



Baldrshof
Third Hof of the Asatru Folk Assembly

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Words from the Alsherjargothi



I am so very proud of our folk this month. Truly amazing things are going on all around us through the devoted efforts of our leaders, the astounding generosity of our members, and the blessings of our glorious Gods.

There is much content this month and much of it will be covered further down in this

issue but I wanted to mention three new developments.

First off, at long last, WE HAVE NJÖRÐSHOF! We have the beautiful property and fantastic building secured and are currently working to prepare it for a dedication in the coming months!

Second, a dream of generations has come to reality. As of June 1st, we are accepting Kindergarten enrollment in the Asatru Academy. Our very own homeschool program will follow this kindergarten class through 12th grade and graduation from the Asatru Academy as the class of '35. We hope we can accelerate our pace on the backend to accommodate more grade levels of students sooner, but we will AT LEAST have our entire K-12 curriculum in place each year for completion in 2035. Gothi Rob Stamm is the man who deserves the lion's share of the credit for this monumental achievement.

Lastly, you will notice this month's Runestone is a bit different. Our Runestones have grown too big! What a great "problem" to have! This month forward, you will be receiving the Runestone for your District by email. All other District Runestones will be available on the District websites and all on the main AFA website.

What an amazing time to live in!

Hail the Gods!

Hail the Folk!

Hail the AFA!



Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

mattflavel@runestone.org

Njordshof is Born into Midgard

"The third among the Æsir is he that is called Njörðr: he dwells in heaven, in the abode called Nóatún. He rules the course of the wind, and stills sea and fire; on him shall men call for voyages and for hunting. He is so prosperous and abounding in wealth, that he may give them great plenty of lands or of gear; and him shall men invoke for such things."



On behalf of the Asatru Folk Assembly and those who paved the way...we offer this hof to the Lord of the Waters, we offer this to the God of Wealth and Waves...we present this hof to Njörðr!

Thank you to Folkbuilder Lane Ashby, Justin, American Crow Kindred, Jill, Jason Köhne, and our other NO WHITE GUILT friend, Daniel in VA.... And special thanks to Lawspeaker Allen Turnage.

Establishing this hof was a longer road than expected. Along that road, we encountered many unforeseen setbacks. Sometimes these setbacks were dishonest lenders, sometimes religious and racial persecution. We also saw acts of astounding generosity.

We had members and friends step forward and save the day in a beautiful way.

Thank you to everyone who lent, thank you to everyone who donated, and thank you to all who prayed. Thank you to the Æsir for blessing our endeavor.

Now and forevermore ... HAIL NJÖRÐR!



Matthew D. Flavel
Alsherjargothi, Asatru Folk Assembly
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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

In the Asatru Folk Assembly, we honor Lord Freyr often throughout the year and throughout our lives. Freyr is the great God of masculinity, fertility, and abundance. Lord Freyr has blessed our AFA family with ever-increasing numbers of beautiful families and children. Freyr is the God of the bountiful increase and the good harvest. he is also a God of celebration and of the peace that prosperity brings. Freyr is also a God of masculine will, pushing forward our desires even when the soil, and the world, seem unyielding.

With Freyr’s blessing, we shall work our will despite all resistance. May we honor Freyr by being husbands and fathers. May Freyr bless the AFA with abundance and with endless generations of descendants.

The quest for Freyshof begins today!

Freyshof will be in Ohio or very Western Pennsylvania. In order to make Freyshof happen, we need to accomplish 3 things:

1. We need to pay off Njörðshof.

2. We need to raise our monthly donation average.

3. We need to locate a suitable property.

Your generosity is Astounding and ALWAYS appreciated.

Hail Freyr!



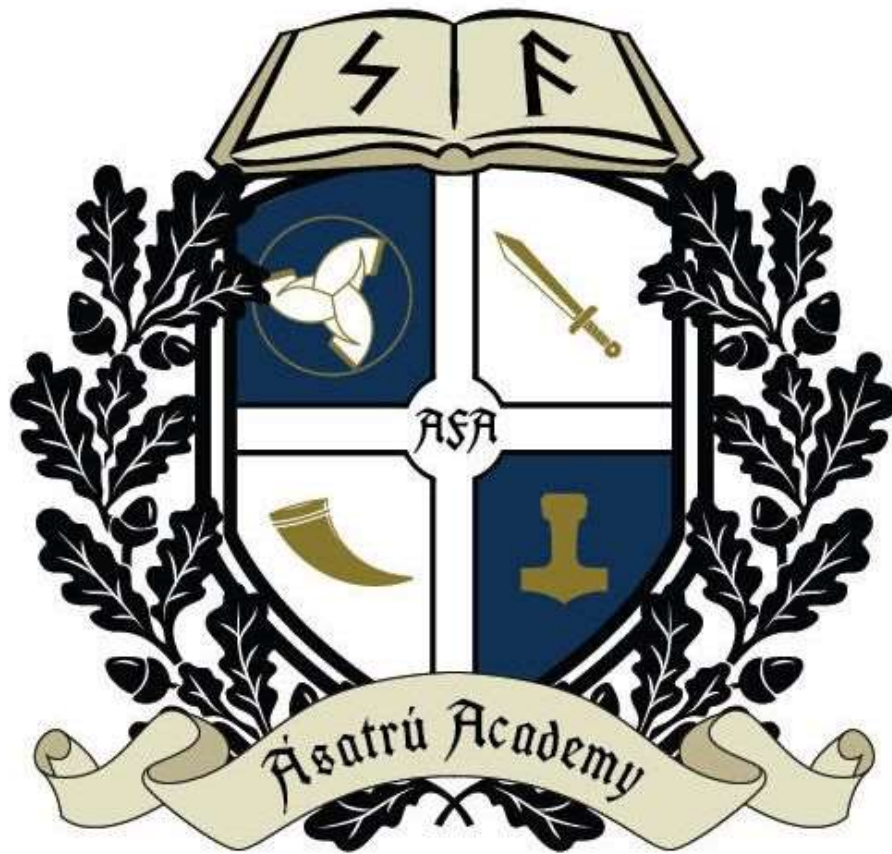
Matthew D. Flavel

Alsherjargothi, Asatru Folk Assembly

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AFA Homeschool Program

Open Enrollment is Here!



Click here to watch the announcement video: <https://youtu.be/cFZzmpao-mA>

I am very excited and pleased to announce that open enrollment for our very first ever AFA Ásatrú Academy kindergarten class, starting this fall, is open! The AFA Academy is homeschool, but so much more. When you enroll in our program, we will walk you through your state's requirements, and stay with you every step of the way. This makes starting your children in homeschool easier than it has ever been. Not only do we assist you in following your state requirements, we also are there for you to assist in instruction. You'll find an easy to follow lesson plan and curriculum for the whole year, recommended daily schedule, recommended books, worksheets, religious instruction, weekly video conferences, Videos of story times, and dedicated staff to help you in every way. The AFA Academy is homeschool, so you are required to take an active part in instruction, but with the AFA Academy, we make it as easy and painless as possible. We want our little Aryans to grow into smart, capable, and prepared adults to join our AFA community, and be successful in the world!

We are so excited to welcome our kids, and to start this fantastic journey in learning. I

can't wait to see you all this fall! To register, follow the link provided. As always, I'm Gothi Rob Stamm, Dean of the AFA Academy. I'm always happy to talk to our parents about any questions they have.

Robert Stamm
Goði, Asatru Folk Assembly
Dean of AFA Academy
Großmeister Von List Society Kindred

Please visit the website for information and registration <http://www.asatruacademy.org/>



Gothi Rob Stamm
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Day of Remembrance

King Athanaric of the Visigoths



King Athanaric, King of the Visigoths, ruled his people from 369 CE until he died in 381 CE. Sometimes called the first and greatest King of his people, Athanaric was a staunch Gothic Pagan. Viewing it as his responsibility to foster and promote the faith of his people he went so far as to execute over three hundred Visigoths that had converted to the Christian faith. Their Gothic culture was paramount, and he feared that the advent of Christianity would destroy it.

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

In the early stages, Athanaric won every encounter he had with his one-time ally. This prompted Fritigern to turn and request aid from his former Roman enemy, Emperor Valens. Even so, despite some advances, Fritigern lost the war. The Gothic Civil War

took a toll on the land and the Visigoths, however, and when the Huns began to invade shortly after the end of the Civil War Fritigern appealed to Emperor Valen to allow him and his people to cross into Roman land. The appeal was answered, but only for Fritigern, who had since converted to Christianity, and his followers.

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

So, what can we learn from this story?

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

It's about Roots.

It's about Connections.

It's about coming home.

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



Gythia Catie Erickson
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Remembrance & Holy Days



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

2022

Date	Observance
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

Date	Observance
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

Midsummer



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

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

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

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

Upcoming National Events

Midsummer at Óðinshof



Register here: [Midsummer at Óðinshof – Asatru Folk Assembly_\(runestone.org\)](https://runestone.org/midsummer-at-odinshof)

Come join us on June 17-19th 2022 at Óðinshof for one of the Asatru Folk Assembly's grandest events of the year! Visit for a day if you like but we would love for you to stay the whole weekend! Expect guest speakers, the Viking games, vendors, a thrilling auction, fun, frith, and more. Please bring the family and as always, children are free. we have plenty of campsites available as well as some local lodging options.

Please make sure to leave your contact information in the notes of your purchase.

A schedule for midsummer will be e-mailed out prior to the event. Please make sure to select tickets for all children (even though they are free), it helps us maintain a proper headcount and plan activities for them. There are a lot of ticket options, please read their details carefully. If you have questions about what ticket you should select, please reach out to sheila or Krystal.

Fallfest at Baldrshof



Register here: [Fallfest at Baldershof 2022 Aug19-21 – Asatru Folk Assembly](https://runestone.org/fallfest-at-baldershof-2022-aug19-21-asatru-folk-assembly).
(runestone.org)

7 Meals * 4 Blots * 3 Morning dedications * High Sumble * Daily Fika * Multiple Educational discussions and Classes * Children's Blots and Activities * Vendors * Auction and Silent Auction * Hnefetafl Tournament * Games for Adults and Children * Meet your Folk and local and National Leadership.

Winter Nights in Ohio



The Eleventh Annual Winter Nights will be held in Scioto County, Ohio from October 14- 16! Since 2012, this long-running AFA festival has been dedicated to our ancestral mothers, the Disir. When the harvest is in, the summer plants have died off, and the

winter is quickly approaching the veil between the living and dead is said to be at its thinnest. Again, we will gather to worship our Gods, our Goddesses, and our Ancestral Mothers. We build upon the success of the Asatru Folk Assembly by making new friends and renewing old friendships. We look forward to seeing members and friends!

Your registration fee includes all workshops, lectures, meals, tent camping, and of course our holy rituals. Only AFA members and vouched-for-guests will be admitted to this event. If you are not an AFA Member you should confirm with the member who is vouching for you that they will do so when asked about your registration.

Things to know:

- Children 17 and under attend for free!
- You will need to bring your own bedding and it can get chilly at night, so plan accordingly.
- Tenting is encouraged! There are also hotels within 20 minutes of the camp.
- Dogs are welcome but must be leashed at all times and are not permitted in common indoor areas such as the dining hall.
- The camp location will be provided upon registration.

If you have any questions please email cerickson@runestone.org

Member Family - Weekend: \$150

Member - Weekend: \$100

Member - Daypass: \$50

Guest - Weekend: \$125

Guest - Daypass: \$60

Child - Weekend: Free

Child - Daypass: Free

Registration is open now at <https://runestone.org/product/winter-nights-11/>.



Witan Clifford Erickson

cerickson@runestone.org



Folkbuilder Spotlight



Our folkbuilders are the bright beacon calling our Folk home! This month the AFA would like to shine the Folkbuilder Spotlight on Lane Ashby of Florida! Thank you, Folkbuilder Ashby, for your continuous support of your church, your gods, and your Folk!

How did you find your ancestral faith?

Upon graduation from college I moved to California, where after years of watching everything I learned growing up prove to be demonstrably wrong, I had to ask; what was right?

Oddly, that first bread crumb down this path came from an unlikely source. In the comedy *A Fish Called Wanda*, there was a character that kept misquoting Nietzsche. He was called out on it in the end and I was hooked. I started reading his works and that of other philosophers, always coming back to those of the European mind. It was the words of our Folk who spoke to me and lead me to embrace other aspects of our culture, like classical music and art... and our faith.

The first book of our lore I read was the *Heimskringla*. Call it fortuitous or guided, but this was the book I had to read at that time. I was not ready to accept the gods as divine

beings then, and a euhemerist approach allowed me to have the gods in my life.

Over the years I came to know and love our gods as the divine beings they are, but I am thankful they came to me at that time in a way I could welcome their guidance on this path.

How did you hear about the AFA and why did you join?

I started following Asatru in California but did not find the AFA until I arrived in Florida. I had been a solo practitioner for over a decade and felt my growth had grown stagnant (possibly from the years in between coasts, "not following the waves" as Njörðr would lament). Looking online, I soon realized most groups based their identity on who they were not, or what they were against.

The Asatru Folk Assembly stood out though. The AFA focused on what they were for! Not only was their approach one of a positive, knowledgeable spiritual focus, but they were also doing things in the real world. Something no other group could boast of in any real sense. Practicing our ancestral faith in a modern world within a community is what Asatru is about. I found that in the Asatru Folk Assembly.

Why did you decide to Folkbuild in Florida?

When I joined our Future Alsherjargothi was here in Florida and I got to meet him at my first local Charming of the Plow. I wanted to help keep events going in the state, but my company had other plans.

A couple of years later I regained some semblance of a work-life balance. With more balance came a rekindling of my desire for involvement with our AFA family and I started attending events again. Shortly after that, my mother passed and the embers were fanned to a flame. About this time the Folk Builder Coordinator asked if I'd be interested in Folkbuilding again. I jumped at the chance. I have been so blessed, and I wanted, no needed, to give back to our Folk in the most meaningful way I could. I could not do otherwise.

What is your best memory in the AFA?

There are so many great memories with the AFA. My first Charming of the plow, The Óðinn's blót in 2020 at Ostara in the South, and none I'm more proud of than watching our Florida folk grow and mature into a real community. But I have to say, I'll never forget my first trip to Þórshof and being sworn in as a Folkbuilder for our church in

front of so many wonderful people. That is my best memory.

So far.

Hail the Gods!

Hail the Folk!

Hail the AFA!

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 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 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.

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. 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

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.

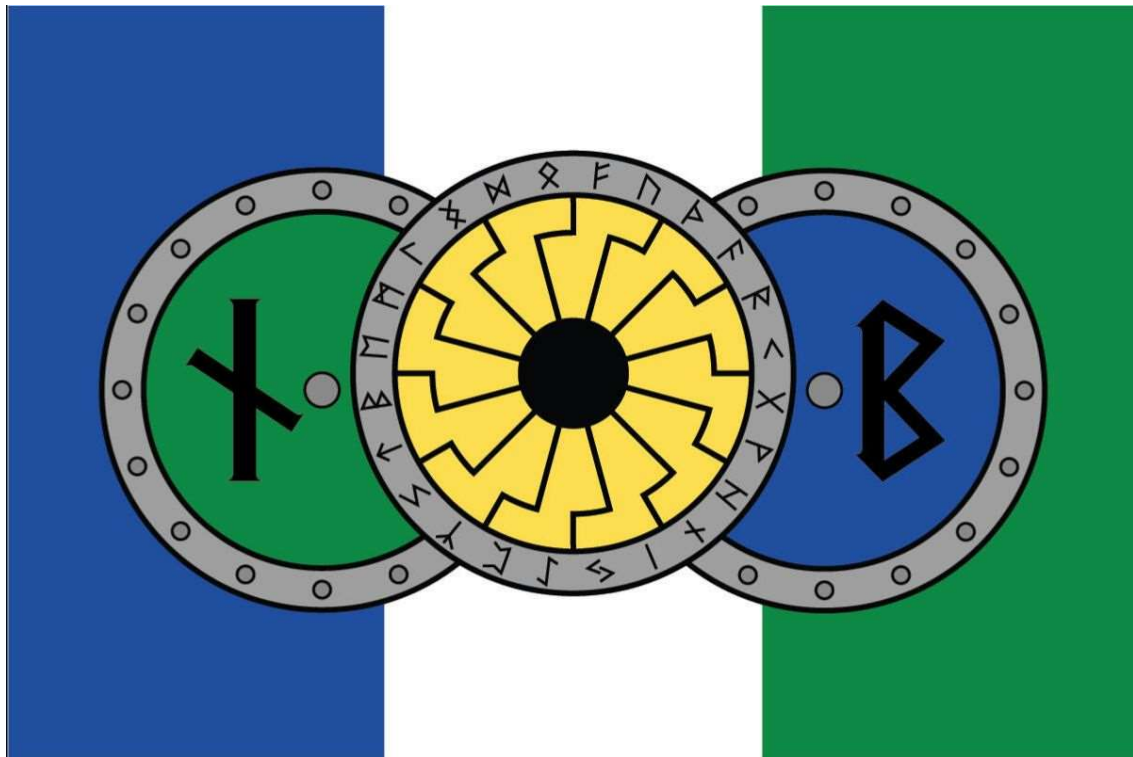
We have found an amazing resource for our U.S. members to make legally binding wills in minutes online for **free**. This site also has resources to make Advanced Medical Directives and Powers of Attorney. It takes only **minutes** at <https://www.doyourownwill.com/>.

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

Introducing the newest AFA Kindreds



Please join me in welcoming the Northern Bastion Kindred of Idaho as the newest official Kindred of the Asatru Folk Assembly.

The Northwest is one of the fastest-growing regions. There are several Kindreds there that get together regularly for Moots, study groups, and celebrating our Holy Days.

AFA Kindreds are the local congregations of dedicated members and their families who get together and host monthly events. Gaining Kindred recognition is not an easy thing, it takes hard work and dedication. Standing with our church at all costs. All new Kindreds go through a six-month probationary period before joining our family as an official Kindred.

Thank you Northern Bastion for stepping up and being a beacon for guiding our folk home.

Hail the Northern Bastion Kindred!

Hail the Kindreds of the AFA!

Hail the Asatru Folk Assembly!!!



Please welcome the Folkvangr Cascadia Kindred of Washington as the newest official Kindred of the Asatru Folk Assembly.

Boom! Another new Kindred in the North West area. More families coming together and building relationships, creating a future for our children. Hofs do not run by themselves, that's where AFA Kindreds come in handy for support along with other dedicated AFA members

AFA Kindreds are the local congregations of the AFA, the members, and families who put in the work. Nothing happens overnight, takes time to build those bonds.

Gaining Kindred recognition is not an easy thing, it takes hard work and dedication. Standing with our church at all costs.

All new Kindreds go through a six-month probationary period before joining our family as an official Kindred.

Thank You Folkvangr Cascadia Kindred for stepping and being a representative of the AFA.

Hail the Folkvangr Cascadia Kindred!

Hail the Kindreds of the AFA!

Hail the Asatru Folk Assembly!!!



Please welcome the Vatnafolk Kindred of Wisconsin as the newest official Kindred of the Asatru Folk Assembly.

Wisconsin has been bustling with members who actively have built a beautiful Folkish community over the last few years. The folk there gather several times a month for a variety of events. With three Folkbuilders and now an AFA Kindred, this state has strong roots.

Gaining Kindred recognition is not an easy thing, it takes hard work and dedication. Standing with our church at all costs.

All new Kindreds go through a six-month probationary period before joining our family as an official Kindred.

Thank You Vatnafolk Kindred for stepping and being a representative of the AFA.

Hail the Vatnafolk Kindred!

Hail the Kindreds of the AFA!

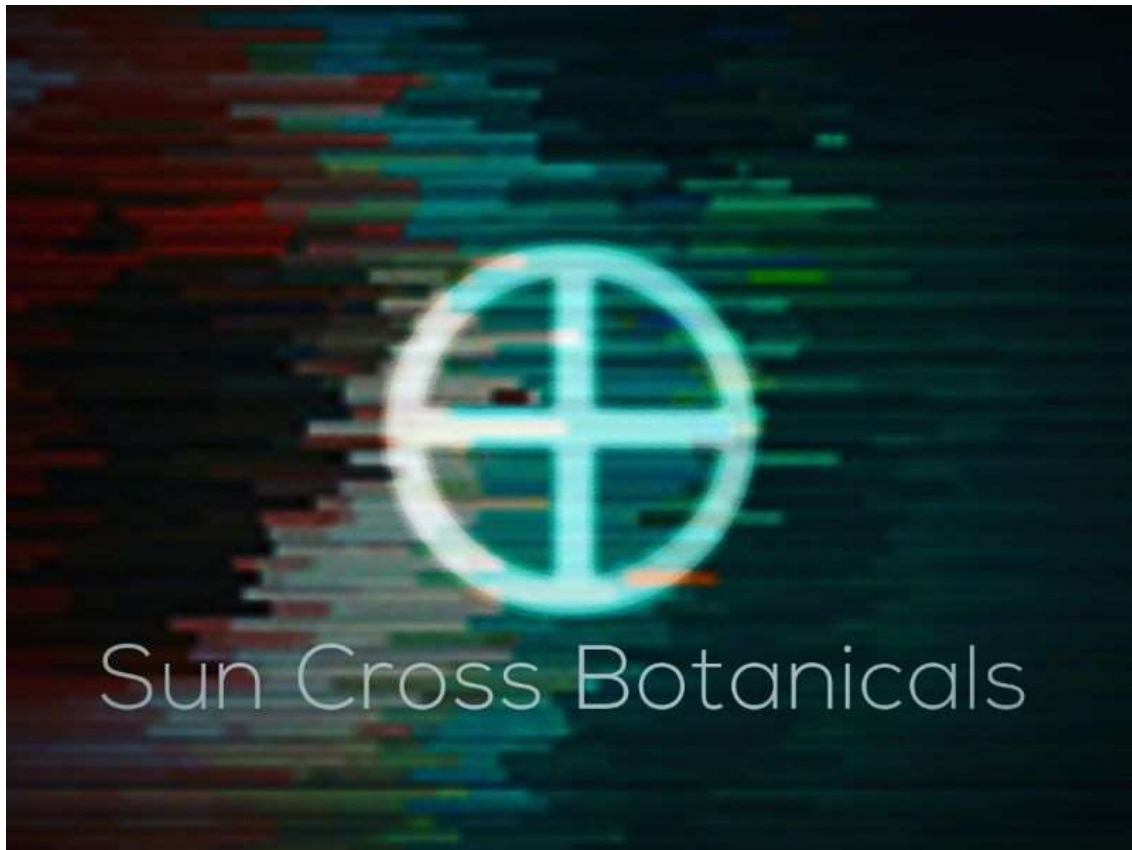
Hail the Asatru Folk Assembly!!!



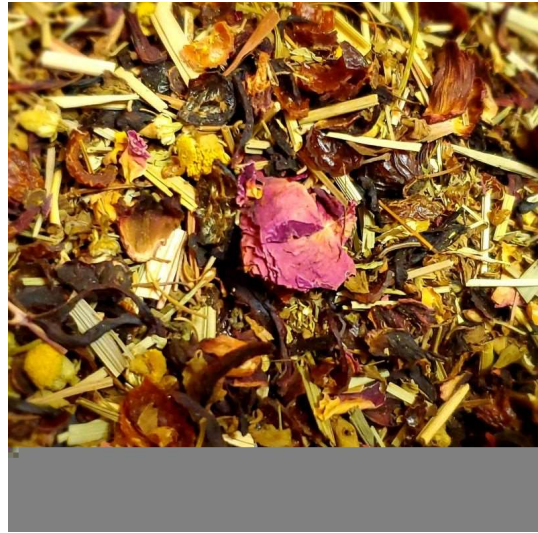
Folkbuilder Jason Gallagher

jgallagher@runestone.org

The Artisans of the AFA Support Our Folk



Anyone who follows me on social media is well aware I am an outdoorsy person. From hiking and camping to fishing and foraging. Our outdoor adventures and love for flowers in particular led to the hobby of plant identification. Then Covid hit. While the world was losing its mind, I found myself with a cold standing in a pharmacy staring at empty shelves. It was at that moment I realized our Ancestors did not have drug stores, they had nature and I began studying European Ethnobotany.



Sun Cross Botanicals is an ever-evolving project resulting from much research and trial and error. I offer teas and dried herbs, tinctures, and some beauty products such as herbal clay face masks at this time. I plan to include more teas and beard products in the near future.



All of my products use natural, organic ingredients. Some herbs may be purchased from a wholesaler if it's something I cannot forage myself. You can find my products in the AFA marketplace on Mewe or you can contact me directly at kpodbreger@runestone.org you may also find some reviews in the group from happy customers. Coming to Midsummer at Odinshof? I will have a table with products there as well.

If you would like to advertise your business please contact me !!!



Folkbuilder Jessica Lambert

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Ancestral Food and Culture

Barley Bacon and Greens Porridge



While searching for recipes that incorporated grains that my ancestors would have eaten, I came across this recipe that has now become a favorite among my family and folk. I originally found this recipe in a cookbook called an Early Meal a Viking Age Cookbook and Culinary Odyssey, but some of the ingredients that it calls for are only seasonally available, so I put my own spin on it to suit the time. So, you can say, that this recipe was inspired by something very similar to what our ancestors would have eaten at one time, this one is just a little fancier.

Cast Iron Dutch Oven

1lb of pearled barley (2 3/4 cups of barley)

6 cups of stock (any stock broth will work)

2 cups of heavy cream OR buttermilk (I prefer heavy cream)

1 lb of chopped kale

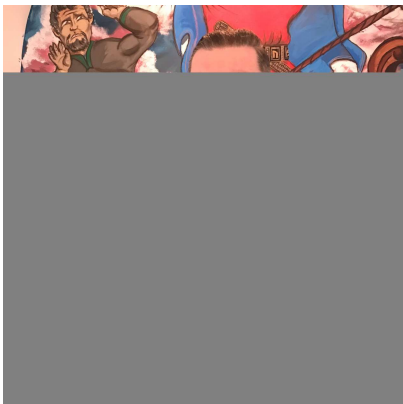
1 lb of chopped spinach

2-3 leeks OR a bunch of chives

1 lb of chopped bacon OR 1 jar of canned bacon

Optional: chopped mushrooms, salt, pepper, garlic powder

Start by adding your chopped bacon to the pot on medium heat. Add in your chopped leeks and sauté them until wilted. Then add in your kale and spinach and then just a little bit of the broth enough to create steam. Add your lid checking until greens have become wilted. I've found it helpful for stirring purposes to add in the batches of the greens, but this can be left up to you. Once your greens have wilted and have begun to shrivel, add in half of your butter and stir. Then add in your barley and the remaining stock. Cover and reduce to a low-medium for approx. 20 min. Just peak occasionally, to ensure the liquid has not fully evaporated before the barley is cooked. At the 20 min mark add in your heavy cream or buttermilk here. Allow for this to simmer with the lid on until the barley has become soft and tender, and the liquid is gone, again just peaking to ensure liquid to grain ratio is proper until tender. The final step is to add in your remaining butter, stirring generously to ensure everything is mixed well. I will typically serve this dish as a side with frikadella or koningsberger klopse but honestly, this is a great side dish to any protein-based meal.



Folkbuilder Timothy Dumas

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Now Available in the AFA Store

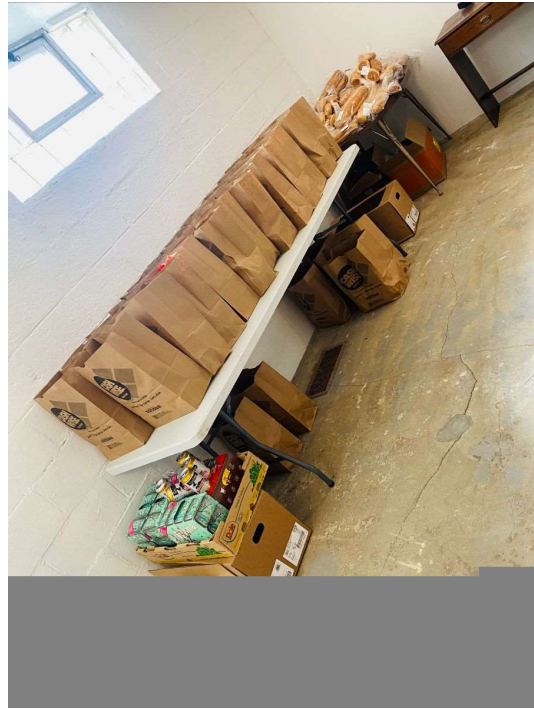


Buy now: [Baldrshof III T-shirt – Asatru Folk Assembly \(runestone.org\)](https://runestone.org)

Show your support for Baldrshof, third Hof of the Asatru Folk Assembly with your purchase of the AFA Official Baldrshof T-Shirt!

Food Pantry at Baldrshof





The Food Shelf at Baldrshof has been officially going strong for an entire year now! We have made extraordinary strides in the community as well as with our individual donators, showing our consistency and commitment to timely and regular pick-ups.

We are so fortunate to have made the relationships we have with local merchants. The items that we are able to disburse in the Murdock/Benson area include; dry goods, non-perishable canned goods, snacks, water, other beverages, fresh bread, hygiene products (ranging from laundry detergent to baby wash and everything in between), and above all else, high-quality meats!! We are able to help each family with 5-12 large packages of high-quality meat each month. We are in the market for bigger freezers because of the generosity of said merchants. I call this nothing but a **QUALITY PROBLEM!!** Baldrshof as a whole is so proud and happy to be out there every 3rd Saturday of the month, chatting it up with the locals and truly contributing high-quality meals in the process.

This project has so many contributing factors and would not be possible if it weren't for the consistent and dedicated attention from all of our leadership, along with members that come to assist. We have high hopes to expand our outreach and continue to strive for a healthy and happy community!

Folkbuilder Ashley Mcstocker

amcstocker@runestone.org



May Day at Baldrshof



We welcomed May Day in Baldrshof by kicking off the day with a food drive. Over a dozen families received the bounty of summer's gifts, and it brought several new faces to meet us. With the renewal of spring and summer, how better to celebrate than by sharing the edible offerings of the Earth?

The day progressed with goodly Frith and merriment shared amongst the Folk. Delicious food called us all to feast and ensured the familial atmosphere was constant. In keeping with a new tradition, we were also treated to a tasting of Fiskbollar, a Scandinavian treat that was quite tasty!

Ritual, of course, was also paramount. A wonderful Blót to Freyr was performed and offerings were made to welcome the renewed fertility of the land and our Folk. All the spiritual activity wasn't confined to strict ritual though!

Outside, we were all delighted to help erect the Maypole. Everyone gathered and collected their ribbons before beginning that circular dance. The children seemed to have great fun, particularly when they ensured Folkbuilder Gallagher got literally wrapped up in his work.

Celebrating the return of life to the once-frozen North feels significant not just for the obvious meaning it has for the Earth, but for the spiritual return of our Folk as well. Seeing the beautiful life we are building for ourselves and our families is a wonderful thing. May many more May Days come to mark not only the renewal of Summer but of our Folk and our Gods as well!



Cormag Àlainn
Apprentice Folkbuilder
calainn@runestone.org

Work Day at Baldrshof



Baldrshof is thriving. We have a new live fence of lilacs recently put in and the old lattice taken down. There will be another significant work weekend coming up on July 16th where a number of projects will be done. Any and all folk that would like to help out with Hof improvements are welcome and appreciated. This weekend is being led by Witan Callahan, who does more than anyone knows for our folk. She is one of many AFA-wide that lives AFA and still finds time to mow the lawn at Baldrshof while still having a full-time job, raising two strong boys, and all of the responsibilities of a Folkbuilder and Gythia in addition to her Witan responsibilities. Thank you Witan Callahan, without you, there would not be a Baldershof as we know it.



Folkbuilder Nathan Erlandson
nerlandson@runestone.org

Upcoming Events at Baldrshof



Join your Folk for a 3-day celebration of Midsummer at Baldrshof!

Feasting, blots, Sumbel, dancing, education, activities, and time with your Folk! Make memories that you will never forget at Baldrshof!

Contact Witan Brandy Callahan or Folkbuilder James Ault to RSVP.

If you are coming from out of the area, there are several hotels in Willmar, Benson, and Glenwood.



Join your Folk as we continue the beautification of Baldrshof, Friday, July 15, and Saturday, July 16.

This will be a weekend event with food provided each day by Baldrshof Leadership. Please dress accordingly! There will be lots of painting, cleaning, and construction going on!

Contact Witan Brandy Callahan if you plan to attend!



Baldershof District holds a monthly virtual membership meeting on the last Thursday of every month at 8 pm central.

Our district calls focus on upcoming Days of Remembrance and Holidays. Discussions are presented by members of Leadership throughout the Asatru Folk Assembly.

Details can be found in the event section of the Baldershof District MeWe group or

contact Folkbuilder Nicholas Rice or Witan Brandy Callahan for the required link.

June's Meeting will feature talks by Apprentice Folkbuilders Thomas Gleason (TX) and Christine Dumas (OH) and Folkbuilder Lane Ashby (FL).

Arkansas

Moving Forward



This month has been filled with finishing a move, a few moots, and a work weekend with our people up north. June though should be exciting as we will Hold the Arkansas Midsummer event at our house and look forward to seeing what we will accomplish. Truth be told we have a lot of good leadership in this area but the heartbeat of this 4 state area is undoubtedly our kindred's very own Miss Melissa Mills! She keeps us on course and grows our church like none other!

Michael Sessumes



Folkbuilder

mssesses@runestone.org

Illinois

April in Illinois



April has been a fruitful month for myself, my Kindred, and our members of Illinois. During weekly conference calls, we discussed Hexenacht and its origins, and how to integrate it into a multi-day Rite of Fertility and Plenty if one wishes when including May Day. Another call was a book study of Elder McNallen's Asatru book, covering chapters 1 and 2 with a new member.

This month also saw the second Else Fest, which Illinois members worked very hard to organize along with the Ault Family. By now you will see what an epic success it was.

When not helping my amazing wife cook or clean in the Camp Hall kitchen, I was leading the Groom Ceremony and Men's Discussion.





During the Groom Ceremony for Tyler Davis, myself and other married men gave him advice and reminders of what this new journey is about. I stated that his wife-to-be should be looked at as a Daughter and Sister of our Goddesses. That giving her room to grow and protecting her and her realm, the Home, are essential to the devotion to our Gods in the role of the Husband. Man is Odin in his home. His implementation of Order and leadership serves not to restrict, but to expand the safe place for the Feminine to grow.

In leading the Men's Discussion, I touched on using the raw Masculine and Feminine energy that Spring brings us to hone one's prospects, skills, and bounty. Winter has ended. Ragnarök has ended. Through the coming of the Dawn Goddess and rebirth of Baldr, our Gods and Heroes are also reborn again. This means we as Men are also. We retreat from our warm shelter like a womb, and out into the growth and light of the Sun and Earth. It's a time of the Vanir. We can look upon a pay raise at work, conceiving children, and learning a new skill as gaining Frey's Flaming Sword. I believe Frey is the key to finding Odin. He sat upon Hlidskjalf, Odin's Throne, to ponder the All-Father and seek wisdom. And so we must embody Frey in this season, gain his Solar gifts, then devote them to Odin if he is who we seek. Because we know another round of Chaos is upon, especially for those living in wintery regions still.

Let May be just as bountiful!

May Njörd build up his Warchest to bring us a new Hof!

Hail Easter !

Hail Frey!

Hail Else Christensen!

Hail the Gods!

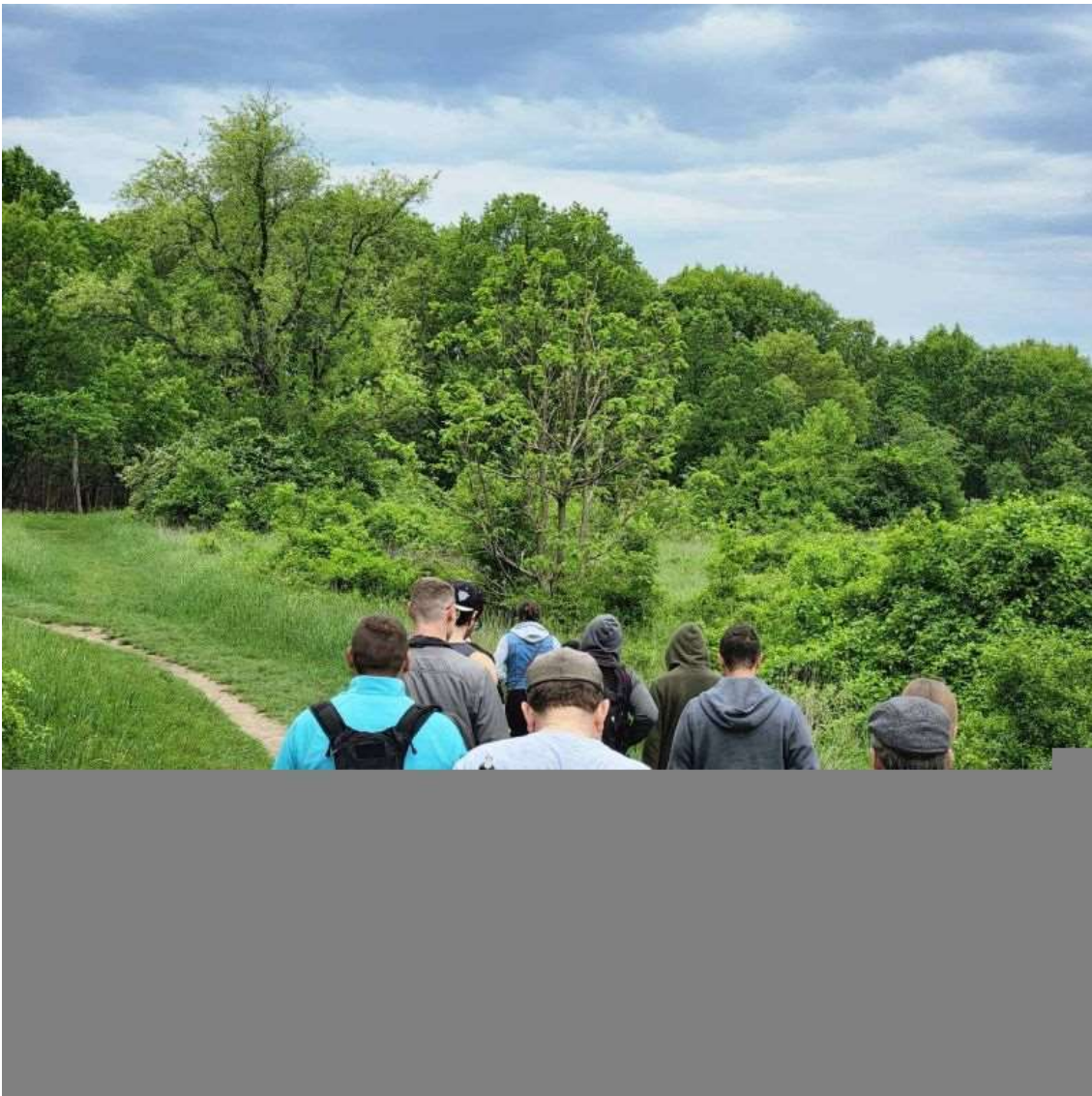
Hail the Folk!

Hail the AFA!

Illinois May Day Hike and Moot



The month of May has brought many great ponderings, opportunities, and a wonderful gathering of Folk. I myself used some time to heighten my personal spiritual practice and was also tasked with helping with a literature project that Baldurshof District prays gains favor within the AFA. As a Kindred, we celebrated seeing a member's new baby, had discussions, and book talks, and ended this month with a May Day Hike and I organized with many other friends of different backgrounds and outlooks, but who are ultimately Folkish. After the hike, my wife and I hosted them for a feast.



General discussions from last month into May touched on using the raw Masculine and Feminine energy that Spring brings us to hone one's prospects, skills, and bounty. Winter has ended. Ragnarök has ended. Through the coming of the Dawn Goddess and rebirth of Baldr, our Gods and Heroes are also reborn again. We retreat from our warm shelter like a womb, and out into the growth and light of the Sun and Earth. It's a time of the Vanir. We can look upon a pay raise at work, conceiving children, and learning a new skill as gaining Frey's Flaming Sword. I believe Frey is the key to finding Odin. He sat upon Hlidskjalf, Odin's Throne, to ponder the All-Father and seek wisdom. And so, we must embody Frey in this season, gain his Solar gifts, then devote them to Odin if he is who we seek. Because we know another round of Chaos is upon, especially for those living in wintery regions still.



We await Midsummer next month, which is due to be a great time!

Also, my wife and I ask for prayers and blessings as we try to grow our family!

Hail Maia and the Goddesses!

Hail Frey, Bacchus, the Green Man!

Hail The Gods!

Hail the Folk!

Hail the AFA!

Upcoming Event



**HRAFNAGUD
KINDRED
MIDSUMMER
MOOT**

**SATURDAY
JUNE 11**

HRAFNAHOF

**FOLKBUILDER
JIM'S FARM**

**RSVP W/ JIM CUMMINGS
OR SHANE DUFFY**

BALDR



Shane Duffy
Apprentice Folkbuilder
sduffy@runestone.org

Beginning of Summer



May was a rather productive month for a lot of us, and we're coming into summertime with tons of energy and looking forward to what the Gods can bring. A couple of us were able to meet up at the start of the month at a local Picker's Market to walk around, enjoy the beautiful weather and each other's company, and pick up a few nifty items here and there. We really hope you can meet us out at one of our moots and join us for some fun next time!

I'll also be heading to Baldrshof on June 23-26 for Midsommar. Let me know if you are in the area and need a ride or anything. It's a 12-hr drive for me, so I'd love some company.

King Athanaric, Folk Hero



I was pleased when Witan Callahan offered me the opportunity to speak on our Day of Remembrance for June on King Athanaric, the first king of the Visigoths, and what he went through and how we can learn and grow from that. As I'm sure one of the Gothar will have a nice little right up in here about him, I'll just recap a bit of the highlight, and of course, if you'd like a copy of the PowerPoint that I used in the presentation or what to discuss anything about the Day of Remembrance, I'm always free and you can definitely send a message.

King Athanaric lived from 369-to 381 CE in what would be modern-day Romania. He was of the noble Balts family of the Gothic Thervingi tribe and a relative of the later king of the Visigoths Alaric I, who reigned 395-410 CE and was best known for the Sack of Rome. As the ruling Judge of his tribe, it was Athanaric's responsibility to foster and encourage the ancient pagan faith of his people which informed their cultural identity, and, because of this, he violently persecuted those Goths who embraced Christianity in the 4th century CE. According to legend, he had sworn to his father, Aoric, that he would never set foot on Roman soil and would remain an enemy of Rome.



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



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

The rest of the Visigoths were left to fend for themselves. Despite his best efforts, King Athanaric was unable to hold his ground against the ruthless and better-provisioned Huns. In the face of starvation, Athanaric led his people into the Alutus Valley (modern-day Transylvania) where they settled.

In 380 CE, Athanaric was deposed, for what reason we do not know, and removed himself to none other than Constantinople and the lands of his once upon a time enemy, the Roman Empire. The new Emperor, Theodosius I, accepted Athanaric to the empire graciously. Upon his death some two weeks later, Athanaric was buried in the state to show Theodisuis's respect for the Gothic Culture.

Upcoming Event



If you can make it out, we'd love to have you join us Sunday, June 5th in Alton, Illinois. Come hang out and relieve a lil' tension with us this Sunday! Let me know if you wanna come or have any questions.

We'll be arranging another moot in July in the Peoria, Illinois area, further information is TBD, and we'd enjoy your company then for sure. Keep your eyes to the Moots and Meet-ups page of MeWe for further info on that. In August, we're pushing for as many members as possible to make their way up to the Rockford area for a Freyfaxi moot and blot. Rumor is that there will be quite a few folks coming down from Wisconsin, as well as a very special celebrity guest appearance. Reach out to any of the Illinois folkbuilders for info on that too.

Hail the Gods!

Hail the Folk!

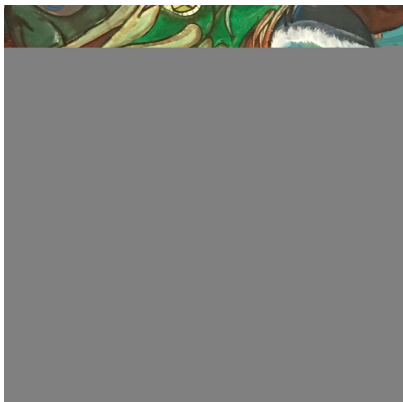
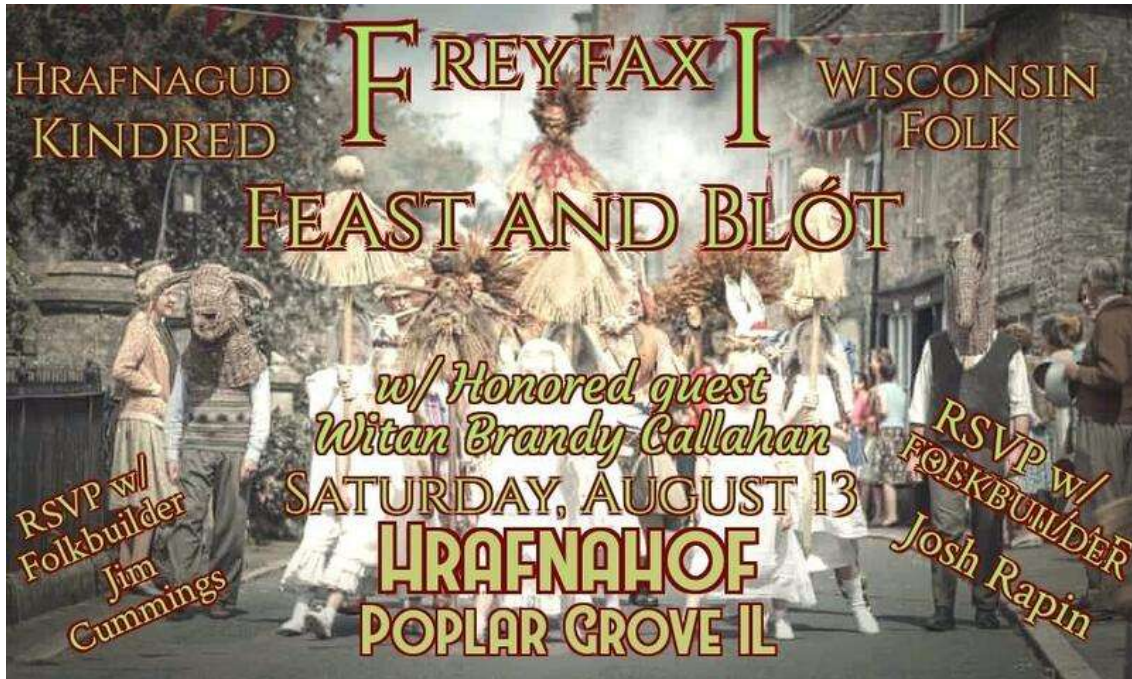
Hail the AFA!



Folkbuilder Nick Rice

nrice@runestone.org

Upcoming Event




Folkbuilder James Cummings

jcumings@runestone.org

Minnesota

Virtue Recovery Meeting: Self-Reliance





Exciting news for Asatru Folk Assembly's official Virtue Recovery Meeting is now active on MeWe! This is a more unique group on MeWe as it is reserved for those that are in (or searching for) recovery.

Many of us, seeking recovery, have used a traditional 12-step program, but there are certain steps that do not coincide with our belief system. For example, the need to turn your will over to an all-knowing God, or to ask said God to remove any shortcoming. This leaves us to either go through the motions and make it work or, more commonly, feel alienated and as if there is not a program that honors ourselves and our Gods. We must give credit where credit is due and we genuinely respect and appreciate the 12-step programs that have done so much good for so many people yet have the need for an inspired and similar yet completely Asatruar congruent 9-step program, which are centered around the 9 Noble Virtues. We are able to be a hybrid meeting. This means that some of us meet together, but those who cannot join in with us via zoom! This opens up the ability for anyone to log on and listen, speak or just observe what we are all about! We currently averaging 5-10 attendees! Member Josh Hemmingson and I are very proud of where our meeting has gone and look forward to it growing more and more!

This is the final installment of the article series going over our 9 steps, as this is the 9th article. We are on step 9: With the spiritual awakening as a result of these steps, we try to carry the message to others and to practice those principles in all our affairs. Noble Virtue: SELF-RELIANCE: Having awakened to the rich heritage of the Gods of my ancestors, and my own constructive power, I go forward in my life to share this spiritual awakening with others, knowing that to gift this awakening is the best way to retain it.

When any one of us has had the opportunity to build our lives on the cornerstones of our faith and our virtues, the act of self-reliance is nothing short of a treat. In active use (whatever that may have looked like) our basic needs changed. In many cases, our use was put above any and all other basic needs, thus making us incapable of sustaining life on our own. Now, with this new power of a life filled with right action and hard decisions, we are able to fend for ourselves. We no longer have to depend on anyone besides ourselves to be in a safe environment and furthermore find so much substance in being able to be a true help to fellow folk in need, in any situation. In this final step, we don't have to be self-reliant, we GET to be contributing members to our folk and kindreds. This, in and of itself, is enough to push each and every one of us through the hard days when the veil of a disingenuous and destructive life looks like a sweet escape.

Please reach out to me, Folkbuilder Ashley McStocker, or Apprentice Folkbuilder Justin Day if you are interested in joining our MeWe group (named Virtue Recovery Meeting). Any and everyone is invited to join our weekly zoom call to participate, listen, or simply observe what we are all about every Thursday evening at 7 pm CST.
Zoom ID: 497 370 4791 Password: Virtue

SygTyr Kindred Moot



Minnesota moots are not few and far between, which is how we like it! This May, the SygTyr kindred put on a hiking moot at the beautiful Taylor’s Falls Interstate park. We were complete with 3 pup folk and 4 toddlers to lead the way! We hiked down the river, and found a sign of our people at the overlook which said: “1923 – Commemorating the first permanent White settlement at St. Croix Falls”.



We played in the dandelion fields, had a small blot in the woods and raised the horn to Odin, and ended the day with lunch at a local restaurant. It was a marvelous time and was worth the travel (some traveled two states to walk in the woods with us!) These small get-togethers are just as important and fulfilling as our huge events!



Folkbuilder Ashley Mcstocker
amcstocker@runestone.org

Upcoming Events

6/5 Folkish Family Monthly Crafting day 11-2 Bloomington, MN

6/12 Folkish Family Monthly Hike with Northern Blood Kindred 11-1 at 7-mile creek
St.Peter, MN

7/10 Folkish Family Monthly hike with Northern Blood Kindred at Whitewater state park Elba, MN



Folkbuilder Jason Gallagher
jgallagher@runestone.org

Feast for the Folk Mother



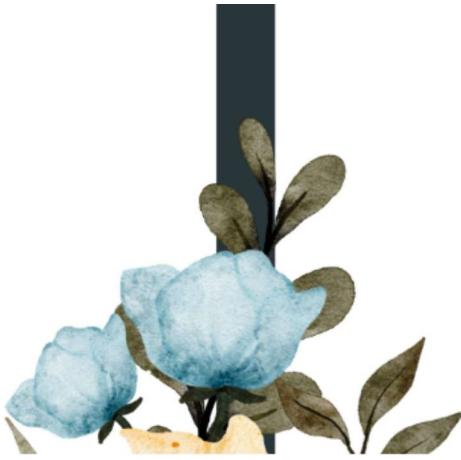
Minnesota and North Dakota Folk gathered early in May in a moot to celebrate the Folkmother, Else Christensen.

We had originally planned to sit by a nice fire and enjoy a spring evening, but the wind advisory changed our plans.

We feasted on a smoked pork butt that had been cooking to perfection since 3 am. It was delicious! Following our feast, we gathered outdoors to raise a horn to the Folk Mother.

We filled the rest of the evening with a hilarious game of Cards Against Humanity. The house echoed with roaring laughter for several hours and left us in tears on more than one round.

Upcoming Event



JOIN THE LADIES OF THE
ASATRU FOLK ASSEMBLY FOR

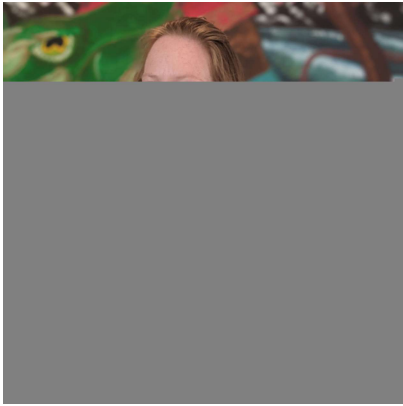
Coffee &

Ladies of the AFA!

Join your sisters and friends for Coffee and Crotchet! Spend an hour or so chatting with other AFA Ladies across the country.

This is a virtual meeting through teams. Details can be found in the Ladies MeWe

group in the event section or contact Witan Brandy Callahan for a link.

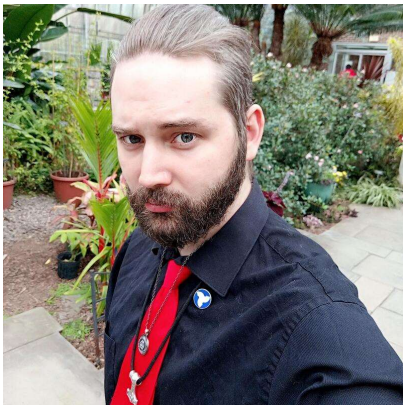


Witan Brandy Callahan
bcallahan@runestone.org

Missouri

Welcome, Kevin Ceder as one of Missouri's newest apprentice Folkbuilders!

Hail the Doers!!!!



Kevin Ceder
Apprentice Folkbuilder
kceder@runestone.org

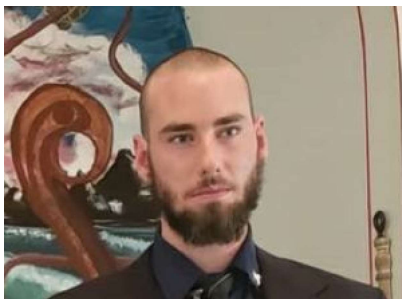
Building Foundations



The first thing in exciting news, is I am switching from Thorshof District to Baldrshof District. I am moving over to Missouri, where my Kindred is centered out of.

In other news, we had a workday at Melissa's, moved 10,000 pounds of rock, and built a sacred circle. While the base is done, there is much work to do, to decorate it.

Lastly, I held a moot in Independence, we went for a walk in a conservation area, then we went to an Irish Pub. Afterward, we took a stroll down the downtown area. It was a blast.

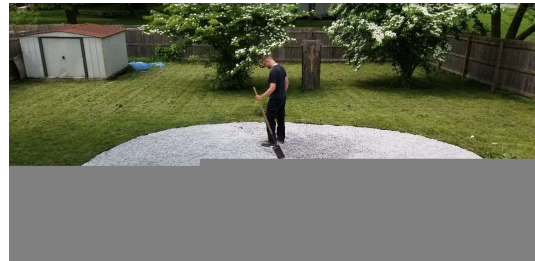


Jesse Parton
Apprentice Folkbuilder
jparton@runestone.org

Hello from the Heart of the Country!



This last month we watched as the rains came in. And stayed! But last weekend as we were gifted with the 1st few days of sunshine AFA members and members of Mid-Hearth Kindred came together to move 5 tons of rock, clear away some overgrowth, and begin to make beautiful our ritual circle. A space to come together in that is sacred and a way for us to give a piece of ourselves in the devotion to something greater. Something we can be proud of.



Lore study also resumed with a twist! We spent the first few weeks going through the 1st 24 chapters of the Volsung saga and finished it off with two rounds of review trivia! (Affectionately dubbed Trivia or Die) with our winners earning bragging rights and fantastic prizes! If you have not joined us yet, reach out to me for an invite to the MeWe group. It is for AFA members only. It's also the most fun you can have while learning!

Upcoming Events

We have MidSummer coming up on June 18th in AR

An event is being planned in Jefferson City MO with a date to be announced soon.

Freyfaxi the 1st Saturday in August in Springfield mo.

Feast of the Einherjar on the 11th, 12th, and 13th of November in OK.

And an Old Time Yule in Oklahoma on the first weekend in December.

Lots of opportunities to get together!

Please contact me for more details!

Animism



Animism is the concept that not just humans are "persons". The rocks, the river, the land, and the trees. The flowers and animals are all possessing of spirit and are alive in some fashion.

We know through science that trees communicate with each other. That they will endeavor to help a sick tree get the nutrients it needs to heal and survive.

We know through science that plants react to how we speak to them or if we do something threatening or harmful to them.

How many times have you stood in a quiet forest and placed an offering for the land spirits on a hot windless day? Only to have the wind circle around you, the birds flock to the nearby trees and the leaves and grasses seem to whisper back to you in acknowledgment of your gift?

Some scholars will tell you that animism is a primitive form of religion. That it is inferior to other spiritual practices and that with monotheism we have evolved past such

a base and misguided practice. They say that in their monotheistic view of the world man is separate and elevated above all other life or objects. That their God has singled them out.

But I disagree.

We, as humans, are a part of the living natural world around us. When the land, animals, plants, and trees are thriving around us, we too thrive. When the lands, animals, plants, and trees are diseased or depleted, we too, become diseased and depleted.

When we honor and care for what is all around us, it cares for and provides for us in return. Reciprocity. Gifting cycles. The same relationship is mirrored in the one we have with our Gods. We give the best we have to offer and they in turn honor us with good gifts.

When we separate ourselves from our connection to living earth and all the life within and without it, we have become less. Less happy. Less healthy. Less grounded, etc.

When we look around us, we notice the reawakening of our relationships with the animistic world. We see our folk spending time in the woods, on mountain peaks; stretching their hands into the soil and planting food to harvest later. The need for land ownership and a raised level of self-sufficiency is dependent on the living earth we are inhabiting.

Everything we eat is a sacrifice.

When we spend/sacrifice our time planting, growing, and harvesting and prepare that food for those we love; to nourish them, to nourish ourselves so that we can be at our best. It is a mirror of our folks sacrifice of an animal to our Gods. The animal was raised and cared for. We gave what we cared for in honor of our Gods; with the hope that the sacrifice would be worthy of their notice and good gifts. Then we take the nourishment from that animal into ourselves.

Animism is not separate from a faith. It is not base and primitive. It is the acknowledgment of our shared dependence on each other and the world around us. When we acknowledge that there is life and it deserves our respect. When we take our place as both steward and recipient of the abundant life around us, we complete that circle. The cycle. We create a deeper understanding of what it means to be connected. And a greater appreciation for the part of each individual as a whole.

How do you practice animism in your life? How do you connect with the abundant life around you? How can you be a better steward of the land and spirits in your vicinity?

I encourage you to cultivate your connections and to share them with your community.



Folkbuilder Melisa Mills

mmills@runestone.org

Oklahoma

Well Worn Paths



We are motivated to make opportunities to get together in person rather than increase our screen time beyond its current level.

Moots at festivals honoring our heritage are very attractive, as are venues carrying our motifs, but any welcoming atmosphere with congenial hosts has potential. Hofs are ideal.

We know these welcoming public places exist as we have found a few, but we search for more. The adventure of bridging the gap across Oklahoma, or even our vast planet

—in some respects—is taking new ground for our Folk to forge bonds of kinship.

It's worth the trip when spending it building folkish relationships that have an ancient root and a galactic future.

As an apprentice Folkbuilder, I've grown to appreciate what it takes to hold an event.

Having a convivial gathering of like-minded Folk in a hospitable locale is just what the Gothar ordered.

Support your local Folkbuilder in growing together through the presence in their efforts.

We've been busy with spring chores at home, and have been gaining on our goals.

We are looking forward to seeing you at our next event. Details for local events can always be found on our Baldrshof District website: [Our Events](#) | [Baldrshof](#)



Shea McCurdy
Apprentice Folkbuilder
smccurdy@runestone.org

Texas

Hexenacht with Fridr Folk Kindred



On May 7th, Fridr Folk Kindred of the Asatru Folk Assembly held Hexenacht a day of celebration specifically honoring the feminine spirits and asking for the blessings of Freyja. Herbs were burned with positive intention, lore was discussed, new members were involved, and it was an awesome experience.

Hike in Austin



On May 23rd, Fridr Folk Kindred gathered for a hike in Austin, Texas. In my opinion, a

cornerstone of Asatru is physical fitness. The building of Frith through physical exercise, not only helps us look good; but feel good too! The view was spectacular, unfortunately, the pictures hardly do any justice.



Thomas Gleason
Apprentice Folkbuilder
tgleason@runestone.org

Day of Remembrance Moot for Else Christensen in Wylie, Texas



On May 21st members of Friðr Folk Kindred met at East Fork Park in Wylie, Texas for a hike, park cleanup, and group galdr session to honor our Folk Heroine Else Christensen. It was much needed, as we filled our first bag of garbage after a short 30 to 40-yard walk along the shoreline of Lake Lavon. We raised a horn as the waves crashed on the beach and gave thanks to Else for the sacrifices she made for our Folk and stood grateful for the sacrifices of our forebears by which we have our religious freedom today.

Friðr Folk Kindred Texas May Day

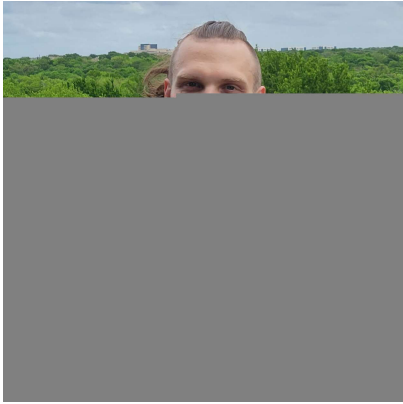


On May 28th Friðr Folk Kindred gathered around the May Pole on the shores of Lake Lewisville for a day of fun, sun, and excitement. Activities included swimming, feasting, the May Pole dance, a lore discussion, and some good old-fashioned Blot, Sumbel, and guitar pickin' around the fire.



The wind off of the lake made for a cool summer night and many members chose to sleep under the stars instead of in their tents as they welcomed in the summer and dreamed of the fruitful harvests Freyr has in store for our Folk in the months to come. Looking forward to our upcoming Midsummer event in the Austin area!

Justin Day



Apprentice Folkbuilder

jday@runestone.org

Wisconsin

Norwegian Heritage in Wisconsin



Syttende Mai Festival

The festival in southern Wisconsin is a weekend-long celebration of the rich culture Norwegian settlers brought to this area. The city-wide festival has been held for 67 years on the weekend closest to Norway's May 17th Constitution Day, also known as Syttende Mai. The city crowns a Syttende Mai King and Queen that serve as cultural

ambassadors for visitors during the weekend. This is usually a couple that has shown a commitment to community service and keeping the local Norwegian culture alive. To keep this tradition going for future generations, two third graders are chosen as Prince and Princess of the festival. They are tasked with teaching their peers Norwegian culture.



AFA members gathered to explore the many demonstrations held throughout the town. We had an enjoyable time watching Norwegian dancers, fiddle players, a Viking

strongman competition, and the many townsfolk in the beautiful traditional rural clothing called, "Bunad."



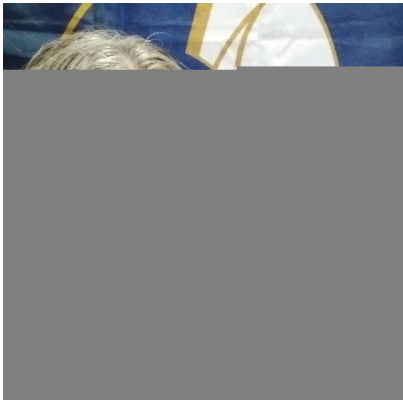
There was so much delicious food everywhere! We tasted everything from lefse to kottkake. Favorites included rommegrot, cod soup, krumakake, and varme polse, which is a Norwegian-style hot dog wrapped in lefse!

Wisconsin has a rich heritage that is celebrated by a multitude of festivals throughout the year. Look for future moots that will include these events.

Upcoming Events



DEVIL'S LAKE STATE PARK MOOT



Sara Ault
Apprentice Folkbuilder
sault@runestone.org

Monolithic May in Wisconsin!



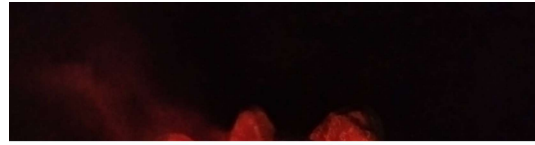
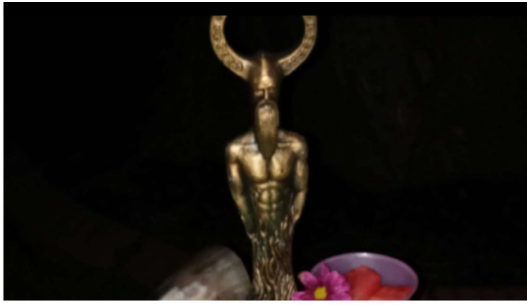
May opened with our Wisconsin AFA Adopt-A-Highway clean-up founded by Folkbuilder James Ault. Followed by a nice picnic lunch made by my wife Kirsten.



The following weekend the probationary Kindred Vatnafólk, Green Bay/ Milwaukee WI started setting a ritual circle.



Thank you, Joel, for all your help and planning for our ritual circle. This will be a sacred area for everyone to gather and are proud to invite our Folk to join us on June 18th for a local Midsummer's Feast.



We are for an upcoming hike and lunch moot to the highest point in the state Timm's Hill in Tomahawk WI on June 12th.

Hail The Gods, The Folk, and the AFA !!!

Upcoming Events

**PLEASE JOIN YOUR FOLK 11 A.M.
JUNE 12TH AT TIMM'S HILL , TOMAHAWK
WI. FOR A WOTAN ON THE PEAKS BLOT
AND HIKE TO THE HIGHEST POINT IN THE
STATE. LUNCH TO FOLLOW AT NEARBY CAFE.
PLS. CONTACT FOLKBUILDER JOSH RAPIN
JRAPIN@RUNESTONE.ORG WITH ANY
QUESTIONS.**

Enter this wild wood and view the haunts of nature

*Vatnafolk Probationary Kindred
invites you to join us for a Hike
and Picnic lunch July 10th at
12pm, 7 Bridges Trail
Grant Park 100 Hawthorne Ave
South Milwaukee, WI 53172 for
questions or details please contact
Folkbuilder Josh Rapin
jrapin@runestone.org*



Probationary Kindred
Vatnafólk invites you to our
1st annual

Midsummer Celebration

Join us for Food, Fun, and
Frith!

SATURDAY, JUNE 18TH AT 12:00 PM
RSVP Folkbuilder Josh Rapin at
jrapin@runestone.org



Wisconsin May Day Celebration of Life



We welcome Freyr the God of fertility, peace, prosperity, and virility on May Day. God of sunshine, fair weather, and good harvest. We erect a Maypole lined with colorful ribbons from top to bottom. This is the representation of Freyr's masculinity charging the soil intertwined with femininity from the beauty of the ribbons. Historically young ladies dressed in all white to symbolize purity will dance around the pole to determine who will be crowned the Queen of May Day. The winner will be crowned with an ornamented crown of fresh flowers and open the celebration. From the youngest, they will take up ribbons towards the inside of the Maypole and the oldest on the outside. They will dance, weaving in and out of one another until the Maypole is wrapped tightly with the ribbons. This is a beautiful tradition that continues to be practiced

today. Today is a day of unity, togetherness, and rebirth. It is a day for everyone to come together to celebrate life as we know it.



On May 22nd, Wisconsin AFA members gathered at Rib Mountain State Park to celebrate together the wonderfulness that Nature, Family, and Folk truly are. We ate a bountiful lunch, enjoyed lively conversations, and took in the amazing view from our shelter. We explored the park ending up at the 60-foot observation tower and the “King’s chair” rock formation. Returning to the shelter, a member gave an informative talk on Ham radio basics, and plans were made to build a Ham radio club in the future. Folkbuilder James Ault spoke on the traditional May Day Celebration and why it’s still important in our lives. He then led the May Day Blot.



Look for information on future Moots that will include exploring nature, basic skills informational talks, and good company with your Folk!



For rides to events, information, or just to reach out, please contact Folkbuilder James Ault at jault@runestone.org.

We are our future ancestors!

Upcoming Events





Folkbuilder James Ault

jault@runestone.org



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