



## Óðinshof

First Hof of the Asatru Folk Assembly

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# Words from the Alsherjargothi



## **SIGRHEIM IS OURS!**

I am proud to announce that as of this article, Sigrheim is ours. Right now, it is raw land and a dream, in the coming months, years, and decades it will become the thriving home of the Asatru Folk Assembly. This would not have been possible without the amazing generosity of our AFA family, thank you all so much. This was also made possible by the special effort of Daniel Mason and his wife Kira and by the constant effort of Gothi Daniel Young, these are the heroes that made this happen. Hail the Æsir! Hail Týr! Hail Victory!

I have been focused on Sigrheim these last few weeks, but November was a great

month for us generally. Our AFA family continues to grow by leaps and bounds. We have record member numbers and now members in The Netherlands and in France! 2022 has been a year of victory and growth, and we have much to celebrate this Yule. I wish you all a warm and joyous Yule, surrounded by family and friends.

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



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## Words from the Witan

### *The Banishment of Alienation*



The Asatru Folk Assembly's [Declaration of Purpose](#) contains something I would like to talk about in this run-up to Yuletide and the start of a new year.

#### **IV. The restoration of community, the banishment of alienation, and the establishment of natural and just relations among our Folk**

*Our ancestors had religious and social folkways that gave them a feeling of continuity and community while jealously preserving individual rights; we can and will reestablish this natural order among our Folk. Asatru encourages sound, traditional families while providing an extended family or tribe to support the basic family unit. We help each other materially, socially, and religiously while respecting the privacy of individuals and families. Society would work better if families and communities cared for each other, rather than relying on coercive, intrusive "help" from outside sources such as the government.*

We help each other materially, socially, and religiously while respecting the privacy of individuals and families.

We have all seen the various collections for our Folk in need via the [Folk Services Fund](#), but I think a lot of our members might not be aware of how much occurs behind the scenes because the AFA can't "boast" about some of our activities while also respecting the privacy as we have promised to do. In my position as an AFA Witan and Gothi, I see it all the time, when an AFA member mentions to a Folkbuilder or our clergy that life dealt something unexpected and every time the AFA offers help.

Since I cannot brag about how the AFA had helped others, I will brag about a time the AFA offered to help me personally. My privacy is my business after all!

Years ago, I used to drive a 1987 Jeep YJ Jeep Wrangler that was affectionately and jokingly called the "Jurassic Jeep" among AFA members and a few leaders because it was the same as the Jeeps in Jurassic Park and because it had a logo on the doors for "Paragon Park" which was a rock climbing park that used to own the Jeep. This Jeep was a real clunker, but like all Jeeps, it would always go even if there were a trail of smoke and people on the highway suggesting I pull over. "No, it's fine. It's a Jeep" was always my reply.

In 2013 or 2014 I drove this Jeep down I-95 from Pennsylvania to Georgia with our Gythia and Gothar program coordinator Rebecca as a passenger, and the then "AFA East horn" (the sister horn to the one currently at Óðinshof) that was in my care from Gythia Pat Hall. We were on an overnight mission to get our Gythia Rebecca down to Ostara in the South for a presentation, and then she was returning to Pennsylvania by train the same day. I was going to stay the night Saturday, and then would be going home on Sunday.

The trip down was uneventful, the presentation was well-received, and the "AFA East horn" was present for this great event, and it was very much appreciated by the Folk that it was brought down. I stayed up late enjoying the short time I had with my Folk and when it was time to drive home the next morning, I was very tired.

I started to doze off in North Carolina, so I decided to exit the highway and find a place to take a nap. As I was turning into a truck stop, I cut off a Ford Mustang which then t-boned the Jeep. I was very lucky that I bounced off of a curb and didn't roll because I most likely wouldn't have survived if the Jeep rolled. The Jeep was totaled and the AFA East horn had a large crack near its mouth. As soon as I had contacted someone, I received calls from numerous Folkbuilders, Gythia, and Mrs. McNallen. I was astonished by a few things.

1. No one cared that the horn was cracked
2. They were all concerned that I was okay and had somewhere to spend the night
3. Mrs. McNallen knew how much this Jeep meant to me and offered a loan from the AFA to help replace it.

I had always heard about how the AFA cares for its members and had been a witness to the AFA's hospitality, but this was the first time I was able to witness in a very personal way that the AFA **means it** when we say, "we help each other." I was fortunate that I didn't need to take that loan since I was a single young man and had the resources to take care of things. If this happened to me today as a husband and father, I would probably accept the loan. The horn was repaired, although sadly it was stolen years after this. (that is another story!)

Please, never be afraid or embarrassed to ask for help. The AFA takes care of our family, and that means you.



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## Lawspeaker's Challenge - Memory



Yule is a time for remembrance – remembrance of the simpler times of our childhood as well as the good memories of our families and ancestors. Along with those direct family memories we are taken to recall the memories of the Folksoul, which after all surround us this time of year: Yule trees, holly, garland, mistletoe, and the giving and receiving of presents.

Many of us have extra time off during the Yule season, so this is a good time to work on one of the components of our souls – memory. Memory, along with thought, form, will, and other parts, form the whole (same root word as “holy”) person. So, while we have some extra free time we should work to strengthen and expand this part of our soul.

So, this month’s challenge: memorize something challenging. Memorize several stanzas of the Havamal (or the whole thing!). Memorize a long poem that you have always liked. Memorize your grandparents' and great-grandparents’ names back three or four generations. Memorize all 108 names of Wotan. These exercises make you stronger and healthier mentally and expand and strengthen your soul complex. Be strong, and acquit yourselves well.

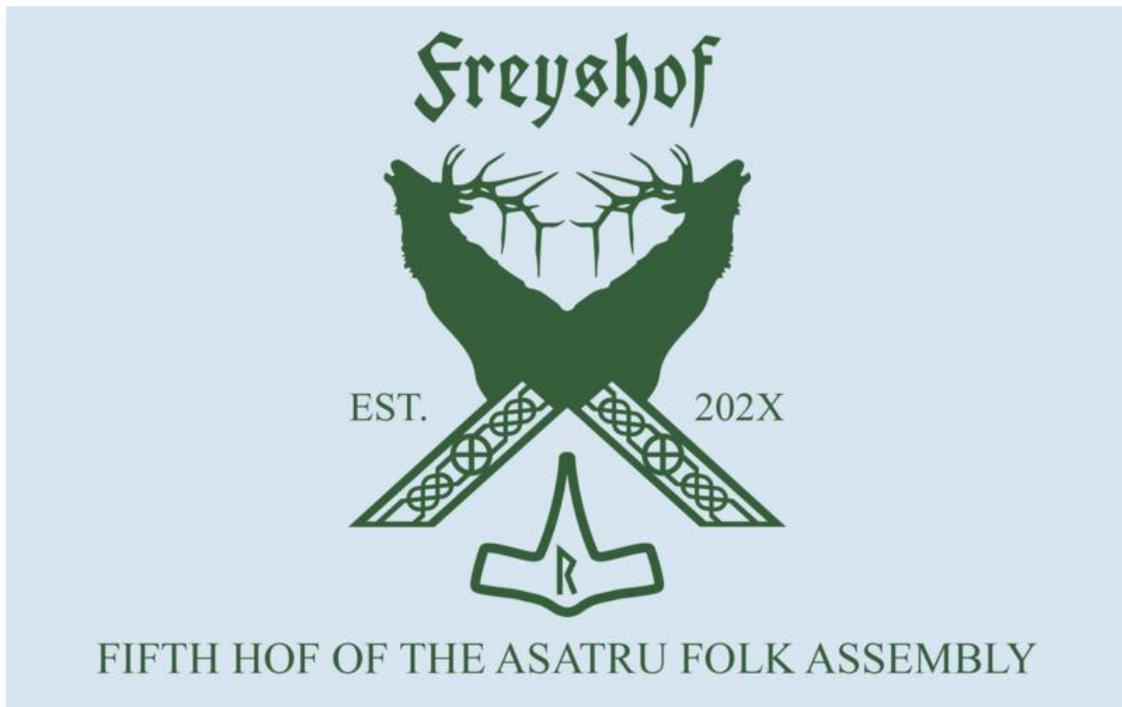


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## The Quest for Freyshof

*“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. (We have paid off 41.25% so far)
2. We need to raise our monthly donation average by 12%. (This is membership dues/Hoftollar plus other donations)
3. We need to locate a suitable property.
4. We need to find lenders and build a war chest.

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

Hail Freyr!



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## Victory Never Sleeps

The Asatru Folk Assembly Presents

**Victory Never Sleeps!**

Wednesdays at 6pm PST / 8pm EST

vk.com/asatrufolkassembly

entropystream.live/app/MattFlavel

youtube.com/c/AsatruFolkAssembly

odyssee.com/@AsatruFolkAssembly:e

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## AFA Homeschool Program



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

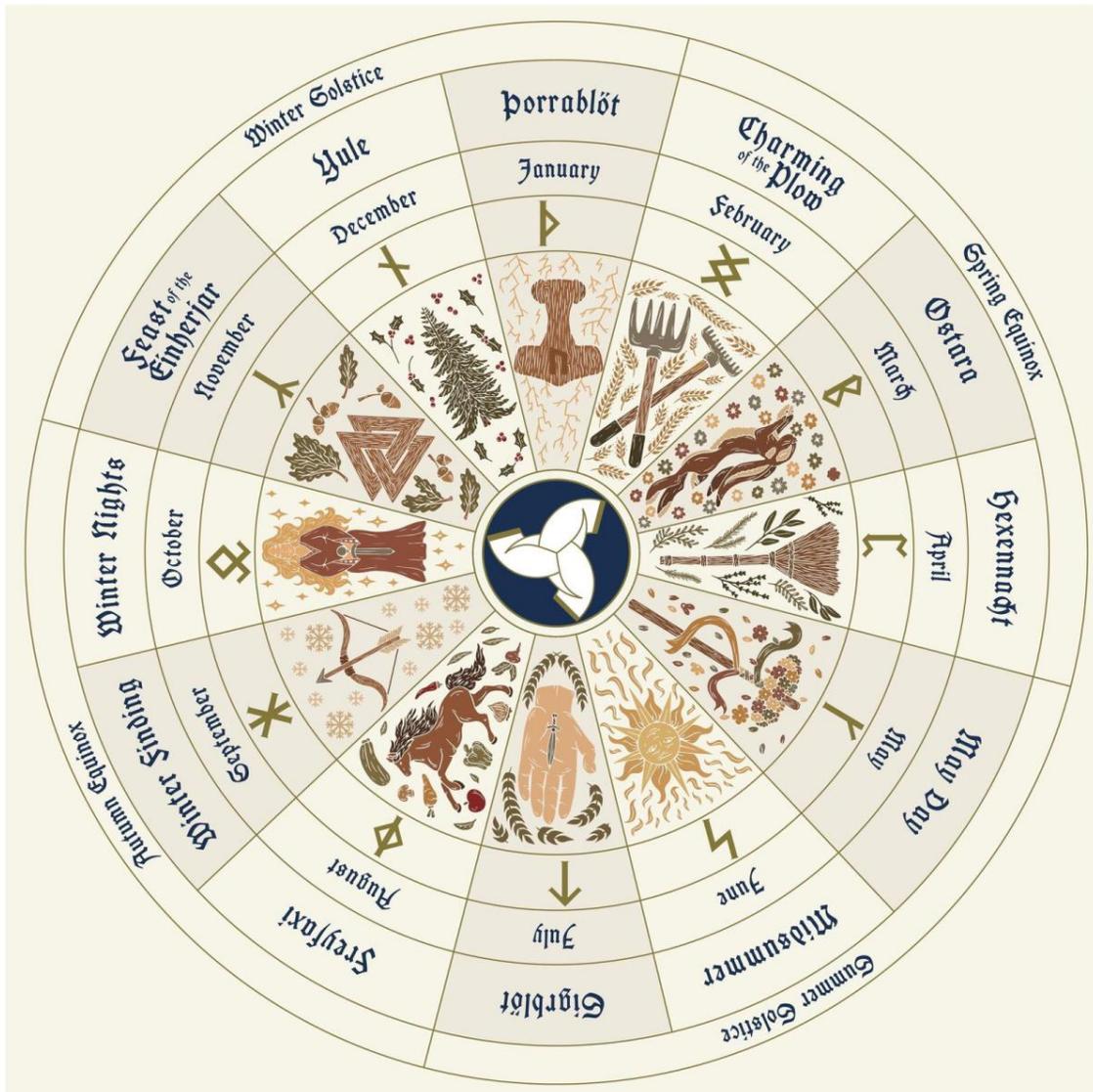
Greetings parents and students! Happy Yuletide to you all! This month we will focus heavily on our Yule traditions. Be on the lookout for new Yule stories and content to be posted on Quickschools. A very special story time and other great lessons! We hope your Yule is wonderful. We can't believe the first half of the school year has gone by so

fast! If you need anything, don't hesitate to reach out to any of [our dedicated school staff](#).



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## Remembrance and Holy Days



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

## Day of Remembrance



“Here I am at the hearth  
Of my host, Yngvar  
The Generous, who grants  
Gold to heroic men;  
Free-handed fosterer,  
You’ll find no three-year  
Babe among bards  
More brilliant than me.”

So “penned” the three-year-old Egill Skallagrímsson after stealing a horse from this father to attend his grandfather’s feast. That small poem was just a precursor for the man who would become known as one of the best poets of the Viking age. Planting an ax in the skull of the boy who cheated him at a game at seven years old would similarly set the tone for a man who would become known as a fierce warrior prone to berserker rages.

From Egill’s Saga, one of the great Icelandic family sagas written in the 13th Century by Snorri Sturluson, we learn about a man who was both an unforgiving warrior and a masterful poet. He spent a good half of his life as a very successful Viking chieftain whose violent tendencies took him through most of Northern Europe. From Norway to Latvia, from Sweden to Saxony, his exploits were prolific.

Egill was known to always strike out in revenge against those who wronged the ones he loved, even going so far as to rip out the throat of a man with his teeth in an honor duel. For all the man was known for his ferocity, Egill Skallagrímsson was also known for his love of his family. This is seen most clearly in his poetry. Many of his poems were composed as a result of the death of someone he loved. He wrote a poem for his brother, Thorold, and recited it in his poems. He also wrote a poem named

“Sonnatorrek” after the untimely death of both of his sons.

His skills don't end there, however. Egill was considered a skilled runemaster, even going so far as to heal the daughter of a man with whom he was staying by carving runes into a stick and placing it under her pillow. Truly he seemed to be gifted by the Allfather.

Egill retired to a farm in his middle years and lived to be nearly 90 years old before dying of a sudden and quick acting illness.

What can we learn from this story?

Egill represents the true duality of human nature.

Egill's Saga is one of war and one of love. We watch the pagan chief battle his way across all of Northern Europe, and we watch him immortalize his love of his friends and families through masterful poems. His loyalty to those who were important to him was tantamount to the man he became.



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**Yuletide**



Yuletide is the 12-day period in December in which we hold our biggest celebrations. During the Yuletide, we celebrate our families and our tribes and the bonds that hold us strong. We celebrate our Ancestors. We celebrate our Gods and the Wild Hunt. We celebrate the bright fires of the hearth that keeps us warm, and we celebrate the rebirth of the sun. We have made it halfway through the harshest time of the year. The sun begins to stay in the sky a little longer each day, moving us closer and closer to the fruitful and warm summer.

We celebrate by gathering together to feast and sing songs. We put up our Yule trees and our wreaths. We bake cookies and give presents. We build strong bonds and traditions that our children remember and pass on. It is a joyous time of the year.

We begin the Yuletide on the 20th of December, called Mothersnight. During Mothersnight, we celebrate our ancient mothers, the Disir, who kept the hearth flames burning bright. One way to celebrate this is to extinguish all of the lights in the house. Light a candle to represent the hearth flame and, if you have children, give them pots and pans. Starting at the central part of your home, or the hearth (usually the kitchen and the stove, but can be a literal hearth if you have a fireplace), let the children “chase the ill-wights,” or the bad energy, from each room by running through the house and banging the pots and pans. As you go through each room, light a waiting candle. You are bringing the light of the hearth, of the Goddess Frigga, of the Disir, into each room to bless it. You can say something simple with each candle you light, like “The Goddess

Frigga bring love and light into this room” or “The Disir bless this home and all who live within it.”

Yuletide ends on December 31st, a time when people can make oaths for themselves for the coming year.

An AFA tradition started by our esteemed founder Steven McNallen, focuses on celebrating 12 Asatru virtues: Industriousness, Justice, Courage, Generosity, Hospitality, Moderation, Community, Individuality, Truth, Steadfastness, Loyalty, and Wisdom. Each night, we light a candle in honor of each of these virtues. Steven McNallen has videos for each of these days on our YouTube channel, and we recommend that everyone take some time to watch them.

### *Erickson Family Traditions*



One of the things that my husband and I agonized over was how to make Yule something completely magical for our children, and completely separate from Christmas. We do not hate Christmas, but we want our children to be so in love with Yule and with Asatru that they do not consider any other way when they are old enough to choose for themselves. But how do we do this? All the real Yule traditions have been adopted and aren't strictly Asatru anymore.

We had such a hard time with it that it wasn't until our son was two and a half (his third yule) that we had any sort of traditions to start. Speaking with Witan Svan Herul was the turning point for me, and over the yuletide season, we honed our own family traditions.

As a Gythia helping find traditions for my family was important but finding traditions that all our children can grow up with is even more important. How wonderful would it be for our children to see each other at gatherings and be able to talk about Yule without having different experiences?

I know that many of us already have our traditions and even more of us have children who are old enough to “know what they know,” but I am sharing my traditions here in the hopes that it helps at least one family.

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We begin with the Tree. Every year we chose a live tree. When we find a tree we like, Eoghan leaves a small offering of an apple or an orange. We then ask the Wight of the tree to come home with us. This is our Yule Wight. He is one of Santa's many helpers during Yule, and Santa is the biggest of the Yule Wights. This allows us to talk about Santa without it being Christmas-related. When we get the tree home, we build a little nest in the branches. We use a wool scarf. Every night before bed we leave a small offering in the nest. It can be a cookie, an orange, or some other small food thing. Every morning we wake up and go to see that the Yule Wight has eaten the offering!



On the 1<sup>st</sup> night of Yule, Mother's Night (December 20<sup>th</sup>), We light a candle to Frigga and the Disir. Today we decorate our Yule tree. The lights have been on since we brought it home, which was done the weekend before the 20<sup>th</sup>. That evening we turn off all the lights in the house. We light a candle, and this candle represents the hearth flame. The children have pots and pans, and they go from room to room banging the pots and pans to scare away all the bad things that might be in the darkness. When each room is "free" from bad things we light a waiting candle and call on Frigga and the Disir to keep our home safe and happy.

The last candle we light is on our dining room table. We have twelve candles surrounding our Yule Log or a piece of our Yule Tree from the year before. That candle we light in honor of Frigga. We leave an offering for the Yule Wight and the kiddos go to bed. When they check the tree in the morning, they will find that the Yule Wight has left two small gifts in return! We use this to teach the children the importance of gift-giving and the gift cycle.

Every morning after this the Yule Wight will leave gifts.

Additionally, we take a plate of food from dinner outside every night and leave it as an offering to the God to whom we lit our candles that night.



On the 2<sup>nd</sup> day of Yule, we light a candle to Sunna. During the day we build a sun wheel out of materials we find in the yard, mostly pine boughs, and pinecones. That evening we build a fire (inside or outside, doesn't matter) and we honor Sunna and the sun before burning the sun wheel. We then light a candle and with it, we light our candle on our Yule wreath.

On the 3<sup>rd</sup> day of Yule, we light a candle to Nerthus. During the day we make dough ornaments and paint them, or we do other fun yuletide crafts. When we call on Nerthus we remember the Earth that we need so much.





On the 4<sup>th</sup> day of Yule, we light a candle to Mani. During the day we bake our cookies! That evening we decorate the cookies altogether. And we eat some too! When we light our candle to Mani, we remember the nighttime and the moon.



On the 5<sup>th</sup> day of Yule, we light the candle for the Ancestors. We don't have a particular daytime activity, but when we wake up, we find small, wrapped gifts either in our stockings or under the tree. One of my families' personal traditions is to have a special "tea" instead of dinner. I spend the day making all the different appetizers that my family ate as a child. Sometimes the kiddos help. That evening we make tea and serve the appetizers. Teatime is when we finally get to see the presents.

The Yule Wight made a special trip to the halls of our ancestors and brought back gifts from them. Each gift is something practical. A hand-knit wool sweater, or a pocketknife (in the case of an older child). When we hand out the gifts to each person, we tell everyone who the gift is from, and we take turns telling stories about that ancestor. This

is a great way to familiarize our children with their ancestors. It is to those ancestors we light our candle before bed.



On the 7<sup>th</sup> day of Yule, we light a candle for the Einherjar. Typically, this is the day we host our Kindreds Yule. We gather to celebrate and make merry. We light a candle to remember those who have fought hard to protect us and our rights to practice our faith.

On the 8<sup>th</sup> day of Yule, we light a candle to Odin. The following days don't have daytime activities yet. It's still a work in progress for us, but the candle we light to the wisdom God, to the Allfather, Odin. The children are still leaving gifts for the Yule Wight, and the Yule Wight is still leaving small gifts in his nest for the children.



On the 9<sup>th</sup> day of Yule, we light the candle to Ullr, the hunter. This marks the end of the hunting season for those who hunt and a good way to celebrate Ullr's day is to clean and bless all the hunting tools from the season before storing them away.

On the 10<sup>th</sup> day of Yule, we light a candle for Thor. Friend of man, and arguably one of the Gods best known to us, today is a good day to spend time outside playing. And eating!



On the 11<sup>th</sup> day of Yule, we light a candle for the Land Wights. Though never really seen, our land wights are always there. They can help us or hinder us as easily as the rain can fall or the sun to shine. Today we spend the day cleaning. It doesn't have to be a deep clean, but to honor them, dust and mop the floors. We go outside and clean up fallen branches or twigs from the yard and sweep the front stoops. When we leave our nightly offerings, we make sure they include bread, cream, and honey, some of their favorites.



On the 12<sup>th</sup> day of Yule, we light a candle to Freyr. Now we begin the decline of winter. Days will get longer and colder. Freyr will soon be seen in the growing things again and so we honor him and all the things he will bring us. Tonight is the last night that the children leave an offering for the Yule Wight.

When we wake up on the morning of the first there will be more presents under the tree. These will be our presents to the children. We chose to do this for several reasons. The first, and maybe most important reason, was to make sure that the anticipation of Yule didn't end on "Christmas". They had MORE to look forward to. It was also a nice way to be able to end Yule with a lazy just family day.



We spent a great deal of time worrying about making Yule perfect for our children in a way that will stay with them forever and really emphasize our faith above all else. Santa is a Yule Wight. The Boss if you will. We have a Yule Wight in our home who helps Santa. The Santa's in the mall are Yule Wights who help the Bossman. They get presents on Christmas without it being Christmas. I hope that some of our traditions can help the new parents out there marry existing Christmas traditions with new, authentic Asatru Yule Traditions.



Special thank you to Witan Svan Herul, whose 12 nights I fell in love with and sort of adapted to fit our family.

A Merry Yule to every one of the Asatru Folk Assembly.



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## Upcoming National Events

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Order your tickets at

[Charming of the Plow at Njörðshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/Charming-of-the-Plow-at-Njorðshof)

The Charming of the Plow is an ancient custom of our Folk that will be the National Event at Njörðshof for the first time in 2023, held the first weekend in February. The celebration can be tied to the Gylfaginning, where Gefjon, one of the Disir in service to Frigga, went to visit King Gylfi of Sweden to ask for land of her own.

To our ancestors "luck" meant preparation. This was the time to prepare for the new year, to make plans and set goals that will allow us the prosperity we seek. Njörðr is our god of prosperity, and it is at his temple the AFA will gather to make ready the earth to accept the seed of our plans for the coming year. Whether it's preparing the actual soil for planting, sharpening the plow, taking a class that will let you advance at work, or even changing careers; to work our will in this world our implements must be sharp if they are to be effective.

This is why we ask that you join us at Njörðshof for our first Charming of the Plow starting Friday, February 3<sup>rd</sup>, and running through Sunday, February 5th.

In addition to the blots and sumbel, there will be great food (ask anyone that attended our dedication), activities for the kids, discussions with our Goðar, an auction, and more. Build Frith with your folk in Florida, so get out of the cold for a great time in the sunshine state at Njörðshof.

Tickets are available at

[Charming of the Plow at Njörðshof – Asatru Folk Assembly \(runestone.org\)](https://runestone.org/Charming-of-the-Plow-at-Njorðshof)



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## Feast of the Einherjar 2022



Feast of the Einherjar 2022 | Video by Shade McCurdy





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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 up...

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

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

Your contributions are earnestly solicited and of course, are tax-deductible! Please donate to Folk Services or one of our other AFA Fundraisers

at <http://www.runestone.org/donate/>.

Thanks in advance!

## Photo Donations

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



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

## Eir's Blessings



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

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

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

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

# Last Will and Testament

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



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

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

Please make your will **today**.

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

Allen Turnage  
PO Box 16027  
Tallahassee FL, 32317

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



## Cooking for the Folk



### Calling all Chefs

We are looking for recipes for a cookbook. We ask that the recipes were served to the folk at a Hof or moot. Please include where and when it was served.

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

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).

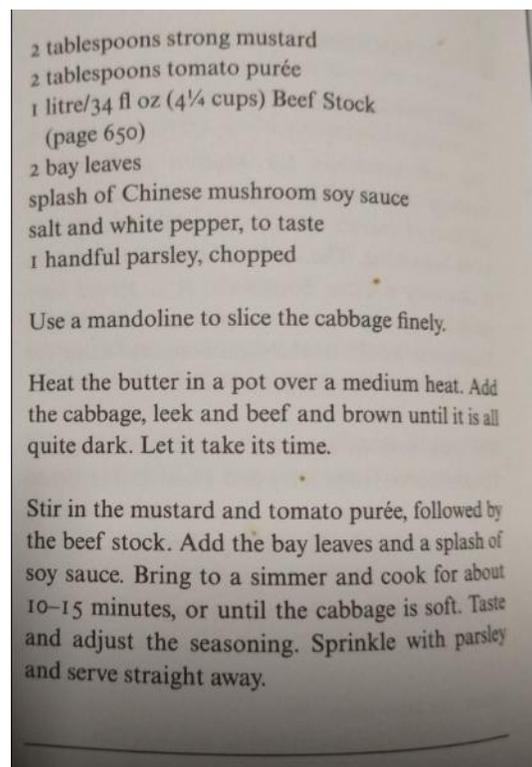
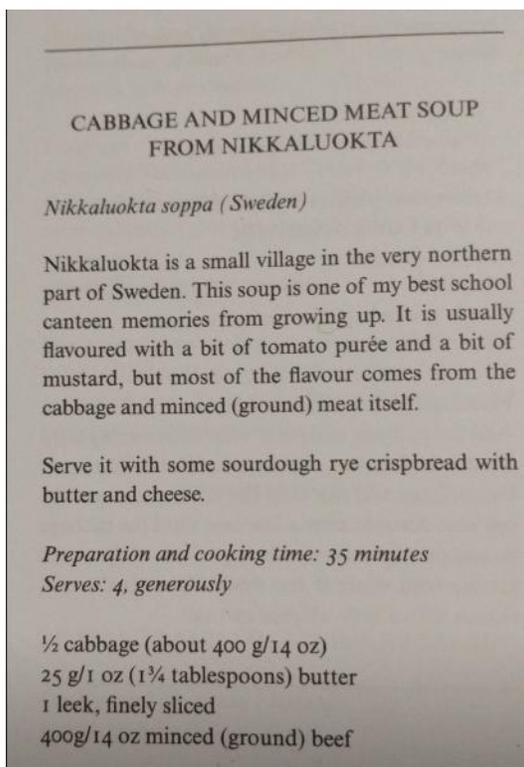


Mike Joyner  
Apprentice Folkbuilder  
[mjoyner@runestone.org](mailto:mjoyner@runestone.org)

## Ancestral Food and Culture



Nikkaluokta soppa. From my wife's cookbook, 'The Nordic Cookbook' by Magnus Nilsson, comes one of our favorite recipes for winter. It is a hearty soup that warms both body and soul. Just what you need for the cold nights in both winter and autumn.



As our family does not herd reindeer; we substitute the reindeer meat with moose meat and that works just fine for us. Feel free to try out whatever minced meat you are able

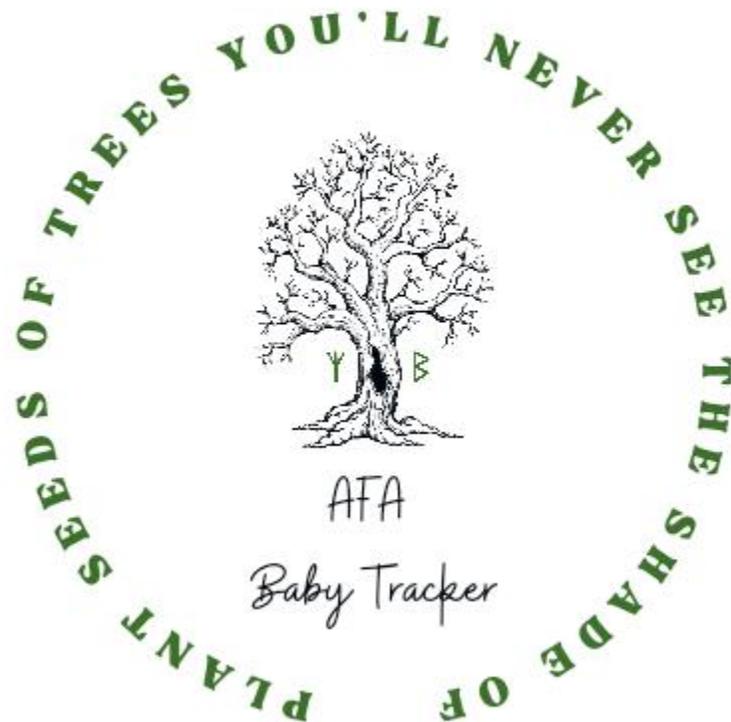
to procure. Enjoy!

- Apprentice Folkbuilder Erik Lugnet, Sweden, Thorshof District



Folkbuilder Timothy Dumas  
[tdumas@runestone.org](mailto:tdumas@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 2022: 42



Jessica Keller  
Apprentice Folkbuilder  
[jkeller@runestone.org](mailto:jkeller@runestone.org)

## Saga's Literature Project



Saga needs your stories!

Do you have thoughts throughout your day or your studies that you ponder about our Gods, Goddesses, Heroes, or our Faith?

Do you and your family or Kindred have ways you like to venerate the Gods that are special to your own traditions?

How do you celebrate our Holidays or Days of Remembrance?

Do you have advice for those who have finally come home and wish you could have it handy to give to them?

Are you enrolled in Asatru Academy or partake in Lore Study or the Virtue Recovery Group?

The Asatru Folk Assembly wishes to create booklets, brochures, and pamphlets to have on hand in our Hofs and with membership Assembly-wide to give out to anyone with curiosity, whether they are a member or not.

This will be key in our studies as experienced practitioners and should serve as a more efficient way than directing those with questions to our websites alone.

Saga needs your help! Submit any ideas or write-ups you have on the topics listed above to me, Apprentice Folkbuilder Shane Duffy at [sduffy@runestone.org](mailto:sduffy@runestone.org)!

Note: All submissions are subject to review from myself and up the chain of command to the Alsherjargothi himself.



Shane Duffy  
Apprentice Folkbuilder  
[sduffy@runestone.org](mailto:sduffy@runestone.org)

**Now Available in the AFA Store**

Scarfs are in the store! There is a limited number left so order fast if you would like to get yourself one!



[Order Yours Now!](#)

Folkbuilder Melisa Mills  
[mmills@runestone.org](mailto:mmills@runestone.org)



# Óðinshof

## Odinshof Restoration Project



# ÓÐINSHOF RESTORATION PROJECT

Óðinshof Restoration is a project I created in October to help raise funds for the upkeep and repair of the first Hof of the Asatru Folk Assembly. Óðinshof was an older building

when we purchased it and as the years go on there are things we continually need to mend and replace to keep this building running for many years to come.

The first fundraiser got us approximately \$700! This will get us a new door in the kitchen, repaired window, and paint. Our second fundraiser will be over on Dec 10th, so if you would like to participate, please reach out to me ([astockton@runestone.org](mailto:astockton@runestone.org)) or my fiancé Michael Sessumes ([mssesumes@runestone.org](mailto:mssesumes@runestone.org)) and we can get you all the details needed.

We will need so much more to fix the roof, walls, floors, kitchen, and back property, so every little bit counts.

Different ways to contribute are by donating your time or money, participating in raffles, donating something beautifully handcrafted, or simply spreading the word to people you know.



Also, it is worth noting that donations of over \$500 get you on the donor's board inside Óðinshof and all donations are tax-deductible.

Óðinshof is a beacon lighting the way home for our folk and a place that belongs to Óðin and us. It is important that we make Óðin proud and keep this hall beautiful and sacred as it is a place where so many folk souls reawaken. Óðinshof is always a place where we can gather in good company around a fire and more often than not a hot meal. Let's work together as I know we can and make Óðinshof as grand as possible!



Folkbuilder Ashley Stockton  
[astockton@runestone.org](mailto:astockton@runestone.org)

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## Food Pantry at Odinhof

*November Food Pantry? Turkey Time!*



Talk about an intense lead-up to *Feast of the Einherjar* at Odinhof! Steve and I not only filled our SUV with the staple goods for 48 families, but we added in Thanksgiving dinners this month.

Pleasant weather and plenty of volunteers greeted us when we set up on Saturday morning. The biggest surprise was the long line of cars waiting on LaPorte Road to pull into our driveway. There was a reason for this. The Federal USDA program that delivers food once a month to Brownsville failed to show in November due to Veteran's Day.

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But the AFA always comes through with our commitment to serving our neighboring communities. How did we do? We provided food for 57 needy families, representing 240 individuals. We're seeing more families consolidating in a single home, making households of ten or more members. This growth in numbers is our new norm.

Being the holiday season, we like to offer good cheer as well as good food. Our December Food Pantry will be on the morning of the Odinshof Yule on the 17th, followed by a toy giveaway on Sunday. Families with children are invited back for cocoa and cookies, while parents pick out toys for their children. Our goal is two presents for each child and a gift card per family.

Contact Sheila McNallen if you'd like to support this special project at Odinshof. Remember, your donations are tax-deductible.



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

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## Feast of Einherjar at Odinhof



Every gathering at Odinhof is meant to fulfill the spiritual and social needs of our Folk. Similar to *Winter Nights* in October, *Feast of the Einherjar* tends to be a solemn occasion where we remember those who have passed beyond the veil.



A person who helped remind us of the significance of this feast-day is former Army Infantryman, Daniel Odom. He arrived early to set up a memorial space inside the hall for photos and messages to our fallen warriors. His attention to detail included the

creation of “Grog” which was shared among the former military personnel who were there. Founder Stephen McNallen wrote his recollection of that ritualized toast to The Fallen. I've included it at the end of this article.



Some of us remained indoors all day, while others enjoyed the autumnal spirit felt around the bonfire. Dan Odom led clusters of folk in various games testing marksmanship and other physical challenges.



The ritual for the Einherjar was led by Alsherjargothi Matt Flavel within the torchlit circle. A special horn carried our memories and thanks to those who had dedicated life and spirit as a warrior. The contents of that horn fed the fire with a huge blast of energy. We were not alone. A photo showed a face materialized in the smoke above the horn, held high by Flavel.

In silence, we returned to the hall to stand before the mural of Odin with arms outstretched. Hail, Odin! It was soon time for our hearty annual Folksgiving Feast prepared by Krystal Podbreger. All day, she worked on this dinner. Three roasted turkeys with sides, plus pies for dessert, were heaped upon plates. It was indeed a fine meal.



Before people were lured back outdoors to the cozy bonfire, Matt announced a special ceremony was about to take place. (Ashley Stockton describes this in her own words, in another article for the December *Runestone 2022*.) Those who took part in this ceremony knew that Ashley's abilities and commitment as an Oathed Folkbuilder will serve Odinshof for years to come. Hail, Folkbuilder Ashley Stockton!

Feasting, rituals, and toasts led to anticipation of Yuletide in December. Expect it to be a gathering to remember!

***Warriors, Wyrd, and Grog* by Founder Steven McNallen**



At the recent Einherjar celebration at Odinhof, I had the honor of participating in a most unusual rite. Superficially, it was nothing more than the admixture of various brands of hard liquor, poured into a vat, and consumed by the military veterans present. (In keeping with the Law of the Hof, none of us got inebriated.) It was serious but convivial, relaxed but purposeful, and it had genuine spiritual undertones. We drank just enough to honor each other and to loosen our tongues a bit. I look forward to doing it again - perhaps not on a regular basis, but definitely from time to time as needed.

The custom started with Navy submariners who, on heading back to port after a long voyage, drank such alcohol as they had available - allegedly, to include torpedo fuel. It quickly spread beyond the Navy, with variations in other branches of the American military. For example, each of the several participants would bring a bottle of hard spirits representing their respective companies or battalions, empty the entire contents into a suitable container, and give it a stir or two to mix it thoroughly before passing it among the participants.

Superficially, this is just another military custom - a bonding experience for those who share danger, fear, and courage. As such, it is priceless in its own right.

But let's look a little deeper.

The container from which we drank was made of wood and looked for all the world like...a well. Or more exactly, it could easily have been THE Well, the Well of Wyrð, the well into which all our deeds and experiences go, the well of that-which-has-

become. Our "spirits" go into the well, where they are co-mingled with the "spirits" of our fellows. We then share that liquid, just as we share the fate, the devotion, the horror, the laughter, the courage, and the essence of the warrior's experience.

Now, maybe somebody somewhere planned all that symbolism - but I don't think so. It becomes another example of how our deeper selves find truth, and weave the Web of Wyrð accordingly.

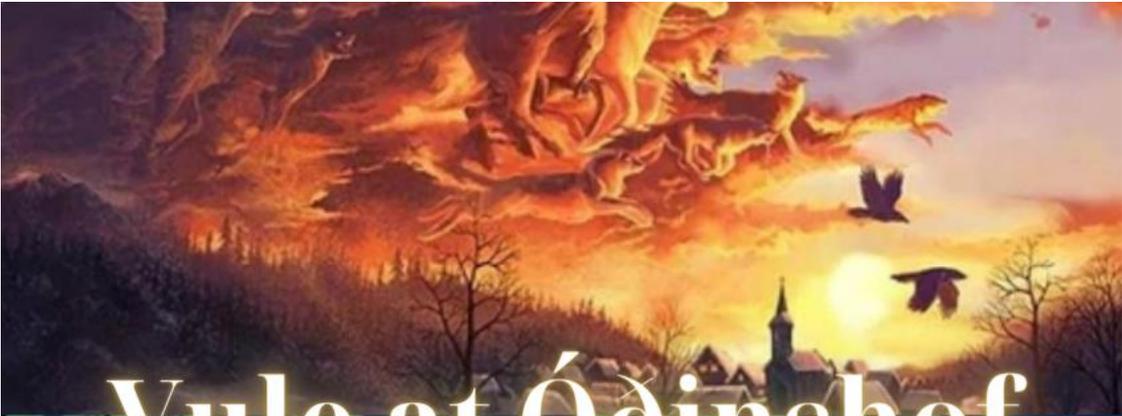
Hail the warriors, and the bonds that join them!



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

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## Upcoming Events at Odinhof



# Yule at Óðinshof

FRIDAY DEC 16 - SUNDAY DEC 18  
NOON-NOON

Join us for our traditional tree raising and decorating, crafts, games, hot apple cider, music, Father Yule, white elephant, ritual, children's activities & so much more!

*Please remember to dress nicely for this formal family event and bring cash for sale items, auction and donation*

*Meals are potluck so please plan to contribute in some way. Contact Krystal Kpodbreger@runestone.org to coordinate food items*

*We will have a White Elephant gift exchange bring a gift valued at roughly \$20 to participate*

*Accommodation's:*

*On-site camping and hot showers, nearby airbnb's & a local motel. Contact Sierra Chapman for assistance. Schapman@runestone.org*

*Parents:*

*Please bring a gift for each child you have plus one extra for Father Yule to give during the gift giving*

*Astockton@runestone.org    Sheila@runestone.org  
707.800.5333    Msesumes@runestone.org*

Please join us for Yule at Odinshof!

There are several amazing things to look forward to at this event that you're not going to want to miss. Reach out for any questions or assistance.

# 16 Dec Friday

1:00 PM Frigga Dedication  
2:00 PM Yule ornament workshop  
4:00 PM Tree raising & decorating  
6:00 PM Dinner  
7:30 PM Yule tree lighting,  
Hot apple cider social & dance

6:30 AM Sunna Greeting  
6:45 AM Calisthenics w Mike / Yoga w Ash  
8:00 AM Óðin Dedication  
8:30 AM Breakfast/ Men & Women talk  
10-11:00 AM Food Pantry  
Noon Lunch / Guest speakers  
1:30 PM Greeting to the Gods  
2:00 PM Kids activities/cookie competition,  
adults Skaði Games

# 17 Dec Saturday

4:30 PM Blot  
5:00 PM Papa Yule / White elephant  
6:00 PM Dinner / Auction  
8:00 PM Sumbel

# 18 Dec Sunday

6:30 AM Sunna Greeting  
8:00 AM Breakfast  
9:30 AM Candle Blessing  
10:00 AM Clean up  
12:00 PM Wayfarers Blot

# Itinerary





YOU ARE INVITED TO

# ODINSHOF DISTRICT MEETING

DECEMBER 30TH | AT 7:30 PM

HOSTED BY: STEVEN MUNDY  
4-GUEST SPEAKERS  
TEAMS LINK WILL BE OUT SOON

Our next Annual District Meeting will be held on the 30<sup>th</sup> of December at 7:30 PST. This meeting is becoming a big hit and members from all over our district are getting a chance to talk with leadership. The presentations by our guest speakers have been fantastic. Come out and mingle with your fellow folk, ask questions, and have a good time. We look forward to seeing you there!

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## Arizona

### *Celtic Festival Moot*



One thing most AFA members have in common is some degree of Celtic ancestry, be it Scottish, Irish, Welsh, or some combination of all three. Although much of the Celtic culture is derived from Central Europe (i.e. the La Tene Culture as it's named by archaeologists), a common genetic origin that essentially all people of Celtic ancestry share is much older than the Iron Age Celts. What archaeologists call the Bell Beaker Culture became extremely important in forging the current genetics of the British Isles.

Our ancestors of the Beaker Folk, as older archaeologists called them, arrived in Britain about 4500 years before the present (BP) or approximately 2500 BCE by standard modern dating. Our ancestors of the Beaker Folk, who were descendants of the Aryans and arrivals from the northeast into Western Europe, spoke an Indo-European or Aryan language, possibly a late variant of Proto-Indo-European or maybe Proto-Celtic. Through circumstances not entirely known, whether warfare, disease, competition for resources, or some combination of all of the above, the Aryan-descended Beaker folk dominated the British Isles immediately upon arriving, and the previous inhabitants made a very little subsequent genetic impact. In particular, the R1b Y-DNA haplogroup became the calling card of the Beaker Folk in the British Isles. Many Western Europeans and AFA members today possess this genetic marker, including myself, which most likely dates from the Beaker migrations about 4500 years ago, although it can also come from other migrations (mainly the Anglo-Saxon invasion c. 1600 BP or 400 CE, although while it was the dominant haplogroup of the Anglo-Saxons it wasn't overwhelmingly so as it was with the Beaker Folk). Additionally, the Bell Beaker people had a close genetic similarity to the Corded Ware culture which was another Aryan-descended culture dominant at around the same time in Central Europe.



The Aryan-descended Beaker Folk had made significant technological advancements and put the British Isles at the forefront of trade in their contemporary world. The Beaker people had made significant advancements in sailing and boat-building, as well as metalworking and mining, bow-making, and stoneworking. After the arrival and takeover of the Beaker Folk, Britain became an important trading hub for tin, which the Beaker people found in Cornwall and began mining on a large scale. Before long, bronze items made from Cornwall tin began appearing all over the Eastern Hemisphere, and Cornwall continued to be an important source of tin for thousands of years into the future. The site of Silbury Hill, constructed by the Beaker Folk, was further evidence that the Beaker people were able to mobilize labor on a large scale.

For those of us of Celtic ancestry, we can reach into the past and find our ancestors in the British Isles thousands of years ago, and somewhere in Britain lie the bones of all of our ancestors, buried there almost 4500 years ago in characteristic tree trunk coffins, the first Aryans to land on Britain.

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Recently, several of our Arizona AFA folk got together and celebrated our Celtic heritage.

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Good conversations and good times were had by all, as we enjoyed Celtic food, spectated the Scottish games, watched bagpipe marches across the ground, and learned about the several clans of Scotland.



I am descended from Clan Scott, and to find out your Scottish clan's geographic origin, I have included a map.



Luo Nickerson  
Apprentice Folkbuilder  
[lnickerson@runestone.org](mailto:lnickerson@runestone.org)

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## California

*EXTRA EXTRA READ ALL ABOUT IT!*

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I am so excited to announce that we have a new section coming very soon to the Odinhof website! ([www.odinhof.org](http://www.odinhof.org), for those who don't have it yet!) HOF HISTORY! Have you ever wondered about the little town our Hof is located in? Have you ever wondered what our Hof was before we purchased it and dedicated it to our holy ones? Well, wonder no further! After months of research and interviews and reading old Runestone editions, I have compiled a very informative essay about all of this. Starting all the way back in 1851 and taking us to present-day 2022, it is jam-packed with all the information you could want! (And any questions you may have that aren't answered in the article can always be emailed to me and I would be more than happy to get the answer to them for you!)



Sierra Chapman  
 Apprentice Folkbuilder  
[schapman@runestone.org](mailto:schapman@runestone.org)

### *Óðinhof Oathing*



At last month's event, Feast of the Einherjar I had the honor of being Oathed in as a Folkbuilder of the Asatru Folk Assembly. I feel I am particularly lucky to have had the guidance of Sheila and Steve McNallen and my mentors and friends Heather Young and Christine & Timmy Dumas. These individuals' advice and assistance kept me going as an apprentice and helped me keep on the path I'm meant to be on. More than anyone, my fiancé, Michael has inspired and pushed me to be more and learn more and always reminds me of our goal as leaders working for our people. I am extremely lucky to have you by my side when Oathing and every day in this journey together. I promise my folk that you can come to me when in need, I will always defend you against our enemies and I will continue to tirelessly work for my kindred and my people under the hand of my Alsherjargothi who also inspires me and reminds me that nothing worth having is easy but to keep a clear head and as often as possible keep it simple.

Here's to many more successful years in the AFA & Óðinshof district.



Folkbuilder Ashley Stockton  
[astockton@runestone.org](mailto:astockton@runestone.org)

*November Adventures*

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This month has been filled, week after week, with awesome events. I started in Harrison, Arkansas, and made my way home to Northern California to be with my fiancé and to help build Odinhof in any way I can. I've seen so many great Folk that it's hard to explain all my experiences.

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We had cheer; we had beer. We had a few tears and a ton of laughs. We are truly building a village spread across this great nation and around the globe. As our Folk come home, it is becoming more and more evident that our connection to each other and our Gods is thriving and becoming stronger than many of us had ever envisioned. In Oklahoma at the Feast of the Einherjar, I hailed our Gods and had the pleasure of putting my grandfather's ashes on a ship set a blaze to return to our ancestral hall, and in California, at the same event I got to hail the Gods with old friends, comrades in arms, and my future wife...all and all, it has been a great journey.

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At both feast events, we had energies appear in pictures, and for me, it shows only what I've already known: ODIN IS WITH US!



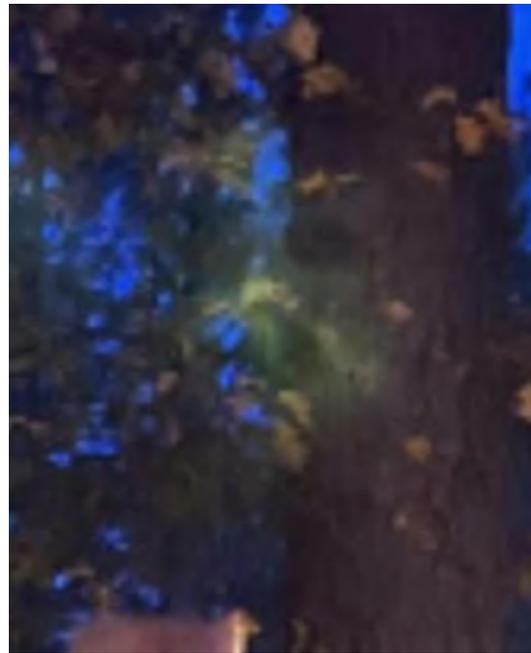
Hail Midhearth Kindreds! Hail Odinshof District! And Hail our Mighty Beloved AFA!

*The Innate Power of Divinity*



Within the AFA, we believe in the cultivation of a relationship between ourselves and our Holy Gods through ritual and the act of gift-giving and sacrifice, This process seems to be proved self-evident as the blessings of our people and the power of our Gods show to be overwhelmingly powerful and growing exponentially.

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It seems that as of late, our pictures often show unexplainable images, and at our rituals, everything from the weather changing to the unexplained and seemingly unnatural actually happening almost in record numbers. I am loyal to Odin in this realm and beyond, and to see his might so clearly has truly made my drive increase, to say the least.



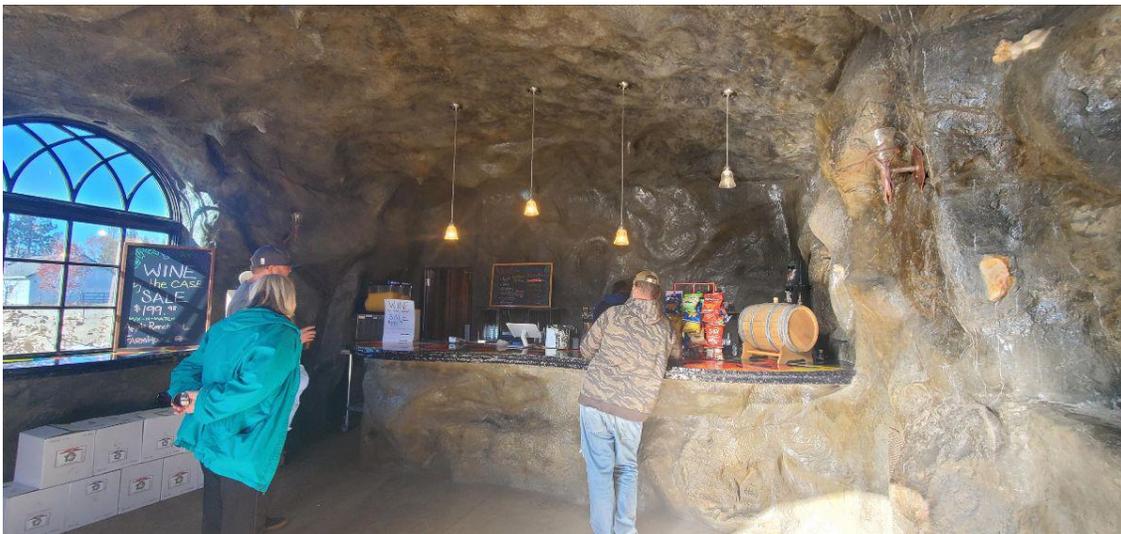
Folkbuilder Michael Sessumes  
[mssesses@runestone.org](mailto:mssesses@runestone.org)

*Apple Hill Moot and Yule Potluck*



This month I held a moot on Apple Hill in Placerville. So many families were able to make it out as well as guests! I really want to thank everyone for taking time during their holiday weekend to join us.

We started off at Boa Vista and had a casual picnic with quite a view of the apple orchards and the snowy Sierra mountain range in the distance.



The next stop was the bustling Jack Russel Winery where we took trips into the mead cave for flights of their fabulous hard ciders and cans of mead to take home.

Our last destination was High Hill where we got to wander through the merchants for early Yule presents. Everything from fine fur and leather to beard oils was to be found as well as candied apples and a jolly gentleman I'm pretty sure was Father Yule's long-lost cousin.



Later this month I will be holding a concert moot in Wheatland if you are interested, please reach out and I will be happy to share the details.

Yule is also quickly approaching, and I can't wait to see you all there. If you plan to come, please contact me about the potluck. See you all there!



Folkbuilder Krystal Podbreger  
[kpodbreger@runestone.org](mailto:kpodbreger@runestone.org)

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## Colorado

*Folksiving and Einherjar Blot*

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When I awoke in the morning, my thoughts went immediately to the day ahead and the joy of meeting with Folk. The day, for me, began as a ritual.

The event was held at my home, with some Folk coming over ahead of time to help prepare for the coming events.

We opened with Blot to Odin and Freya, the Holy One's I believe are most approachable in matters of our fallen warriors. Words were spoken, gifts of mead and intention were shared, and it was powerful.



After Blot, we all shared a piece of what was made for the feast with the honored dead at a separate altar. We blessed the meal to share with the Einherjar and shared in the joy of eating and drinking with Folk, a large portion of ham being the focus of the meal, with everyone contributing a special and delicious dish on the side. We ate our fill and spent time in conversation and memories until we went and prepared the fire for Sumbel.

Sumbel was powerful, emotional, and moving as we gave our toasts and praised those who were no longer with us. It was bitterly cold, but the fire warmed us as we raised our horns in honor and praise.

The night was spent cherishing memories and honoring our fallen warriors along our bloodlines with stories, laughter, and tears. It was a powerful ritual, giving our gifts and adoration to the Choosers of the Slain. May we never forget where we come from, and who has paved the way.



Nicholas Salo  
Apprentice Folkbuilder  
[nsalo@runestone.org](mailto:nsalo@runestone.org)

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## Idaho

*The Bottle*



Had a great talk with someone I respect today. The topic was geared towards not focusing on all of the negatives and more on how to transform that energy and experience into something more positive. When we go through our day-to-day routines, we tend to bottle up and become emotionally trapped by the different failures, troubles, and stress we are facing. That's a weakness we need to recognize and eliminate, it's our own fault if we hold it to the point of eruption.

Another great friend of mine has written a piece about not apologizing. He is also right. The things we do whether intentional or by accident, we did regardless. Own up to it. There's no reason to apologize for an action that led to knowledge or unexpected experience or conflict. Our actions reflect who we are and if we are going to change, we have to acknowledge that fact and make a solid effort to fix what's broken, within ourselves. This is the best apology that can ever be given, actions speak louder than words.

We need to train ourselves mentally to express feelings as they flow in the moment and on the spot. Being open and honest is one of the best ways to keep a brotherhood, kindred, or family together. The longer you keep your frustration and anger hidden away the more and more powerful it becomes, and like a nuke... can destroy everything you accomplished or cared for.

Open up and communicate with those in your circle, accept the conflict, and accept their point of view. Why else did we form such a formidable group of people? Kindreds and communities are designed to have truth, accountability, and growth.

Rooting for you all!

### *Idaho Falls Moot*



Idaho Falls finally came together! We had a Tri-Tip BBQ with a game of Farkle. For those of you who haven't had the experience of throwing dice and heckling your friends, I recommend grabbing five dice and tossing them down. We here in Idaho Falls would like to announce our creation of a Kindred "The Snake River Volk". We will be going through the necessary steps to make sure this is a reality. Hail Idaho Falls!!!

### *Folkbuilding*

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# Folkbuilders Wanted

Are you Motivated, Self  
Driven and want to  
make a difference in  
the Odinshof District

We are looking for individuals who want to help out our district as Folkbuilder. This position isn't to be taken lightly, as a Folkbuilder you are on the front lines helping our Folk, hosting events, and bringing our lost brothers and sisters home. This position of honor needs time dedicated to it on a weekly basis. If you are a focused individual, driven, and love to help people we are looking for you. Contact your local Folkbuilder and let them know if you are interested. I'll be seeing you on the front lines.

*Upcoming Events*



*Come out for Idaho Falls*

# **Yule Dinner** *Moot*

*On December 21st  
at 6pm*

*FireHouse Grill*

*2891 S 25th E, Ammon, ID 83406*

*RSVP [smundy@runestone.org](mailto:smundy@runestone.org)*

If you are in the area, come out and join us for dinner on the eve of Yule. We will be shoveling awesome food from the Firehouse Grill while enjoying each other's company for the Holiday. We look forward to seeing you!



Steven Mundy  
Apprentice Folkbuilder  
[smundy@runestone.org](mailto:smundy@runestone.org)

*Hails from Northern Idaho!*



I had the honor and pleasure of traveling to Sedona, Arizona, and officiating the handfasting of Ryan and Ashley last month. Sedona really does have great energy and combined with the positive can-do attitude of the AFA Arizona members made this an amazing wedding and one to remember! An entire campground was reserved for us, and the wedding party bonded by performing a 10-minute cold plunge in Oak Creek after a guided breathing session.

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Many traditional European and Scandinavian traditions were revived and implemented during the ceremony including exchanging family swords, ancestral keys, oath rings, and wedding rings. The feast began with a “running of the bride”, and the losers had to serve drinks to the winners for the evening. The jubilant celebration lasted into the early hours of the morning and a fantastic time was had by all. The next day included a hike and cave exploration, with a horn raised to the honor of Odin, and a Sumbel on top of a mountain.



Urd, Verdandi, and Skuld, the Goddesses of fate that live at the base of the world tree Yggdrasil, have woven into the fabric of time that Ryan and Ashley should be together, and I wish them many years of happiness and prosperity!

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



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## Nevada

### *Alsherjargothic Dinner*



Thank you to everyone who came out to our November dinner! We had a great turnout

and were joined by the McNallens! Snert is delicious....tell your friends.



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## Washington

### *Freyr's Harvest Feast*



We had a truly amazing month with so many things happening. We closed on the new Kindred farm, accomplished many goals and I personally expanded my business but there's one thing that topped all others for the month: Freyr's Harvest Feast.



We had a solid turnout at the first annual Freyr's Harvest Feast, a three-day gathering focusing on the end of the year and the Vanir.

Friday our men and women from all around got together to honor Njord. My wife led a lesson on Kulnning for our women. The ancestral sound that originated in ancient Scandinavia pierced the air and filtered through the pines, calling our men toward their women who Kulnned. Guided by the Kulnning, the menfolk slowly journeyed along the rocky shoreline following the sound while adding their own answer to the call as they Galdred the rune Laguz to the steady beat of our deerskin drum. Both groups could hear the others growing louder as anticipation turned into palpable energy, preparing us spiritually for ritual in the water of Lake Couer D'Alene. When we rounded the bend of the shore we saw our women calling us to them. With purpose, we collected our families. With hammer overhead, I plunged one step swiftly after the other into the frigid water. The snow-covered shore grew more distant as we waded out into the cold and gave offering to Njord in a truly powerful ceremony.



Following Blot, we got warm by the raging fire in the mead hall and enjoyed great mead and even better company as the cooks prepared dinner.

The dinner was inspired by Njord. We started with a pesto pasta with tilapia served with a shoreline salad and red wine. Dinner was followed by warm and soft brownies straight from the ovens. Friendships were made and rekindled late into the night as the evening closed out.

Saturday morning was beautiful, snow lay over the field, and paths between the cabins and the mead hall. The birds were out and fresh tracks littered the ground. Those who did not engage in the Saturday fasting leading up to the Blot were greeted with pancakes and hot chocolate to jumpstart the day.

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The day was Freyr's Day and filled with activities as any main event should be. Chief among the most anticipated was the viking games, where our men competes with one another for the title of Thegn. They were to be tested with an axe, bow, and throw. Each ability was judged by a point system totaling a maximum point allotment of 9. The course started in a boat on the shore. The viking contestant upon hearing the call-horn leaped from the boat onto the shore and raced up the slopes. Wooden monks were paced out presumably engaging in their morning walks. Using a handaxe or in many cases two handaxes, the contestants had to swiftly dispatch the three monks. Moving on to the archery range, each contestant was given three arrows to fire at a small target. Once done, they had to race yet another fair distance under netting to reach the axe throw. 3

axes, 3 points. Once done, they had to run up a hill to touch the pole at the top to stop the time. All did well but there would only be one winner and that winner's announcement and prize awaited them at dinner.



Well before dinner, however, we had games and craft lessons. Our Folk-crafts need revitalization and our men and women got to dive deep into many forms of Folk-craft. The women in particular were not neglected in their opportunities to learn folkcraft as they had a chance to learn or touch up on skills we've almost lost. Each family was

given a rune set but we took it a step further and had our women craft baskets to hold their sets. The baskets are perfect for sitting on a family altar or taking with you to a family ritual outdoors.

So as our women wove baskets our children worked leather. Each child pulled a rune from a pouch to focus on for the new year while they cut leather, punched holes, and threaded drawstrings. Their work under the careful instructions of our adult leadership reaped them leather pouches to hold their rune in around their necks.

All the children wanted to keep learning leatherworking and I'm very happy to bring it back for next year.

Glima, hammer-stump, and Hnefatafl were offered throughout the day as we grew closer to the time for Blot.



Ben gave a wonderful talk on the mindset and purpose of Blot before we headed down to the stage for the telling of Freyr's Proposal. A few kinsmen gathered on the stage with simple costuming and acting to tell the tale. Upon its completion, we proceeded back to the hall where Ben lead us in Blot to Freyr. Our offerings were gladly accepted into the raging fire and the power of blot reverberated through the echoing hall.

Now was the time to revel in the bounty of our harvest as the cooks pulled out three long tables full of food and as per customer women and children went first to dish up plates of fine fare. The feast saw the total consumption of three whole turkeys, over a hundred brats, and pounds of mashed potatoes and sauerkraut. Salads, sides, and desserts aplenty accompanied the mighty spread, and toasts were offered up to Freyr, cups filled with the mead donated by Heinlein's Hollow Meadery. Throughout the

weekend, the 5 gallons donated were shared and the feast held the biggest use as the Folk celebrated all the hard work they had done the previous year.



It was time to talk about the viking games again. There was a well-forged seax knife set aside for the winner but it came with a second prize. Every winner of the viking games was and will be invited to the Þórsday night dinner for previous champions and leadership. With the prize in sight, the winner Daniel was announced and he was invited to attend Þór's Dinner where he was presented his seax.

Certainly, the best prize to be won was for Risalamande, a traditional Danish dessert game was served. Each rice pudding with cherry sauce had chopped almonds in it, but only one had the elusive whole almond that would net a prize.



With prizes abound, it was time for an auction. The auction table was filled with handmade goods and items, great books and clothes, as well as practical tools. We even brought out raw milk from the fridge that a member had milked and brought in for auction. Our auctioneer was lively and bright, and every item found a home. With a successful auction, the event proved its value as not just a gathering, but also a fundraiser for the AFA's endeavors.



What followed was a speech about our people's destiny leading into a dance, where couples and singles alike could enjoy the night with promises that the fire would never go out as it was part of our offering to Freyr as we put log after log in to stoke the fire that represented our bountiful harvest. The music filled the hall, games were played, good food was consumed, and I got to have my first father-daughter dance. I'll be honest with you, my daughter is still working on her footwork.

With Saturday being such a successful and busy day, it felt right that Freya's Day be a slower pace



We joined together and focused on runes and family, enjoying leftovers by the fire. We then tested our minds with a tournament of Hnefatafl, the nordic precursor to chess. As people fell off the bracket and the field narrowed, people gathered around the more skilled players as they faced each other in tightly matched games. With a victor came celebration and clean up, as we left the hall and camp cleaner than we came, eager to join together again next year.



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*Bigfoot Moot*



Early in the month of November, the Menfolk gathered to attend a glorious Bigfoot convention.

To my surprise, we learned about various cultures and the perception of Bigfoot amongst different tribes.

An interesting tradition with Bigfoot, that parallels our practices within Asatru, is that the "Bigfoot investigators" have developed a gift cycle relationship with Bigfoot.

Everyone that had claimed to have seen or interacted with the creature, had given offerings on a regular basis.

Though I had never had any interest in Bigfoot prior to this event, I couldn't help but find all of the practices that have developed surrounding the phenomenon very interesting and seemingly pagan in nature.

This was an experience out of the norm for our Kindred, though the next step may be hunting for the 'squatch ourselves.

### *Folksgiving*



On Nov. 22nd, the Folk gathered to celebrate Folksgiving!

Friends and families shared a wonderful meal and night together. The children played while the adults shared stories and joined in various conversations.

Building Frith with your folk means sharing in these special occasions and building bonds.

I am beyond grateful to have such wonderful folk in our region and look forward to those who join us for next year's Folksgiving.

### *Iron Club*



November was our final month of Iron club for 2022!

With the upcoming busy Yule season, we will be taking a short break.

Throughout the year we have seen our Kindred grow physically, spiritually, and mentally.

Iron club has served as the foundation for all other activities here in the Northwest.

Many ideas and plans have been developed while lifting weights, sharing Frith, and feasting together every Tuesday and Thursday.

The first week of January Iron club will return to its normal schedule so if you are interested in stopping by or are planning a visit to WA reach out and get connected as we would love to have you here.



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