

Asatru Folk  
Assembly

Yule



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# YULE

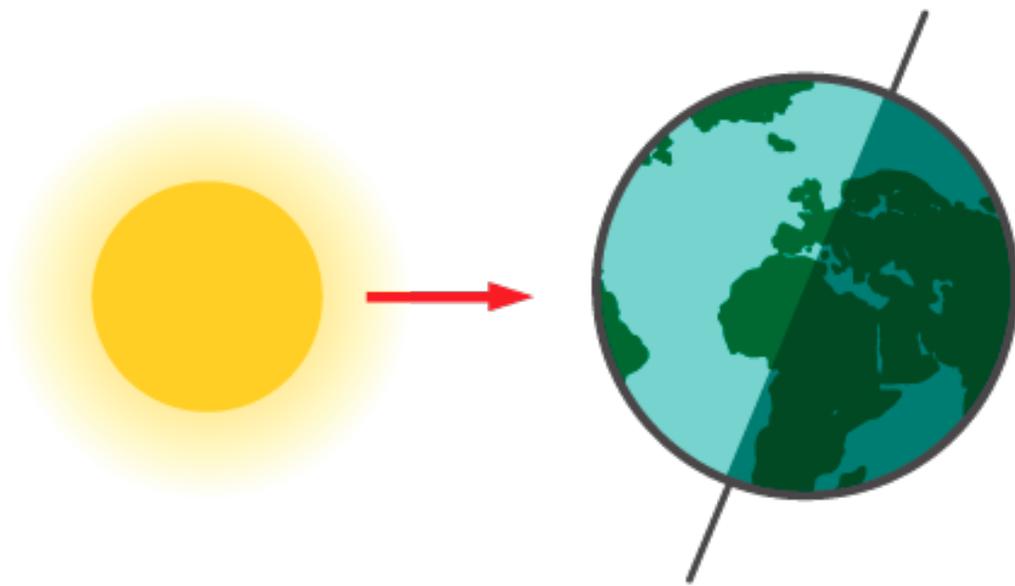
Yule means something special to every Asatruar.

The joy of the season is so deeply held in the hearts of our folk that even those that are not of our faith cannot help but get into the festivities of the season! Many of those that do not share our faith are unaware\* that they are celebrating our ancient Heathen holy-days.

What is Yule? The word Yule is such an ancient word that we do not know it's true origins. Many have speculated that it means feast and that is something we most certainly do this time of year.

Throughout these pages you will learn some interesting facts about our most celebrated season and find some fun and spiritually enriching ways to bring yourself closer to the Gods and the ways of our ancestors.

\* If you are interested in knowing more about why Yule has endured so well through the years look up "The Collective Unconscious" by Carl Jung with your parents for an interesting family discussion.



# WINTER SOLSTICE

The Science of Winter Solstice is that the earth is tilted and during winter the Northern Hemisphere (where the USA and Europe are) is tilted up and away from the direct rays of the sun. This means that the nights are longer and the weather colder.

So while it is cold and snowy in the Northern Hemisphere in the Southern Hemisphere it is summer time. If you are getting tired of all of the snow maybe you could convince your parents take you on a trip to Australia!

The winter solstice is the darkest and longest day of the year. Each day after that begins to get a little bit longer and warmer. This is why the winter solstice is so important to us and was so important to our ancestors. It means the return of the sun and the end of the deathly cold that grips our lands.

# THE 12 DAYS OF YULE

By Steve McNallen

The 12 days of Yule is a wonderful guide to living Asatru and embracing your spiritual path during this time of year. Work through Steve's suggestions as a family. Learn ways to be the best you can be and how to view the world around you in a different way.

\*Remember the 12 days usually start on or around Solstice and ends on the 31st. Although some folks prefer to follow the cycle of the full moon rather than the solstice.



# DAY 1: INDUSTRIOUSNESS

## The First Day of Yuletide

The holy season begins. The big challenge is to stop the commercial feeding frenzy, and to feed our souls instead.

Try to break the cultural (anti-cultural?) trance today. Remember who you are: a person connected to the ancestors, to kin, to descendants, to the Holy Powers, to the natural world.

Light a candle tonight, for the practice of Industriousness.

But you've been industrious. Right now, it is time to do something else, to reap the rewards of your industriousness. Stop the action. Take a break. Go look at the stars or listen to the rain fall or feel the warmth of the fire or touch someone.

Thus begins this Yuletide.



## DAY 2: JUSTICE

### The Second Day of Yuletide

Yule is a time of recapitulation, of summary, in which the whole year is represented in twelve days - one month per day.

What else can you do in the remaining eleven days that has this same spirit of recapitulation? Read the Voluspa, perhaps the most beautiful and complete poem in the Elder Edda. In it we find the story of this present cycle of cosmic time, in its arising, its becoming, its falling away to rise again.

Don't read it all tonight, however. Spin it out slowly over the days. Finish at Twelfth Night. Read it aloud. Sense it in your body.

Light a candle tonight, for Justice.

And be as just as the driving destiny that shapes the Wyrd of the World. Or, failing that, as just as you can.



## DAY 3: COURAGE

### The Third Day of Yuletide

The ancestors are always with us, but in some sense their presence is more immediate during Yule. We feel them in the moments of quiet, walking under the stars or through the wintry woods. They linger near the fireplace, too, as the crackling flames cast moving shadows across the dimmed room. And sometimes, when making grandma's favorite Yule recipe or just remembering what this season was like for us as children, the past seems to rub up against the present like a friendly cat that has stealthily, unnoticed, padded into the room. When we set a place for the ancestors at the Yuletide table, we know that in some way we cannot fully fathom, they delight in the attention.

We think on those who have gone before us - their gift of life to us, and our obligation to burnish the family name with love and leave it shining all the more brightly for our having been here.

This third day of Yuletide, light a candle for Courage and let it shine bravely across the years.





## DAY 4: GENEROSITY

### The Fourth Day of Yuletide

By whatever name one celebrates the winter holiday in the West, the giving of gifts is a central part of the season. Sometimes this descends into rank commercialism, but the idea of gift-giving itself is a thoroughly spiritual one. The giver and the one given to are united through the medium of that which is given. We give, and in a spiritual law as true as Newton 's physics, we must then receive - even if the reward is not a material one.

"The generous and bold have the best lives," the Havamal tells us - and note that the two traits are listed together. And is not the power of generosity the whole point of Dickens' marvelous tale, A Christmas Carol? Look closer at the story, and you will see a lesson how open-handedness gives a better life. Not to mention an exact parallel between the three Ghosts of Christmas Past, Present, and To Come and the Norns that move behind the action in our own sagas and Eddas. Generosity is one of the tools we use to forge a good orlog , or "fate" for ourselves.

Light then, a candle for Generosity. Give the brightness of the flame to the world around you, and watch it reflect back on you as well.





## DAY 5: HOSPITALITY

### The Fifth Day of Yuletide

Speaking of A Christmas Carol .I recently watched the movie Scrooge, starring Albert Finney in the role of the monumental miser himself. I was struck by the richness, the plenty, associated with the Spirit of Christmas Present. He was a giant figure, masculine, bedecked in holly and wearing a luxurious green robe that barely covered his otherwise bared chest. Indeed, the Spirit was the very figure of wealth. When he informed Scrooge that "I love life and life loves me" it became plain that - whatever Dickens' intention - we were seeing none other than the God of the Vanir, Frey himself!

The old Gods and Goddesses of our people are alive and well, lurking in the pages of literature produced a thousand years after the official demise of our native faith. They bring a timeless message of life, love, lust, and liberty. With the Yule season upon us, we can do no better than to heed this admonition to happiness and plenty!

Let us light a candle for Hospitality, sharing our prosperity with kin and friends everywhere!



## DAY 6: MODERATION

### The Sixth Day of Yuletide

A few days ago, I stood on the scales down at the gym and discovered that I had gained four pounds over a period of perhaps a week and a half. Part of the increase resulted from fewer workouts over the period in question, but most of the extra weight came from too much eating and drinking - and worst of all, indulging in eating and drinking just before bedtime!

Clearly, I had not been moderate.

My response was to get on the treadmill and burn off 640 calories, being sure to get in some intense running to keep my metabolism elevated over the next few hours. Come to think of it, that wasn't very moderate of me, either.

The truth is, it's not what we do *SOME* of the time that makes a difference - whether it's eating or running - but rather what we do *MOST* of the time. Perhaps we have to be moderate even in our moderation, punctuating our lives with variety in the form of occasional excess.

Moderation in food and drink is particularly hard this time of year, but it is, after all, a time for celebration. Exercise some control as a matter of principle, but have fun, too.

Light a candle for Moderation, and resolve to keep your sense of humor!



## DAY 7: COMMUNITY

### The Seventh Day of Yuletide

I sometimes think that the Yule season's time-transcending quality derives from nothing more than its regularity, and that almost any other yearly date, if we had strong and pleasant memories to mark it, would serve the same function. I can remember my early childhood - how the tree looked, what my brother and sister were doing, the paper candy cane I gave to the repairman who came to fix our (now) old-fashioned, cabinet-style radio. I know that those things happened at just about this point on the Wheel of the Year, and somehow that gives me comfort. That moment half a century ago is now not so long ago, or far away; I could turn a corner any moment and find myself there again. Somehow, it all touches.

The Wheel is, of course, central to our understanding of Yule. When Nietzsche conceived the Eternal Return, was he intuitively tapping into a substratum of ancient lore? Only, we might say that instead of a wheel returning to the same point, it is actually a spiral, deviating from its unchanging course by the power of our Will. The spiral nevertheless connects all times, all events, and gives us a glimpse of eternity.

Tonight we light a candle for Community, and think on the cohort of kith and kin that give us love and merriment through the years, as we journey on our endless gyre.



## DAY 8: INDIVIDUALITY

### The Eighth Day of Yuletide

On the Seventh Day of Yuletide we lit a candle to Community. Today we light a candle to its apparent opposite, Individuality.

Contradictory? Paradoxical?

No, just another fundamental trait of the Northern European psyche, one illustrating the need for a consciously-maintained, dynamic balance rather than the will-less absorption of the self into a featureless consistency.

Historically, the peoples of Europe are comfortable with cooperation and hierarchy - hence the value of Community.

We are also the most ego-driven, self-assertive, and individualistic primates on the planet. Both these traits are perfectly capable of existing in the same human heart at the same moment.

So light that candle for Individuality, hold it high, and defy any attempt by the group to blow it out!



## DAY 9: TRUTH

### The Ninth Day of Yuletide

It is significant that truth is so often compared to light. The analogy is a powerful one. Perhaps it springs from the fact that light reveals things as they are, showing that which is hidden, while darkness obscures. In the light, we see what is, not what may be.

This is not to deny the importance of the darkness. Darkness contains all potential. It is not merely the absence of light, but something that is, in its own way, just as vital.

The long nights and short days of winter are pregnant with potential. A creative chaos, the womb of all that is unmanifest, lurks in the shadow. But in the fullness of time it must be replaced by rebirth, by manifestation, by light, by truth rather than ambiguity - and thus we have the return of Sunna, the Sun.

Light a candle to Truth, and define the world.



## DAY 10: STEADFASTNESS

### The Tenth Day of Yuletide

Steadfastness is not something encouraged in the modern world. Literally, it means to hold firm in our place - and in a world of continual mobility and change, steadfastness becomes almost a liability.

Lack of commitment, "hanging loose," flexibility, "not getting hung up" are sometimes praised to the exclusion of holding fast. And to be fair, flexibility and motion are desirable.

The sun itself, that great wheel in the sky, moves. But it is nevertheless faithful, true to its nature as it transits across the extended stead that is its home. The sun is, in fact, the epitome of commitment and regularity of steadfastness. It does not abandon its mission or deviate from its course. And neither must we.

Light a candle to Steadfastness, and let it anchor you in the purpose that defines your life.



## DAY 11: LOYALTY

### The Eleventh Day of Yuletide

When we burn a sunwheel and urge the sun to return at Yule, exactly what are we doing? Are we trying to lend the sun some of our might so that it can come back to us, or are we celebrating something that we know for certain will happen in any case?

We are not childish enough to think that our ritual actions will make the sun return. The sun presumably turned in the heavens before there were humans to witness the fact, and should we annihilate ourselves in a nuclear war tomorrow morning the sun will continue in its course, unseen by human eyes, through the silent centuries. To think otherwise would be to deny the very attributes we recognize in the sun: dependability, predictability, rhythm, the essence of the rune Raido. This extrapolation from past events demonstrates the fundamentally scientific instincts of our ancestors.

Notwithstanding, there is another dimension to our actions, and it may best be summarized as "participation." The logical process described in the paragraph above applies to the normal world of human experience, but beyond cause and effect there is a level on which we participate in, or become one with, the act of the sun's return. We do not cause the return but we do more than merely observe and celebrate; we become a part of it. It is in this spirit that we burn sunwheels, pour libations, and make invocations - that we may transcend who and what we normally are, and partake of eternity.

So light your candle, and think on Loyalty - including, but not limited to, our loyalty to ourselves and to the highest, God-like potential that is within us.



## DAY 12: WISDOM

### The Twelfth Day of Yuletide

By now, hopefully, you have taken stock of the year past and thought about what you want to accomplish in the one to come and that brings up the question of oaths, or at least resolutions, for the new year.

I list the two separately because they are very different things.

In ancient times, our people swore oaths on the Yule boar as he was led around the hall. Today, we may use only a loaf of bread baked in the shape of a boar, but the oath is no less binding than if a live, snorting, squealing boar had been brought into your dining room! And oaths, as you know, must be taken very seriously. I have noted that in modern times, many swear oaths when they would gain better reputation by staying silent.

Resolutions are the common fare in American culture, and they are much less binding than oaths. This does NOT mean that they are to be taken casually or halfheartedly, but there is relatively little loss of spiritual might if one fails to attain them. They can be a useful tool for developing the will and making progress toward the high level of attainment that should be the long-term goal of all of us.

When you make your choice, you don't want to be lacking in wisdom!

Light a candle for Wisdom as you wrap up this Yule season, and turn your face toward the new year!



# <CHILDREN'S MEAD

Children like to participate in our rituals in the same way adults do so making your own "mead" can help you feel like you are fully partaking.

I have a few easy recipes here for you to create a quick and yummy non-alcoholic mead that can be used for children and adults too.

Depending on how many people you will have drinking the "mead" you can increase this recipe easily by adding more honey and water.

Make sure you have a parent help you with this recipe if you are not yet able to use the stove top.

## Easy Children's Mead Recipe

By: Carrie Overton

### Ingredients:

- 3 cups filtered water (for best taste)
- 1/4 cup honey

### Directions:

- Heat in a pot on the stove.
- Stir until honey is melted.
- Serve warm or cold.

## Children's Spiced Mead Recipe

By: Carrie Overton

### Ingredients:

- 3 cups filtered water (for best taste)
- 1 cup Orange Juice or 1 Fresh Orange Zest and Juice
- 1/4 cup honey
- 1/4 teaspoon cinnamon or 1-2 cinnamon sticks

### Optional:

- 1/4 teaspoon nutmeg
- 1/4 teaspoon Allspice

### Directions:

- Heat in a pot on the stove.
- Stir until honey is melted.
- Let spices steep on a low boil for ten minutes.
- Serve warm or cold.



# THE YULE TREE

## What is the Yule Tree and what does it mean to us?

The Yule tree is a modern representation of the ancient worship sites of our ancestors as well as a testament to how important trees are to our people.

In the days when our ancestors had not yet been subjected to Christianity each village had a sacred place of worship that was in the forest. In this place was a sacred tree where our ancestors practiced their rites and rituals.

Trees are very sacred to us. After all our very existence depends on them! If it were not for the trees there would be no air for us to breathe.

Yggdrasil is the tree that holds the nine worlds including Midgard (our world) and thus we live within it. Again we would not be alive if it were not for this tree that is known by many as "The Tree of Life".

Why then do we have a tree inside our home that we decorate for Yule? Perhaps it goes back to the times when Christianity took over and they cut down our beloved ancient trees. Perhaps our ancestors took their worship indoors to avoid persecution and death at the hands of the Christian invaders.

What ever the reason the Tree has come to be a firm representation of the season even in these modern times.

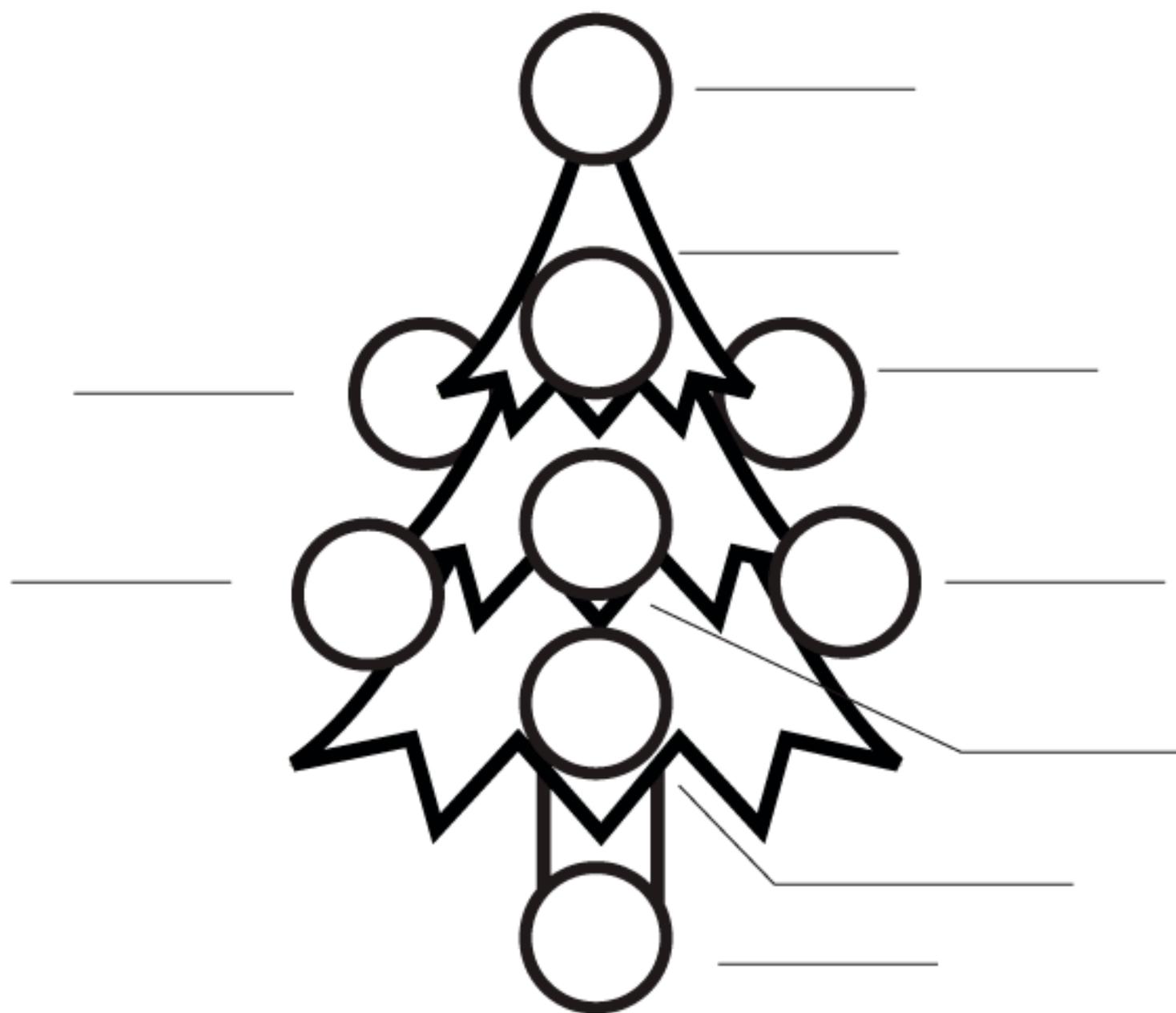
What was once our pagan way of worship has been taken on even by those who are not of our faith. The Tree is so deeply imprinted on our souls that even though they may not know why it is important to them, they nonetheless accept that it is.

In these times where we face less religious persecution we can once again take our faith outdoors. So decorate your Yule Tree and place your presents below it but also find a tree outdoors.

Close your eyes and feel how old that tree is. Thank the tree for it's existence and for helping you to live. Raise up your hands toward the sky and share your gratitude to the Gods and the earth. Remember how we are eternally connected to the land.

For a fun outdoor activity find a tree with low branches. Pop some popcorn, gather some raisins or cranberries and with a needle string them on a long strand. Then place these in the trees branches to feed the animals who struggle through the winter in the bitter cold.

# DO YOU KNOW WHICH WORLD GOES WHERE?



ASGARD

JOTUNHEIM

NIFLHEIM

ALFHEIM

MIDGARD

SVARTALFHEIM

HELHEIM

MUSPELHEIM

VANAHEIM

# THE ICE KING AND HIS WONDERFUL GRANDCHILD

## A DUTCH FOLK TALE

In the far-off ages, all the lands of northern Europe were one, for the deep seas had not yet separated them. Then our forefathers built temples in honor of the old Gods, and prayed to them. Then, in the place where is now the little town of Ulrum in Friesland was the home of the spirit in the ice, Uller. That is what Ulrum means, the home of the good God Uller.

Uller was the patron of boys and girls. They liked him, because he invented skates and sleds and sleighs. He had charge of things in winter and enjoyed the cold. He delighted also in hunting. Dressed in thick furs, he loved to roam over the hills and through the forests, seeking out the wolf, the bear, the deer, and the aurochs. His bow and arrows were terrible, for they were very big and he was a sure shot. Being the patron of archery, hunters always sought his favor. The yew tree was sacred to Uller, because the best bows were made from its wood. No one could cut down a yew tree without angering Uller.

Nobody knew who Uller's father was, and if he knew himself, he did not care to tell anyone. He would not bestow many blessings upon mankind; yet thousands of people used to come to Ulrum every year to invoke his aid and ask him to send a heavy

fall of snow to cover the ground. That meant good crops of food for the next year. The white snow, lying thick upon the ground, kept back the frost giants from biting the earth too hard. Because of deep winter snows, the ground was soft during the next summer. So the seed sprouted more easily and there was plenty to eat.

When Uller travelled over the winter snow, to go out on hunting trips, he strapped snow-shoes on his feet. Because these were shaped like a warrior's shield, Uller was often called the shield-god. His protection was especially invoked by men who fought duels with sword or spear, which were very common in early days; or by soldiers or hunters, who wished to be very brave, or had engaged in perilous ventures.

Now when Uller wanted a wife to marry him, he made love to Skadi, because she was a huntress and liked the things which he liked. So they never had a quarrel. She was very strong, fond of sports, and of chasing the wild animals. She wore a short skirt, which allowed freedom of motion to her limbs. Then she ranged over the hills and valleys with wonderful swiftness. So rapid were her movements that many people likened her to the cold mountain stream, that leaps down from the high peaks and over the rocks, foaming and dashing to the lowlands. They gave the same name to both this fairy woman and the water, because they were so much alike.

Indeed Skadi was very lovely to look at. It was no wonder that many of the Gods, fairies and men fell in love with her. It is even said that she had had several husbands before marrying Uller. When you look at her pictures, you will see that she was as pret-

ty as bright winter itself, when Jack Frost clothes the trees with white and makes the cheeks of the girls so rosy. She wore armor of shining steel, a silver helmet, short white skirts and white fur leggings. Her snow-shoes were of the hue of winter. Besides a glittering spear, she had a bow and sharp arrows. These were held in a silver quiver slung over her shoulders. Altogether, she looked like winter alive. She loved to live in the mountains, and hear the thunders of cataracts, the crash of avalanches, the moaning of the winds in the pine forests. Even the howling of wolves was music in her ears. She was afraid of nothing.

Now from such a father and mother one would expect wonderful children, yet very much like their parents. It turned out that the offspring of Uller and Skadi were all daughters. To them—one after another—were given the names meaning Glacier, Cold, Snow, Drift, Snow Whirl, and Snow Dust, the oldest being the biggest and hardiest. The others were in degree softer and more easily influenced by the sun and the wind. They all looked alike, so that some people called them the Six White Sisters.

Yet they were all so great and powerful that many considered them giantesses. It was not possible for men to tame them, for they did very much as they pleased. No one could stop their doings or drive them away, except Woden, who was the God of the sun. Yet in winter, even he left off ruling the world and went away. During that time, that is, during seven months, Uller took Woden's throne and governed the affairs of the world. When summer came, Uller went with his wife up to the North Pole; or they lived in a house, on the top of the Alps. There they could hunt and roam on

their snow-shoes. To these cold places, which the whole family enjoyed, their daughters went also and all were very happy so far above the earth.

Things went on pleasantly in Uller's family so long as his daughters were young, for then the girls found enough to delight in at their daily play. But when grown up and their heads began to be filled with notions about the young giants, who paid visits to them, then the family troubles began.

There was one young giant named Vuur, who came often to see all six of Uller's daughters, from the youngest to the oldest. Yet no one could tell which of them he was in love with, or could name the girl he liked best; no, not even the daughters themselves. His character and his qualities were not well known, for he put on many disguises and appeared in many places. It was believed, however, that he had already done a good deal of mischief and was likely to do more, for he loved destruction. Yet he often helped the kabouter dwarfs to do great things; so that showed he was of some use. In fact he was the fire God. He kept on, courting all the six sisters, long after May day came, and he lengthened his visits until the heat turned the entire half dozen of them into water. So they became one.

At this, Uller was so angry at Vuur's having delayed so long before asking the question, and at his daughters' losing their shapes, that he made Vuur marry them all and at once, they taking the name of Regen.

Now when the child of Vuur and Regen was born, it turned out to be, in body and in character, just what people expected from such a father and mother. It was named in Dutch, Stoom. It grew fast and soon showed that it was as powerful as its parents had been; yet it was much worse, when shut up, than when allowed to go free in the air. Stoom loved to do all sorts of tricks.

In the kitchen, it would make the iron kettle lid flop up and down with a lively noise. If it were confined in a vessel, whether of iron or earthenware, when set over the fire, it would blow the pot or kettle all to pieces, in order to get out. Thinking itself a great singer, it would make rather a pleasant sound, when its mother let it come out of a spout. Yet it never obeyed either of its parents. When they tried to shut up Stoom inside of anything, it always escaped with a terrible sound. In fact, nothing could long hold it in, without an explosion.

Sometimes Stoom would go down into the bowels of the earth and turn on a stream of water so as to meet the deep fires which are ever burning far down below us. Then there would come an awful earthquake, because Stoom wanted to get out, and the earth crust would not let him, but tried to hold him down. Sometimes Stoom slipped down into a volcano's mouth. Then the mountain, in order to save itself from being choked, had to spit Stoom out, and this always made a terrible mess on the ground, and men called it lava. Or, Stoom might stay down in the crater as a guest, and quietly come out, occasionally, in jets and puffs.

Even when Jack Frost was around and froze the pipes in the house, or turned the water of the pots, pans, kettles and bottles into solid ice, Stoom behaved very badly. If the frozen kettles, or any other closed vessel were put over the stove, or near the fire, and the ice melted at the bottom too fast, Stoom would blow the whole thing up. In this way, he often put men's lives in danger and made them lose their property.

No one seemed to know how to handle this mischievous fairy. Not one man on earth could do anything with him. So they let him have his own way. Yet all the time, though he was enjoying his own tricks and lively fun, he was, with his own voice, calling on human beings to use him properly, and harness him to wheels; for he was willing to be useful to them, and was all ready to pull or drive, lift or lower, grind or pump, as the need might be.

As long as men did not treat him properly and give him the right to get out into the air, after he had done his work, Stoom would explode, blow up and destroy everything. He could be made to sing, hiss, squeal, whistle, and make all kinds of sounds, but, unless the bands that held him in were strong enough, or if Vuur got too hot, or his mother would not give him drink enough, when the iron pipes were red with heat, he would lose his temper and explode. He had no respect for bad or neglected boilers, or for lazy or careless firemen and engineers.

Yet properly harnessed and treated well, and fed with the food such as his mother can give, and roused by his father's persuasion, Stoom is greater than any giant or fairy that ever was. He can drive a ship, a locomotive, a submarine, or an aeroplane, as fast as Fro's boar, horse or ship. Everybody to-day is glad that Stoom is such a good servant and friend all over the world.



# Scandinavian Heart Basket Ornament Craft



These are fun and easy to make for your Yule Tree. You can use almost any material. Felt is best but even construction paper will work.

Start by cutting out the guide at the end of this tutorial or make the shapes yourself



You can draw the shape on your fabric and then cut it out. Make sure you cut both pieces at the same time to have the same shape.



You will have two pieces of different colors.

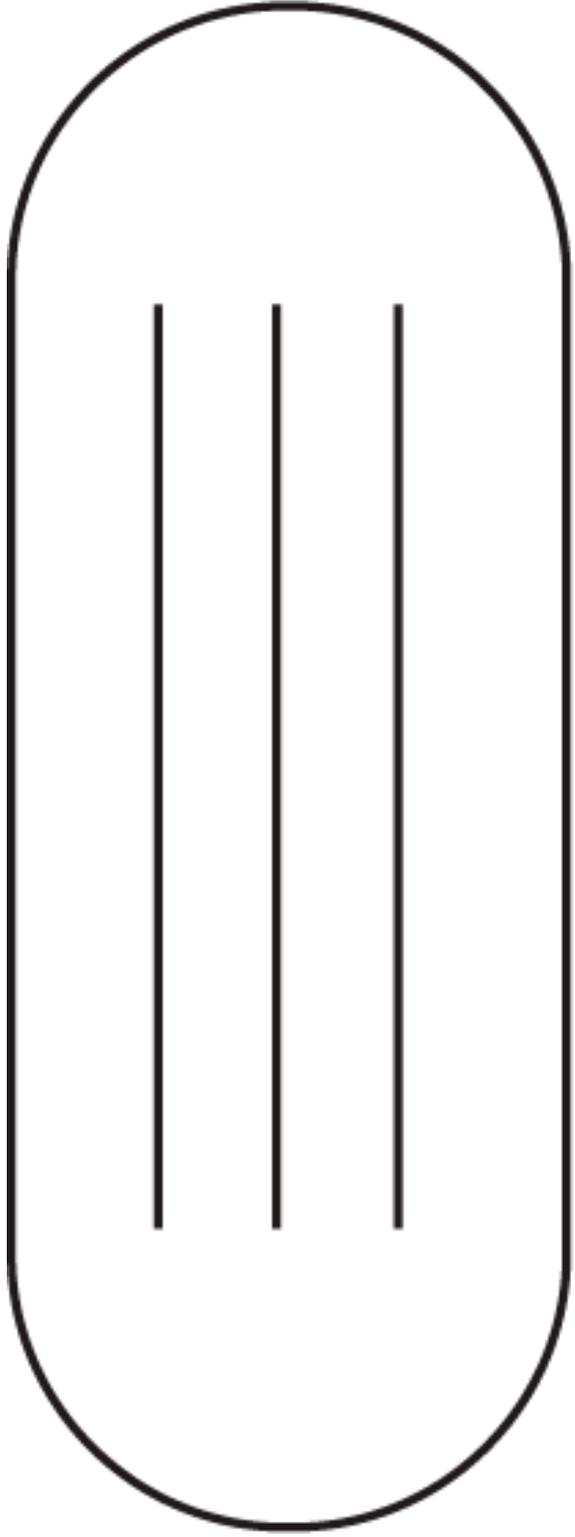


Next cut the slits in the fabric with both pieces together. Make sure they extend about a 1/2 inch from the rounded edge.

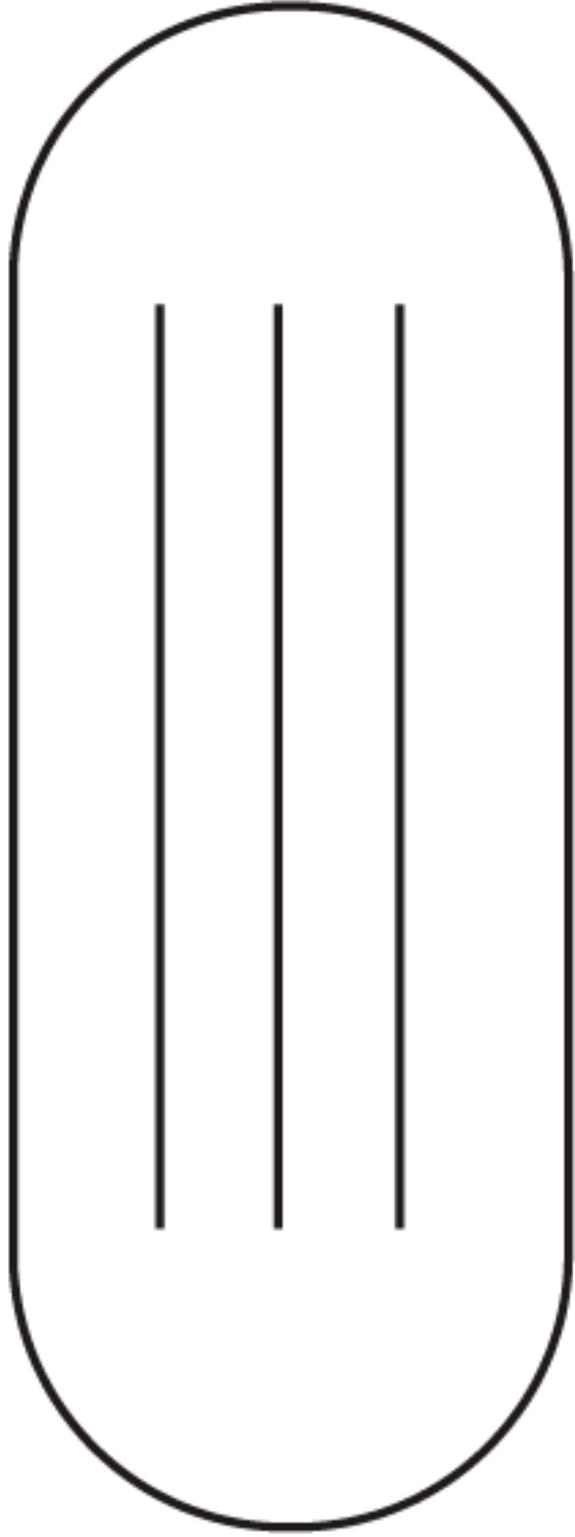


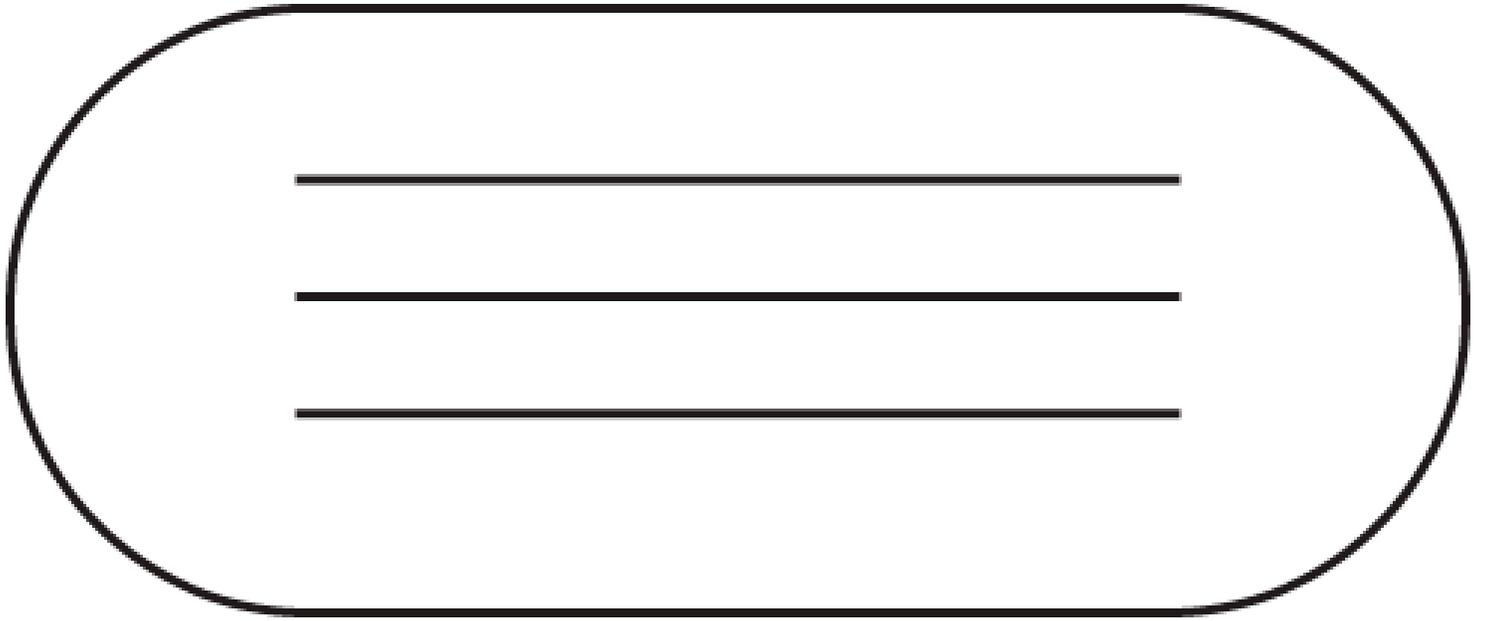
Weave the two pieces together and there you have it! An easy and fun activity to do with your family.

Add a loop of fabric if you like to hang it from your Yule Tree.

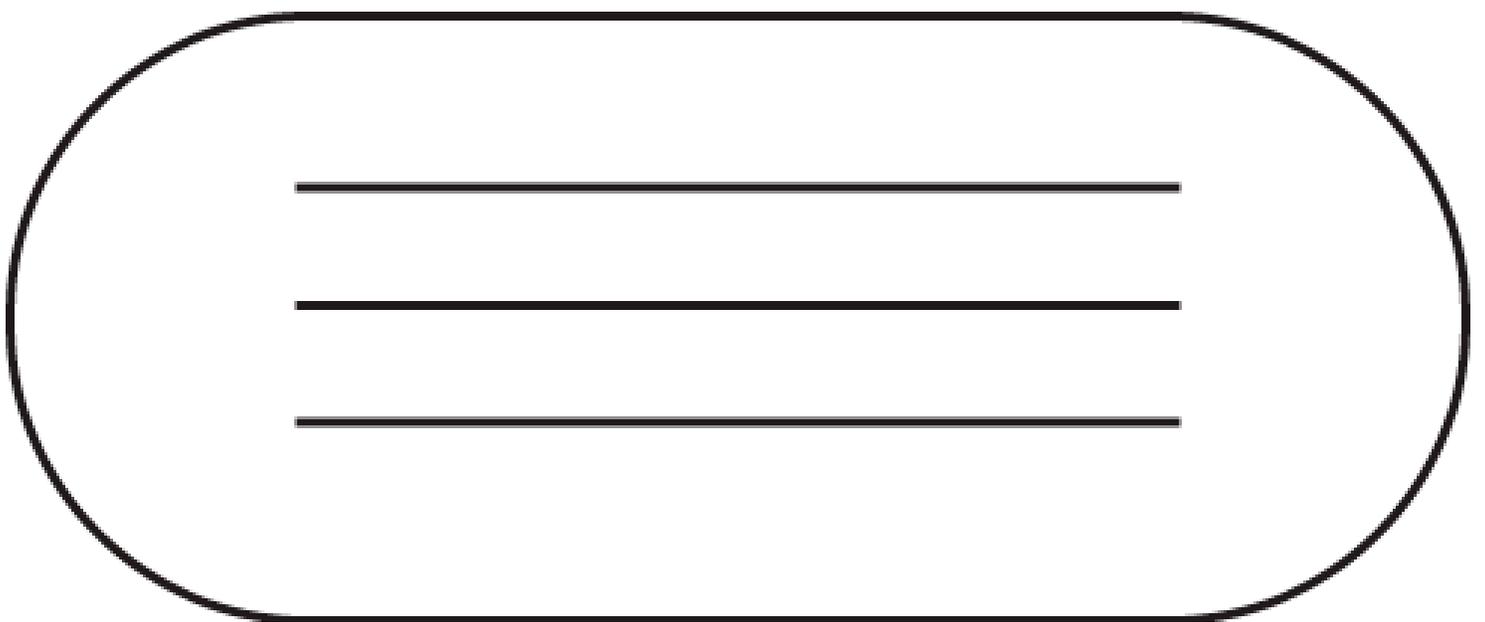


**HEART BASKET LARGE PATTERN**





**HEART BASKET  
SMALL PATTERN**



# Norsk Pepperkaker Gingerbread Recipe



If there is one thing the Scandinavians can do great it is the making of cookies and cakes. They also make some bizarre yet amazing sandwich cakes.

This is a traditional Norwegian Gingerbread recipe that can be used for cookies, gingerbread houses and ornaments for your Yule tree. With no eggs, it is an ideal recipe for working with small children without worrying about their hands getting raw egg on them.

## Norsk Pepperkaker - Gingerbread Recipe

### Ingredients:

- 1 1/8 cups butter or butter substitute (soft)
- 1/2 cup honey or 1 cup sugar
- 1/4 cup heavy cream
- 1 tsp baking soda
- 3 to 3 1/2 cup flour
- 1 tsp cinnamon (or more to taste)
- 1 tsp ginger powder (or more to taste)
- 1 1/2 tsp cardamom (optional)
- 1 tsp vanilla extract (optional)
- 1 tsp baking powder

### Directions:

- Cream butter. Add honey & cream together
- Add Heavy Cream to mixture
- In a separate bowl mix dry ingredients
- Add wet ingredients to dry ingredients and mix into a consistent dough.
- Roll into a ball and chill for at least 3 hours
- Remove chilled dough from fridge and roll out on floured surface
- Cut into desired shapes

Cook in a preheated oven at 375 degrees for 6 to 8 minutes.

- Once cooled decorate and use to your liking. If making ornaments let them sit out for a day or two to harden and decorate.

# ASAKIDS



Rowyn MacDonald Learning how to Honor the Gods  
6 months old

# ASAKIDS

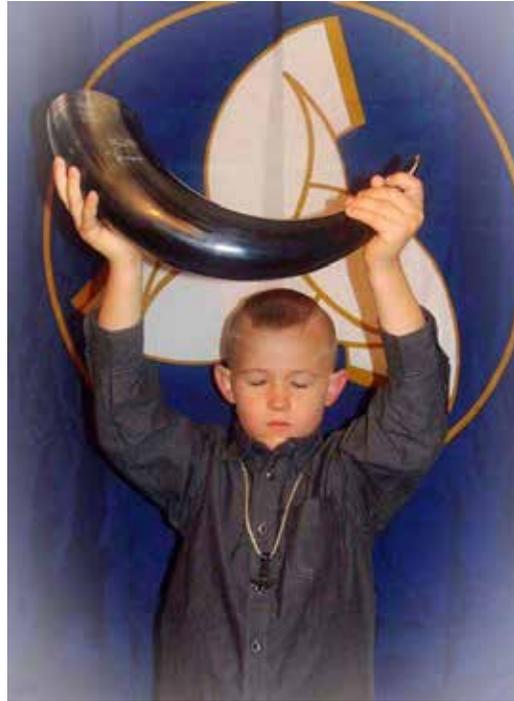


Wulfric's naming ceremony



Making the Harvest Man

# ASAKIDS



Dallas 8 years old



Addilyn 1 year old

# ASAKIDS



Oakley 5 days old

# FAMILY

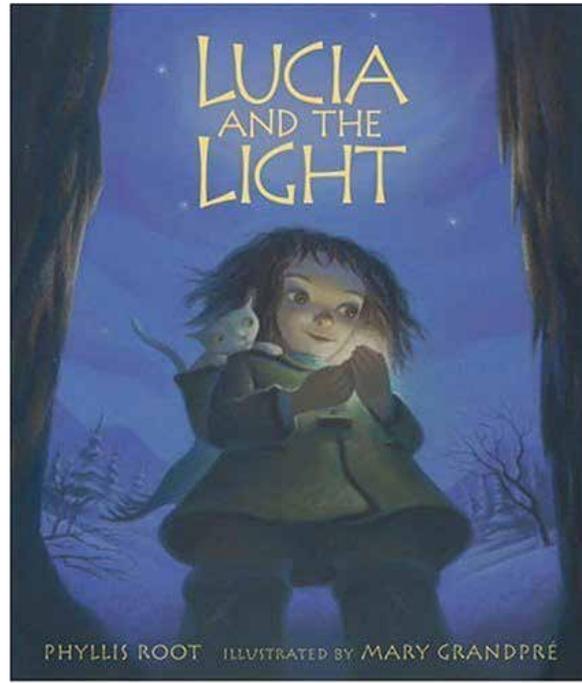


Family is one of the most important thing in Asatru. Our family helps us know who we are and where we come from.

Our ancestors (those who came before us) understood the importance of family and we must thank them for helping to ensure that we could live, pass on our family line, our culture and our traditions.

Right now you can ask your Dad or your Mom about your family stories and learn more about who you are.

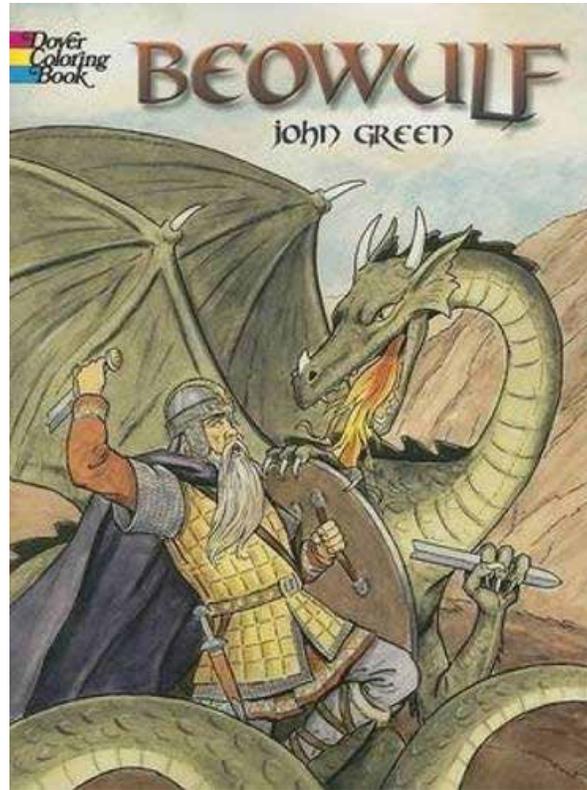
## BOOK REVIEWS



Based on the Norse lore of Lusse later turned into Santa Lucia & the festival of lights. This story is about a little girl Lucia who lives with her mother and baby brother. It is winter but something has happen and the sun is not coming back. Lucia is worried that it will never return so she sets out to find the sun.

This is a perfect story to share around the winter solstice.

# BOOK REVIEWS



A Beowulf coloring book with great graphics and excellent detail. Fun for children who have read or are reading Beowulf. If you are a homeschooler this would be a great supplement to your Beowulf lesson.

# Yule Log Ornament Craft



This is a quick easy craft to do with things you probably have in your home right now.

You will need:

- 1 Toilet Paper Roll
- 1 Colored Pipe Cleaner or Ribbon/String
- 2 colors of Craft/Construction Paper
- Scissors
- Glue
- Tape
- Pen (optional)



### Instructions:

- Gather your materials.
- Cut out the shape from one color of construction paper for the Yule Log using the toilet paper roll as a guide. Then glue the paper to the toilet paper roll.
- With your other color cut out the shape of the fire.
- Glue the lower part of the fire paper to the toilet paper roll making sure the flames are not glued on.
- Tape or glue the pipe cleaner inside both sides of Yule Log.



### Optional Things to do:

- Add covers to the ends to your Yule log using construction paper and place little sweets or gifts inside them and give them to your parents, siblings and friends for Yule.
- Write on the Yule Log.

●

### Ideas of things to write:

- Yule Log
- Your name and the year.
- Write in the Runes.
- The name of the person you are gifting it to.

That's it! Thank you Devlin for showing us how to make this craft.

# Valknut Ornament Craft



Fallyn showing off her Valknut Ornament

Want to Welcome Odin into your home this Yule season?  
Make one of these Valknut Ornaments!

You will need:

- 9 Craft sticks/Popsicle sticks
- A ribbon
- Glue (a glue gun would work good but as your parents for help)

Instructions:

All you need to do is glue the pieces in the shape of the Valknut and attach the ribbon. This craft may need a little bit more thought put into it but with a little help from Dad and/or Mom weaving this shape together shouldn't be too difficult.

# YULE SONGS

## GODS OF LOVE

(to the tune of "We Three Kings")

By: Eric Tanton

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Lightning strikes,  
Great Thor takes his stand  
Driving giants from the land  
Faithful ever, failing never  
Guarding the home of man

Chorus:

Oh, gods of love and gods of might  
Gods who bring eternal light  
Blessing, biding, guarding, guiding  
Calling us to claim the heights

Earth awakens at Freyr's command  
Sun and rain are both in his hand  
Roots he strengthens, days he lengthens  
Ruling the Summer Land

(repeat chorus)

Odin walks, an old man alone  
Eye of wisdom, runes carved in stone  
Ravens calling, evening falling  
Welcome him to your home

(repeat chorus)

# YULE SONGS

## MOTHERS' NIGHT (MODRANICHT)

(to the tune of "Silent Night")

By: Eric Tanton

---

Mothers' night, holy night  
Tears will fill Freya's eyes  
Turning to gold and amber so fine  
Like the moonlight her love will  
shine

Sleep in heavenly peace  
Sleep in heavenly peace

Mothers' night, holy night  
All is still, all is white  
Mother Holda is making her bed  
Feathers swirl and on earth snow  
is spread

Sleep in heavenly peace  
Sleep in heavenly peace

Mothers' night, holy night  
Sunna turns, all is bright  
From the long darkness she saves  
us once more  
Bringing the new year she opens  
the door

Sleep in heavenly peace  
Sleep in heavenly peace

(Our family also uses the Celtic  
god and goddess names, so we  
sing another verse just before  
the last one.)

Mothers' night, holy night  
We await Brigid's light  
Holy fire she brings to our land  
Peace and healing in her hand  
Sleep in heavenly peace  
Sleep in heavenly peace

# BUILDING COMMUNITY: BABY BLANKETS FOR AFA BABIES



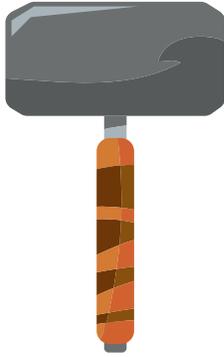
The **Women of the AFA** would like to announce a brand new project

## **The Baby Blanket Project!**

We're committed to ensuring all new babies born within the AFA are gifted a hand made - knit, crocheted, or woven baby blanket! It just our little way of celebrating our new folk!

If you would like a blanket for your newborn, or would like to donate to help with yarn cost (yarn is expensive!) please notify Jamie: [Jsouigny@runestone.org](mailto:Jsouigny@runestone.org) with the subject line: **BABY BLANKET.**

# BUILDING COMMUNITY FOLKISH BUSINESSES



Are you a crafter?  
Do you have your own business?

Send us your contact info (website, business type, etc..) and we will add you to our AFA Business and Crafter's newsletter that will be coming soon!

This is our chance to promote and support Folkish businesses so we can help each other flourish and grow.

Community starts with working together and working in each other's interests. Lets make it happen!

Please send your info to: [wyrddesign@unseen.is](mailto:wyrddesign@unseen.is) with the subject "AFA Business Directory".

## RUNEPEBBLE SUBMISSIONS

Runepebble needs your help,

We need folks to help us create content for the Runepebble youth publication.

If you are a parent, child or teen, your participation is greatly appreciated. Our children are our future and we need to give them the best future we can.

By helping Runepebble with articles, art, stories, pictures, insights, etc.. you are helping our young folk grown within them a strong sense of who they are and encouraging a connection to the AFA community.

Please send any submissions you may have to Heather: [HeaTHOR@runestone.org](mailto:HeaTHOR@runestone.org)

We would like to thank Heather, Carrie, and all of the children & parents who helped make the Yule 2017 Runepebble possible. Happy Yule!

WORLD TREE ANSWER PAGE  
DID YOU GET THEM ALL RIGHT?

