortly after visited my kindred the Lansdale Tru Folk here in PA. My growth skyrocketed from that point on as well as my family and continues until this very day. So for those sitting on the sidelines so to speak, we understand we were all there too, take the chance, make a trip, get to an event, or meet up with another AFA member. You will be happy you did and I will do my utmost to make sure these things happen.

Since it's been a quiet month with little face to face activity, I will touch on something that I do once a month outside of our Holydays of Asatru, in honor of not only our Ancestral Father but, for our founder Stephen McNallen, that his dream may stay alive, Wotan on the Peaks. This particular month was certainly interesting with all that has been going on but, another kinsman and I decided to still do the hike. A perfect spring day but, when we arrived at our destination in Hamburg, PA there was tape up and a police officer led us out saying the area was closed. Now at that point, many in other religions would have given up, taken the easy way, and went home but, what we are doing, not just moments like this but, every moment of every day is too important to just give up. That is not who we are and the future depends on us to stay the course. So we took an hour's drive elsewhere not knowing if that particular place would be open. As Wyrð would have it, it was and we were able to get to a nice location and perform blot to our High God. A good discussion followed afterwards and we even had a good storm come through towards the end. As always anytime after performing my sacred duty or being in any ritual I always feel a sense of the right thing was done. The Aryan spirit is alive and well in us today as well as our Northern Gods.



Thanks for listening today. It gives me and everyone else in the AFA leadership great joy to be taking this journey, this awakening, and the moments to come with all of you.



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Apprentice Folkbuilder  
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is true in terms of government stay at home orders and in terms of total cases and deaths. While I certainly understand that many of our Folk have not been affected by this, members of both of our Northeast kindreds have suffered the loss of family members and friends, young and old. As ours is a long term mission, we are taking a cautious approach until this passes. To keep our bonds of friendship healthy and to make sure our members' mental well-being is maintained, we are hosting twice-monthly conference calls until our in-person activities can resume.

#### **AFA Northeast Call (weekday)**

First of two reoccurring monthly calls, for at least as long as Stay at Home orders are in effect. This is a great way to keep up on AFA goings-on and to keep in touch with our Folk during these stressful times. This meeting recurs every month on the 1st Monday of the month from 9:00 PM to 10:00 PM (GMT-05:00) Eastern Time starting on 4/6/2020 and ending on 12/31/2020

Dial-in: 716-273-1030 PIN: 978 3145#

#### **AFA Northeast Call (weekend)**

Second of two reoccurring monthly calls, for at least as long as Stay at Home orders are in effect. This is a great way to keep up on AFA goings-on and to keep in touch with our Folk during these stressful times. This meeting recurs every month on the 3rd Saturday of the month from 11:00 AM to 12:00 PM (GMT-05:00) Eastern Time starting on 4/18/2020 and ending on 12/31/2020

Dial-in: 716-273-1030 PIN: 978 3145#

Ves Heill!



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

## Northern Plains

With this lockdown everyone has had to cancel events and wait it out, but things are starting to look up. We have events planned for the next few months. Several hikes and are fourth annual Folkish Family Midsummer celebration is coming up in June. Gythia Anna has her third annual Wotan on the water event at the beginning of June. We have a hike on May 16th at Lake Maria state park in Monticello, MN 2-5. On April 4th several members from Northern Blood Kindred and a few of our extended



family went a hike in the woods by a nice stream. It was such a beautiful day and nice to get outside and spending time with our folk. We have more events in the works and just waiting for everything

Upcoming events for Northern Blood Kindred:

5/16 Folkish Family Monthly Hike at Lake Maria state park Monticello, MN 2-5 pm

6/9 3rd Annual Wotan on the water at Interstate Park in Taylors Falls, MN 1-5 pm

6/20 4th Annual Folkish Family Midsummer with Northern Blood Kindred at Bloomington, MN 2-5 pm

6/28 Folkish Family Monthly Meet and greet at Davannis Plymouth, MN 11-1 pm

7/11 Wotan on the Bluffs hike with Northern Blood Kindred at John A Latsch state park near Winona, MN 12-3 pm



Folkbuilder Jason Gallagher

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

## Northwest

This was an unusual month for all of us, challenging  to say the least. We folk are strong and no enemy will stop us. The Acsafole Kindred was about to do their vows and on top of that we had a campout setup in the month of April. I started a kindred and though our plans were put on hold we are not going to stop. We will be taking our oaths on the first weekend of May. There still will be a campout towards the end of May. Due to the daily changes in what is allowed by our local governments the dates and times might change. I encourage all of you that are in my area to reach out to me for details.

The safety of the folk is always a concern of mine. We will find safety through strength. I encourage all of you to strengthen both your body and mind. The more educated and physically fit you are the safer you will be.



Johnny Larson

Apprentice Folkbuilder

[jl Larson@runestone.org](mailto:jl Larson@runestone.org)

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Hails from the great Pacific NW. I would like to take this opportunity to welcome our newest Folkbuilder apprentice Katee Allen! Katee is located in the Northern Idaho area and is enrolled in the AFA Gythia program, the addition of Katee to our Folkbuilding team is a great step forward in growing the presence of the AFA in the region.

gathering and linking together of our Folk for the creation of an AFA kindred. If you live in the area send me a message and I will put you in touch with Mason and together we will make this happen!



With the lockdown of the Pacific NW still in place we will defer to the judgment of our Kindreds on when and whether or not to meet. Those individuals who are more at risk than others should take the steps necessary for personal safety. The current order for the States of Oregon and Washington is that all gatherings are prohibited, although outdoor hiking is permissible while observing social distancing. The State parks are closed and that in itself creates another problem, the rumor is that the states will be lifting restrictions sometime in the coming month.

The month of May has Beltane/Mayday on the first and a reembrace for Else Christensen on the 9th. If we are not able to gather and celebrate as a community, light a bonfire in your backyard with your family for Beltane and raise a horn to Else reflecting on her perseverance! We will continue to have Zoom meetings throughout the month and I'll be sending out emails with the details.



Folkbuilder Joe Rozanek  
[jrozanek@runestone.org](mailto:jrozanek@runestone.org)

## South Africa

### Havamal 41:

*Friends shall gladden each other  
 with arms and garments,  
 As each for himself can see;  
 Gift-givers' friendships  
 are longest found,  
 If fair their fates may be.*



As we entered some unknown dark times with the “pandemic” of Covid-19 it caused many of us to start stressing about our own jobs or our own businesses. We started to look past the ones who already were jobless and homeless long before Covid-19 even existed.

Volkswachstum took this time with the generous help from AFA to reach out to elderly and homeless people. These people live on the street. Their only form of income, to buy food or a night at a shelter, is to stand at local shopping centers and act as car guards and collect tips from people. Due to Covid-19 it became illegal for them to go out and earn an income leaving them hungry and shelterless.



released over 500,000 food parcels in the time of the “pandemic” to assist the people in need. Many parcels were stolen by the people entrusted to hand it out or by bandits who attack the vehicles transporting the parcels. The parcels that were distributed were



only provided to townships (non-white settlements). Millions of Rands were also made available to assist families who lost their means of income, including small business owners. Once again only those who qualified got helped. You must fall in the Black Economic Empowerment policy to qualify, which again only helps the non-white people.

Volkswachtum took a message of hope. We will not reach out to the 100s of organizations that currently are only reaching out to townships. Instead we reach out to OUR OWN FOLK, those who truly need it most.

We raise a Horn and Hail our Alsherjargothi and Asatru Folk Assembly who made this possible. We in South Africa appreciate the thoughts and endless support we have received from day one. As Folkbuilder, I raise a Horn and Hail Nathan Small for his support and the time he dedicates to our kindred. May the Gods bless you, brother.



Christo Le Roux  
Apprentice Folkbuilder  
[cleroux@runestone.org](mailto:cleroux@runestone.org)

## Upper South

I hope everyone is making it through the isolation in good order. 

Isolation is tough for a tribe, especially one as close-knit as our AFA family. Please don't hesitate to reach out if you are in need of assistance, or just to talk.

I'd like us all to welcome the Donar's Oak Kindred of South Carolina! These folks have worked so hard to make it happen! And speaking of dinars oak, we have a new upper south Folkbuilder, Daniel Young. Daniel is a great addition to the team!



Last weekend Daniel, myself, and Gothi Svan Herul met up at Þórshof and started formulating plans and what needs to be done. Stand by folks! As soon as the stay at home orders are lifted, we will start advertising volunteer weekends so we can get started to really make the new hof our own. And we will start organizing meetups again.

We may not be able to meet up in person, but we can all stay in touch by phone or internet, we will



Rob Stamm  
Apprentice Folkbuilder  
[rstamm@runestone.org](mailto:rstamm@runestone.org)

## Frith Weavers Newsletter



Frithweavers is a monthly newsletter written by the women and for the women of the AFA. It includes a number of articles about health and wellness, homeschooling and child-rearing, homesteading, spirituality, recipes, and more!

We are ALWAYS looking for new submissions. We are looking for articles about health and wellness, homeschooling and child-rearing, homesteading, spirituality, recipes, and anything else you think our women would be interested in. Do you have a skill or knowledge that you think could help our women grow? Share it!

If you would like to subscribe to the newsletter or submit an article, please email [frithweavers@runestone.org](mailto:frithweavers@runestone.org). Thank you very much!



Gythia Catie Erickson  
[cm.erickson@runestone.org](mailto:cm.erickson@runestone.org)

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 [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.



## 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, send a private message to the [Folk Services page on Facebook](#).

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/>.

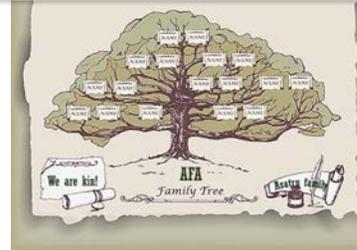
Thanks in advance!

## AFA Genealogy Facebook Group

This is a place for AFA Members to discuss genealogy, family history research, and share tips and information related to genealogy. Rules here are simple: Keep your posts to the subject matter of this group, keep it friendly, have fun.

Yes, we all have cousin matches in the AFA, some closer than others. This is open to our greater family tree and is not just for members in the U.S.

What if you're brand new to all of this? First, you will need to have your DNA tested through one of the companies like Ancestry DNA or 23andme. We will give you instructions on what to do when you get your results. What if you're not on Facebook but still want to participate? When your DNA is tested, and you get results, you can create a Gedmatch kit number, Send that kit number to Sheila and we'll run it in the next batch. She will send you the results of your analysis. You too will say, "Oh, my Gods! Wow! Incredible!" and "Hey, there Cousin!"



Gythia Sheila McNallen  
[sheila@runestone.org](mailto:sheila@runestone.org)

### AFA 50 and Over Facebook Group

This group is a place where AFA members 50 and over can come to support one another in facing the challenges of aging, caring for family and loved ones and exploring how over shared beliefs can help with it all.

To join the group you must be a member of the AFA in good standing. You must be 50 or older, exceptions are the AFA Witan, AFA Folkbuilders and AFA Gothar/Gythia. There is no commercial activity or soliciting in the group.

Hail the AFA!  
Hail the Folk!  
Hail the Ancestors!  
Hail the Gods & Goddesses!

Terry J. Rumph  
AFA Member  
[tjrump@yahoo.com](mailto:tjrump@yahoo.com)

### Baby Blanket Project



committed to ensuring all new babies born within the AFA are gifted a hand made — 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!

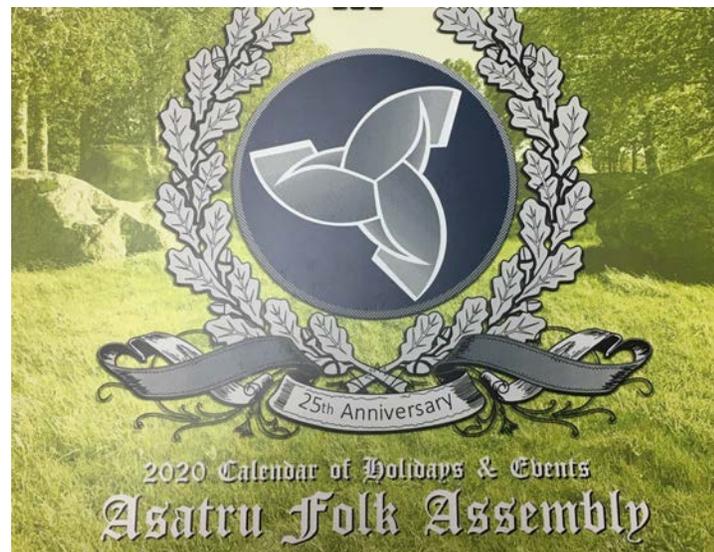
If you are a member of the AFA who is expecting a baby, please let your Folkbuilder know so we can get a blanket to you. If you would like to contribute, either financially or by volunteering as a baby blanket crafter, let your Folkbuilder know about that as well, so he can get you in touch with the 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 notify Mandy ([mandy@runestone.org](mailto:mandy@runestone.org)) with the subject line: BABY BLANKET.

## AFA 2020 Calendar

The AFA is proud to present our new **2020 Calendar!**

Celebrate the Silver Anniversary of the Asatru Folk Assembly with photos spanning twenty-years of spiritual growth and activism. Get it at the AFA store at <http://www.runestonegifts.com/>.



## Asatru Folk Assembly Calendar of Holy and Remembrance Days

<b>Date</b>	<b>Observance</b>
January 9	Day of remembrance for Raud the Strong
January 20	Thorrablot
February 9	Day of Remembrance for Eyvind Kinnrifi
February 17	Charming of the Plow
March 9	Day of Remembrance for Olivir of Egg
March 20	Ostara
April 9	Day of Remembrance for Jarl Haakon
April 30	Hexennacht
May 1	May Day
May 9	Day of Remembrance for Else Christensen
June 9	Day of Remembrance for King Athanaric
June 21	Midsummer
July 9	Day of Remembrance for Alexander Rudd Mills
August 9	Day of Remembrance for King Radbod of Frisia
August 18	Freyfaxi
September 9	Day of Remembrance for Herman of the Cherusci
September 23	Winter Finding
October 9	Day of Remembrance for Guido von List
October 20	Winter Nights
November 9	Day of Remembrance for Queen Sigrith of Sweden
November 11	Feast of the Einherjar
December 9	Day of Remembrance for Egil Skallagrimson
December 20-31	Yuletide

## Volunteer for the AFA

Want to volunteer for the AFA? [Join us on facebook](#) or contact your Folkbuilder.



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