

NORTHERN AMERICAN NORDIC SOCIETY



FEBRUARY 2024

VOLUME 3 ISSUE 1

Northern American Nordic Society, LLC



WORDS FROM THE LEADERSHIP TEAM

SEEING ALL THE NEW FACES BRINGS OUR LEADERSHIP TEAM'S JOY. IT IS YOU THE MEMBERS THAT MAKE THIS ORGANIZATION WORTH EVERY SECOND OF OUR TIME AND EFFORT.

TO DO THE WORK OF THE GODS FOR OUR COMMUNITY AND ALL WHO HAVE BEEN SEARCHING FOR ANSWERS, UNDERSTANDING AND THAT LONGING TO BELONG.

WE ARE HONORED TO BE THAT SEMBLANCE OF GOOD FRITH FAITH AND KINSHIP.

WE EXTEND OUR WARM WELCOME AND ARE GLAD TO SEE YOU ALL HERE WITH US.

THANK YOU ALL FOR BING THE BEST PART OF NANS!

NORDIC ANIMIST FAITH STANZAS

IT IS BUT A FOOL WHO THINKS TO LITTLE ON THE TASKS AT HAND, HE WILL WADE OFF THE RESPONSIBILITY TELL THE DAY IS ALMOST AT AN END.

A WISE MAN WILL PLAN FOR UNSEEN EVENTS AND MAKE NOTE OF TASKS THAT NEED TO BE COMPLETED LEAVING HIM WITH FOCUS AND TIME TO TEND TO HIS RESPONSIBILITY.

A WISE MAN WILL MAKE NO WASTE OF TIME AND FIND BALANCE AFTER THE DAYS WORK IS DONE.

--- Oathingöthi Liam Meader

NORTHERN AMERICAN NORDIC SOCIETY



FEBRUARY 2024

VOLUME 3 ISSUE 1

RUNE OF THE MONTH

SECTION 8, PART 14 - THE ELDER RUNES.

--DAVE RICE

PERTHRO.

PERTHRO IS THE 14TH RUNE WITHIN THE ELDER FUTHARK AND THE 6TH RUNE IN HAGAL'S AETT.

ALSO KNOWN AS: PERDHRD, PERTHO, PERTRA, PERTHU, PEORÐ.

PRONUNCIATION: PAIR-THROH.

LETTER SOUND: P, AS IN "PIN", "STOP", AND "APPLE".

TRANSLATION: UNKNOWN, ALTHOUGH IT'S MORE LIKELY THAT PERTHRO MEANT PEAR OR PEAR TREE.

KEYWORDS: MYSTERIES, SECRETS, REVELATIONS, CHANCE, FERTILITY.

POSITIVE USE: LUCK, LOVE, SEX, FEMININE ENERGY, PREGNANCY, CONCEPTION.

DESTRUCTIVE USE: INFERTILITY, BAD LUCK, CONFUSION, DESTRUCTIVE FEMININE ENERGIES

PERTHRO



THE ELDER FUTHARK RUNE NAMED PEORÐ (OR PERTHRO) IS SIGNIFIED BY THE "𐌷" SYMBOL AND STANDS FOR THE SOUND 'P'. HISTORICALLY, THE INITIAL APPEARANCE OF THE PEORÐ RUNE CAN BE TRACED BACK TO THE KYLVER STONE FUTHARK ROW, APPROXIMATELY AROUND THE YEAR 400 A.D. LATER, LINGUISTIC EXAMPLES FEATURING THIS RUNE CAN BE SEEN IN INSCRIPTIONS ON THE KENT II, III AND IV COINS, WHICH INCLUDE PERSONAL NAMES SUCH AS "ƿADƿ" AND "ƿEƿA/EPƿ". THESE COINS DATE BACK TO ABOUT 700 A.D. INTRIGUINGLY, A PEORÐ RUNE IS USED IN LIEU OF THE GREEK LETTER RHO (P) ON ST. CUTHBERT'S COFFIN, MADE IN 698 A.D., (| 𐌷 𐌷 𐌷 𐌷 𐌷 𐌷 𐌷 𐌷, WITH THE H DOUBLE-BARRED IN THE CONTINENTAL STYLE, THE FIRST ATTESTATION OF THAT VARIANT IN ENGLAND.)

FURTHERMORE, THE WESTEREMDEN YEW-STICK, DATING APPROXIMATELY TO 750 A.D., FEATURES PHRASES SUCH AS "OP HÆMU", TRANSLATING TO "AT HOME", AND "UP DUNA", TRANSLATING TO "ON THE HILL", BOTH EMPLOYING THE 'P' SOUND REPRESENTED BY THE PEORÐ RUNE. THE NAME "PEORÐ" HAS NO DIRECT EQUIVALENT OR SIMILAR COUNTERPART IN OLD ENGLISH, MAKING IT A BIT MYSTERIOUS. NONETHELESS, IT SEEMS TO SHARE SOME CONNECTIONS WITH THE GOTHIC TERMS "ƿAIRƿRA" AND "ƿAIRƿRA".

NORTHERN AMERICAN NORDIC SOCIETY



FEBRUARY 2024

VOLUME 3 ISSUE 1

THESE TWO TERMS RESPECTIVELY REPRESENT THE LETTERS 'P' (WHICH CORRELATES WITH THE GREEK Π) AND 'Q' (WHICH CORRESPONDS TO AN INVERTED GREEK Π), AS RECORDED IN A 9TH-CENTURY MANUSCRIPT AUTHORED BY ALCUIN. IT REMAINS UNCERTAIN WHETHER ONE TERM EVOLVED FROM THE OTHER, BUT THERE'S A HIGH LIKELIHOOD THAT PEORÐ HAS SOME RELATIONSHIP WITH PAIRPRA. THE NAME COULD POTENTIALLY REFER TO A PEAR TREE OR PERHAPS MORE BROADLY TO A FRUIT-BEARING TREE, ALTHOUGH THIS INTERPRETATION REMAINS CONJECTURAL. GIVEN THAT THE RUNE POEM ASSOCIATED WITH THIS RUNE REFERS TO "RECREATION AND AMUSEMENT", IT'S ALSO SPECULATED THAT THE TERM "PEORÐ" MIGHT SIGNIFY "PEAR-WOOD". THIS MATERIAL MIGHT HAVE BEEN USED TO CRAFT EITHER WOODWIND INSTRUMENTS OR GAME-RELATED ITEMS, SUCH AS A GAME BOX OR WOODEN GAME PIECES. FROM THE TERM "PEORÐ", LINGUISTS SUGGEST THAT PROTO-GERMANIC FORMS LIKE *PERÐU, *PERÐŌ, OR *PERÐAZ CAN BE PHONOLOGICALLY DERIVED. FURTHERMORE, THE OGHAM LETTER NAME CEIRT, WHICH IS INTERPRETED AS "APPLE TREE", COULD POSSIBLY BE A LOANWORD FROM GERMANIC INTO PRIMITIVE IRISH. NONETHELESS, THESE LINGUISTIC HYPOTHESES REMAIN SPECULATIVE AND LACK DEFINITIVE PROOF.

SCHOLARLY CONSENSUS ON ITS TRUE MEANING REMAINS ELUSIVE, LEAVING ROOM FOR SPECULATION AND INDIVIDUAL INTERPRETATION. WHILE IT MAY BE ONE OF THE MOST ENIGMATIC SYMBOLS IN THE FUTHARK, THIS DOESN'T NECESSARILY IMPLY THAT ITS ESSENCE IS COMPLETELY OBSCURE OR INACCESSIBLE. THE MOST WIDELY ACCEPTED HYPOTHESIS CONCERNING THE PERTHRO RUNE IS THAT IT SIGNIFIES A PEAR OR A PEAR TREE.

THIS INTERPRETATION CARRIES PROFOUND WEIGHT, CONSIDERING THE RICH SYMBOLISM OF PEAR TREES IN VARIOUS ESOTERIC PRACTICES SPANNING NUMEROUS CULTURES THROUGHOUT HISTORY. PEAR TREES ARE SYMBOLS OF LONGEVITY, DURABILITY, AND FERTILITY, RESONATING STRONGLY WITH THE LIFE-SUSTAINING FORCE OF MOTHER NATURE. KNOWN FOR THEIR EXTRAORDINARY LONGEVITY, SOME PEAR TREES CONTINUE TO THRIVE FOR CENTURIES. REMARKABLY, IN NORTH AMERICA, THERE STANDS A PEAR TREE OVER 400 YEARS OLD THAT STILL PRODUCES FRUIT ANNUALLY. THIS VIBRANT, ENDURING TREE SERVES AS A LIVING TESTAMENT TO THE RESILIENCE AND ONGOING PRODUCTIVITY ASSOCIATED WITH THE SYMBOLIC IMPLICATIONS OF THE PERTHRO RUNE. NEVERTHELESS, IT'S CRUCIAL TO REMEMBER THAT THE PERTHRO RUNE IS SUBJECT TO A MULTITUDE OF INTERPRETATIONS. AS WITH MANY ANCIENT SYMBOLS, THE RUNE'S MEANING CAN OFTEN BE VIEWED THROUGH THE LENS OF CONTEMPORARY SPIRITUAL OR RELIGIOUS MOVEMENTS. MUCH OF THE INFORMATION FOUND ONLINE ABOUT THIS RUNE IS SHAPED BY MODERN WICCAN INTERPRETATIONS, WHICH MAY OR MAY NOT ALIGN WITH HISTORICAL OR TRADITIONAL VIEWPOINTS. MY PERSONAL INTERPRETATION OF PERTHRO LEANS MORE TOWARDS EMBLEMATIC REFERENCES TO THE FEMALE REPRODUCTIVE SYSTEM, ENCOMPASSING THEMES OF BIRTH, FEMININE ENERGY, AND FERTILITY. IN THIS CONTEXT, THE RUNE'S RESEMBLANCE TO A CUP OR VESSEL COULD BE PERCEIVED AS A SYMBOLIC REPRESENTATION OF THE WOMB, THE BIRTHPLACE OF NEW LIFE. BEYOND THIS, THE LONGEVITY OF THE PEAR TREE ALSO CORRELATES WITH THE CONCEPT OF LONG LIFE AND PROSPERITY. IN ESSENCE, WHILE PERTHRO'S APPEARANCE COULD BE AN INVITATION FOR INTROSPECTION, A CALL TO SEEK THE ANSWERS FROM WITHIN ONESELF. IT ENCOURAGES PRACTICES SUCH AS MEDITATION AND SELF-PURIFICATION,

NORTHERN AMERICAN NORDIC SOCIETY



FEBRUARY 2024

VOLUME 3 ISSUE 1

THE RARITY OF THE "P" SOUND IN PROTO-GERMANIC INSCRIPTIONS, IS DUE TO GRIMM'S LAW, WHICH TOOK PLACE SOMETIME BEFORE THE 1ST CENTURY AD. ACCORDING TO THIS LAW, AMONG OTHER SHIFTS, THE PROTO-INDO-EUROPEAN VOICELESS STOPS "P," "T," AND "K" BECAME THE PROTO-GERMANIC VOICELESS FRICATIVES "F," "þ," AND "h," RESPECTIVELY. AS A RESULT, THE "P" SOUND BECAME RELATIVELY RARE IN PROTO-GERMANIC AND WAS MOSTLY FOUND IN LOANWORDS FROM OTHER LANGUAGES OR IN ONOMATOPOEIC WORDS. THIS IS WHY YOU DON'T SEE IT AS OFTEN AS OTHER SOUNDS IN PROTO-GERMANIC INSCRIPTIONS.

WITHIN THE INTRIGUING MATRIX OF THE ELDER FUTHARK, THE PERTHRO RUNE, OR PEORÐ, HOLDS A UNIQUELY MYSTERIOUS AURA. SCHOLARLY CONSENSUS ON ITS TRUE MEANING REMAINS ELUSIVE, LEAVING ROOM FOR SPECULATION AND INDIVIDUAL INTERPRETATION. WHILE IT MAY BE ONE OF THE MOST ENIGMATIC SYMBOLS IN THE FUTHARK, THIS DOESN'T NECESSARILY IMPLY THAT ITS ESSENCE IS COMPLETELY OBSCURE OR INACCESSIBLE.

THE MOST WIDELY ACCEPTED HYPOTHESIS CONCERNING THE PERTHRO RUNE IS THAT IT SIGNIFIES A PEAR OR A PEAR TREE. THIS INTERPRETATION CARRIES PROFOUND WEIGHT, CONSIDERING THE RICH SYMBOLISM OF PEAR TREES IN VARIOUS ESOTERIC PRACTICES SPANNING NUMEROUS CULTURES THROUGHOUT HISTORY. PEAR TREES ARE SYMBOLS OF LONGEVITY, DURABILITY, AND FERTILITY, RESONATING STRONGLY WITH THE LIFE-SUSTAINING FORCE OF MOTHER NATURE.

AS I SAID, THE EXACT MEANING OF THE PERTHRO RUNE AND ITS CORRESPONDING VERSE IS A SUBJECT OF ONGOING DEBATE AMONG SCHOLARS, BUT THE VERSE READS:

"PEORÐ BYÐ SYMBLE PLEGA AND HLEHTER / WĒANCUM [ON MIDDUM], ÐAR WIGAN SITTAR / ON BEORSELE BLIPE ÆTSOMNE."

IN MODERN ENGLISH, THIS CAN BE ROUGHLY TRANSLATED AS:

"PEORÐ IS A SOURCE OF RECREATION AND AMUSEMENT TO THE GREAT, WHERE WARRIORS SIT BLITHELY TOGETHER IN THE BEERHALL."

OR AS:

"LOT-BOX IS ALWAYS / PLAY AND LAUGHTER / AMONG BOLD MEN / WHERE THE WARRIORS SIT / IN THE HALL TOGETHER"

ACCORDING TO THE RESEARCHER LOOIJENGA (1997), THE DEVELOPMENT OF THE 'P' RUNE, OR PEORÐ, MIGHT HAVE BEEN A VARIANT OF THE 'B' RUNE, LARGELY DUE TO THE INFREQUENT USE OF THE *P PHONEME IN PROTO-GERMANIC. THIS RARITY IS ATTRIBUTED TO THE SCARCE PRESENCE OF ITS PARENT-PHONEME *B IN PROTO-INDO-EUROPEAN.

IN THE EVOLUTION OF THE RUNIC ALPHABET, THE PEORÐ RUNE WAS NOT CARRIED FORWARD INTO THE YOUNGER FUTHARK SYSTEM. INSTEAD, THE 'B' RUNE WAS EMPLOYED TO EXPRESS THE /P/ SOUND, AS CAN BE WITNESSED ON THE VIKING AGE SKARPÅKER STONE.

REGARDING THE CONNECTION WITH THE "PEAR TREE," THE PHONETIC SOUND OF THE PERTHRO RUNE IS BELIEVED TO BE "P," SIMILAR TO THE "P" SOUND IN THE ENGLISH WORD "PEAR." THIS IS SPECULATIVE, AS THE MEANING OF MANY RUNES, INCLUDING PERTHRO, IS OFTEN DEBATED AMONG SCHOLARS, AND THE PRECISE PHONETIC VALUES OF THE RUNES IN DIFFERENT LANGUAGES AND DIFFERENT PERIODS CAN VARY. IT'S IMPORTANT TO NOTE THAT THE SIMILARITY IN SOUND DOES NOT NECESSARILY INDICATE A DIRECT ETYMOLOGICAL CONNECTION BETWEEN THE RUNE PERTHRO AND THE ENGLISH WORD "PEAR".

NORTHERN AMERICAN NORDIC SOCIETY



FEBRUARY 2024

VOLUME 3 ISSUE 1

AIMING TO CLEAR THE MIND AND CREATE SPACE FOR NATURAL ENLIGHTENMENT TO OCCUR. WHILE IT'S TRUE THAT ALL KNOWN KNOWLEDGE WAS ONCE SHROUDED IN MYSTERY, THIS RUNE PROMPTS A GENTLE REMINDER THAT SEEKING HIDDEN TRUTHS MIGHT SOMETIMES LEAD TO UNCOMFORTABLE DISCOVERIES. PERTHRÓ'S MULTIFACETED NATURE ALSO EXTENDS TO SYMBOLIZING FERTILITY, PREGNANCY, OR CHILDBIRTH, CONTINGENT ON THE READER'S INTERPRETATION AND THE CONTEXT OF THE READING. OVER TIME, I HAVE FOUND THIS RUNE TO BE PARTICULARLY RESONANT IN READINGS CONCERNING CONCEPTION AND LOVE. LIKEWISE, IT OFTEN SURFACES IN READINGS THAT INVOLVE ELEMENTS OF RISK OR GAMBLING.

COOKING WITH:

RHIANNON THORPE

NÄSSELSOPPA (NETTLE SOUP)

YOU WANT TO HARVEST NETTLES EARLY IN SPRING. TO AVOID THE STING OF THE FINE HAIRS OF THE NETTLE, WEAR GLOVES OR GRAB THE STALK VERY FIRMLY. NETTLES ARE RICH IN VITAMINS AND MINERALS.



WASH NETTLES WELL. COVER NETTLES WITH BROUILLON AND BOIL FOR 5 MINUTES OR UNTIL JUST TENDER. DRAIN THE LIQUID OFF THE NETTLES AND SAVE IT. CHOP THE NETTLES. MELT THE BUTTER IN A SAUCEPAN. ADD A LITTLE FLOUR TO THE BUTTER AND STIR UNTIL IT STARTS TO BROWN, THEN GRADUALLY ADD THE BROUILLON. ADD THE NETTLES BACK IN, THEN COOK AT A SIMMER FOR 3 TO 4 MINUTES. SEASON TO TASTE WITH SALT, THYME, MARJORAM, AND CHIVES. PLACE INTO INDIVIDUAL BOWLS AND GARNISH WITH CHOPPED EGG YOLK.

INGREDIENTS

- 2 QUARTS FRESH NETTLES
- 2 TABLESPOONS BUTTER
- 2 TABLESPOONS WHEAT FLOUR
- 1 QUART GOOD BROUILLON
- SALT
- 1/2-1 TEASPOON THYME
- 1/2-1 TEASPOON MARJORAM
- 1/3 CUP CHOPPED CHIVES
- 4 COOKED EGG YOLKS, CHOPPED FINE



NORTHERN AMERICAN NORDIC SOCIETY



FEBRUARY 2024

VOLUME 3 ISSUE 1

LAYERS OF OUR BEING

--ALSHERGOTHI MARNELL KELLER

WHO ARE WE? AND WHAT ARE WE? IN THE MUNDANE WE MAY SEE OURSELVES AS A PHYSICAL BODY WITH A CONSCIENCE AND A SPIRIT OR SOUL. OUR ANCESTORS HAD A BIT OF A DEEPER CONCEPT OF HUMAN EXPERIENCE, THAT WE ARE MORE THAN JUST PHYSICAL AND SPIRITUAL.

WHILE MOST OF US UNDERSTAND MORE OF WHAT THE DEFINITION OF THE HUMAN EXPERIENCE, AND OF WHO WE ARE, THROUGH THE CHRISTIAN LENS, THE NORSE DIDN'T HAVE WHAT WOULD BE DEFINED AS THE CONCEPT OF A "SOUL" WHICH IS BELIEVED TO BE THAT EVERLASTING PART OF WHO WE ARE. THE OLD NORSE WORD FOR "SOUL," SÁL, WAS INVENTED ONLY AFTER THE NORSE INTEGRATED INTO CHRISTIANITY, HENCE SHOWING THE LACK OF SUCH BELIEF PRIOR TO CONVERSION. WITH THAT SAID, OUR ANCESTORS BELIEVED THAT A PERSON IS MADE UP OF FOUR LAYERS: THE HAMR ("FORM"), THE HUGR ("MIND"), THE FYLGJA ("DIRECTION"), AND THE HÁMINGJA ("LUCK"). IT WAS BELIEVED THAT THESE PARTS WORK IN TANDEM TO BE ALL PARTS OF THE HUMAN.

THE HAMR

HAMR (PRONOUNCED LIKE THE ENGLISH WORD "HAMMER") LITERALLY TRANSLATES TO "SHAPE" OR "SKIN." THE HAMR IS ONE'S PHYSICAL FORM OR APPEARANCE, THAT WHICH OTHERS PERCEIVE THROUGH SENSORY OBSERVATION, SUCH AS THE EYES AND PHYSICAL TOUCH. THIS IS THE HUMAN BODY ITSELF. THIS IS THE PART OF US THAT IS BURIED IN THE GROUND AND DECAYS

THE HUGR

HUGR CAN BE MOST SATISFACTORILY TRANSLATED AS "THOUGHT" OR "MIND." IT IS THE CONSCIOUS PART OF OURSELVES. IT IS OUR PERSONALITY, OUR LIKES, AND DISLIKES. IT IS OUR PSYCHE- OUR INNER SELF. THIS IS THE PART THAT MOVES ON FROM US WHEN WE TRANSITION FROM THIS LIFE.

THE FYLGJA

REMEMBER THE STORIES OF WITCHES AND THEIR "FAMILIARS"? LIKE THE CATS AND RAVENS WHO ARE OFTEN THE COMPANIONS OF WITCHES IN EUROPEAN FOLKTALES. THESE ARE FYLGJUR (PRONOUNCED "FÍLG-YUR") IN THE PLURAL AND FYLGJA (PRONOUNCED "FÍLG-YA") IN THE SINGULAR. THE FYLGJA IS GENERALLY PERCEIVED IN AN ANIMAL FORM BY THOSE WITH SECOND SIGHT, ALSO CALLED PSYCHIC ABILITIES. THESE ARE SPIRITS THAT WALK WITH US FROM BIRTH TO DEATH. IT'S AN ATTENDANT SPIRIT WHOSE WELL-BEING IS INTIMATELY TIED TO THAT OF ITS OWNER - FOR EXAMPLE, IF THE FYLGJA DIES, IT IS SAID THAT OWNER DIES, TOO. ITS CHARACTER AND FORM ARE CLOSELY CONNECTED TO THE CHARACTER OF ITS OWNER: A PERSON OF NOBLE BIRTH MIGHT HAVE A BEAR FYLGJA, A VIOLENT PERSON, THEIR SPIRIT MAY BE THAT OF A WOLF. FYLGJA LITERALLY TRANSLATES AS "FOLLOWER," BUT, AS OFTEN AS NOT, IT'S DEPICTED AS TRAVELING AHEAD OF ITS OWNER, ARRIVING AT THE INTENDED DESTINATION BEFORE ITS OWNER OR APPEARING IN THE DREAMS OF SOMEONE WHO WILL MEET THE OWNER THE FOLLOWING DAY.

THE HÁMINGJA

THE FOURTH AND FINAL PART OF THE NORSE SELF THAT WE'LL CONSIDER HERE IS THE HÁMINGJA (PRONOUNCED "HÁHM-ING-YA"). THE WORD IS OFTEN USED IN AN ABSTRACT SENSE TO SIGNIFY "LUCK". IT IS SAID THAT THE NORNS BESTOW LUCK TO A CHILD AT BIRTH. THE HÁMINGJA, IS A PERSONAL ENTITY, IS PART OF THE SELF. WHEN A PERSON DIES, THEIR HÁMINGJA IS OFTEN REINCARNATED IN ONE OF THEIR DESCENDANTS, PARTICULARLY IF THE CHILD IS GIVEN THE NAME OF THE ORIGINAL OWNER OF THE HÁMINGJA. THIS IS THE PART THAT MOVES FORWARD IN OUR GENIAL LINE, IT IS THAT PART OF US THAT IS FROM OUR OWN ANCESTORS.

NORTHERN AMERICAN NORDIC SOCIETY



FEBRUARY 2024

VOLUME 3 ISSUE 1



HAMR



HUGR



HAMINGJA



FYLGJA

BECOME A NANS MEMBER

ALL MEMBERSHIP PACKAGES INCLUDE FULL ACCESS TO THE NANS DISCORD SERVER, INTERESTING CLASSES, AND HISTORICALLY ACCURATE INFORMATION, AND RITUAL SERVICES.

PACKAGES VALID FOR A YEAR!

REGISTER ON THE MEMBERSHIP & SHOP PAGE ON OUR WEBSITE.

WWW.NORTHERNAMERICANNORDICSOCIETY.COM



\$150

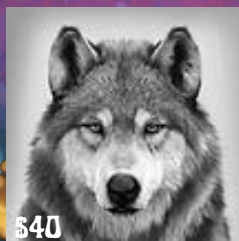
PLATINUM
PACKAGE

NANS T-SHIRT, HOODIE,
AND PATCH INCLUDED



\$20

STANDARD RAVEN
PACKAGE



\$40

BRONZE WOLF
PACKAGE

NANS CAR DECAL
INCLUDED



\$60

GOLD FALCON
PACKAGE

NANS CAR DECAL AND
T-SHIRT INCLUDED

NORTHERN AMERICAN NORDIC SOCIETY



FEBRUARY 2024

VOLUME 3 ISSUE 1

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

1 NORTHERN SPIRITS
GOTHIC DIV
3:30PM EST

2

3

4

5

6 EDDAS & SAGAS
SOPHIA 9PM
EST

7

8 FOLKIC EDDAS
ALEXANDERSON
MARALL 7PM EST

9

10

11

12

13 PRACTICAL
PRACTICES
GOTHIC DIV
3:30PM EST

14

15 NORTHERN SPIRITS
GOTHIC DIV
3:30PM EST

16

17

18

19

20 EDDAS & SAGAS
SOPHIA 9PM
EST

21

22 FOLKIC EDDAS
ALEXANDERSON
MARALL 7PM EST

23

24

25

26

27 PRACTICAL
PRACTICES
GOTHIC DIV
3:30PM
EST

28

29

30

31



ALL NANS CLASSES ARE HELD IN THE DISCORD CHANNEL CLASSROOMS AND ARE EXCLUSIVELY FOR OUR PWD NANS MEMBERS.
IF YOU WOULD LIKE TO BECOME A MEMBER, PLEASE VISIT OUR WEBSITE: WWW.NORTHERNAMERICANNORDICSOCIETY.COM

NORTHERN AMERICAN NORDIC SOCIETY



FEBRUARY 2024

VOLUME 3 ISSUE 1

THE SUN WHEEL

EVEN KEELED CROSS. --- OATHINGÖTHI LIAM MEADER

FOR MANY YEARS, IN PREVIOUS NANS NEWSLETTERS, WE HAVE GONE OVER THE 3 MOST COMMONLY MISUNDERSTOOD SYMBOLS: VEGVISIR, THE HELM OF AWE AND THE VOLKNUT.

THIS MONTH I WANTED TO GO OVER A STAVE THAT IS VERY MUCH SO A PAGAN STAVE AND PART OF OUR PRACTICE: THE THE SUN WHEEL, WHICH IS ALSO KNOWN AS THE "EVEN KEELED CROSS."

THE SUN WHEEL HAS DEEP ROOTS IN GERMANIC AND NORDIC PAGANISM AND HAS BEEN FOUND ON RUNE STONE AND WOOD SHIPS IN THE FORM OF CARVINGS ALL OVER SCANDINAVIA.

THE SUN WHEEL IS A REFERENCE TO THE SUN RISING IN THE SUMMER MONTHS AND THE CONNECTION TO OUR SOUL'S PEACE AND PARTS OF OUR SPIRITUALITY SUCH AS OUR HOGUR, HAMINJA, AND FYLGLIA. THIS CAN ALSO ENCOMPASS THE WHOLE SELF, KNOWN AS OUR "HIDE." THE SUN WHEEL IS ALSO FOUND IN RITUAL SITES ASSOCIATED WITH THE VENERATION OF THE GODDESS OF THE SUN- "SÓL."

THE SYMBOL ITSELF DATES BACK TO THE MID THE LATE BRONZE AGE IN WHAT ARE NOW SCANDINAVIAN COUNTRIES AND WE HAVE A FEW EXAMPLES OF ITS USE AND CULTURAL SIGNIFICANCE. FOR EXAMPLE, WE SEE IT ON RUNE STONE AND CAVE PAINTINGS DATING BACK TO 2500BC.

THE SUN WHEEL ALSO HAS A COUNTER PART IN OUR SISTER CULTURE AND PAGAN TRADITIONS OF THE SLAVIC PAGANISM. THIS SYMBOL CAN BE FOUND SPECIFICALLY IN SIBERIA DEPICTED BY SEVERAL BRONZE AGE SLAVIC ARTISTS. IN THIS CONTEXT, THIS SYMBOL'S MEANING IS QUITE LITERALLY THE SAME.

IN CONCLUSION, WITH ONLY A FEW DIFFERENCES IN MEANING THIS SUN WHEEL REPRESENTS THE SEASONS IN SLAVIC TRADITIONS, AS WELL AS THE CYCLES OF LIFE: THE SUN, RISING AND FALLING AS THE MOON TAKES ITS PLACE, MIDGARD (THE MORTAL REALM), THE REALM OF THE GODS AS WELL AS THE AFTERLIFE.



NORTHERN AMERICAN NORDIC SOCIETY



FEBRUARY 2024

VOLUME 3 ISSUE 1

WARM WELCOME

AN ADDITION TO OUR TEAM

HELLO ALL! MY NAME IS SOPHIA CATALANO, AND I'M HONORED TO BE A PART OF THIS GROWING COMMUNITY. MY JOURNEY IN THE HEATHENRY BOON SEVEN YEARS AGO. I WAS A PART OF FIRST NATION COMMUNITIES, WHICH INSPIRED A QUESTION. WHAT DOES MY ROOTS AS A PERSON OF EUROPEAN DECENT LOOK LIKE? WHAT IS INDIGENOUS TO MY PEOPLE?

WHAT IS A HEALTHY RELATIONSHIP WITH MY ANCESTORS?

I'M A RECONSTRUCTIONIST WHO HAS A PATH THAT COMES TO LIFE BY SPIRITUAL MEANS. MY HOPE WITHIN THIS GROUP IS TO BRING THE GODS, ANCESTORS, AND LAND SPIRITS TO LIFE! INSPIRE OTHERS TO FEEL CONFIDENT, COMFORTABLE, CONTENT, AND HOPEFUL IN A PATH THAT'S UNIQUE TO AN INDIVIDUAL.

OUR COMMUNITY IS ALIVE AND THRIVING FROM THIS FAITH THAT CONNECTS US ALL. ALL WALKS OF PEOPLE HEAR THE CALL OF THE GODS AND ANCESTORS THAT ARE WONDERFULLY UNIQUE TO THE INDIVIDUAL. HOW ABSOLUTELY COOL IS THAT? I'D LIKE THIS EXCITEMENT TO BE INFECTIOUS BECAUSE THIS JOY IS WHAT TRULY BRINGS THE GODS ALIVE.

THANK YOU TO THE GODS, ANCESTORS AND LAND SPIRITS THAT ALLOW ME TO SPEAK AND BE OF SERVICE.

THANK YOU TO THE COMMUNITIES THAT I SERVE AND ARE OF PURPOSE TO. IT IS MY GREATEST HONOR AND HUMBLENESS THAT I TAKE UP THIS SACRED TASK.



NORTHERN AMERICAN NORDIC SOCIETY



FEBRUARY 2024 HEATHEN LIFE STORIES

VOLUME 3 ISSUE 1

BY SOFIA CATALONA

How has HEATHENRY AND THIS PATH CHANGED MY LIFE?

WHAT A LARGE QUESTION BECAUSE I OWE MY LIFE TO THIS PATH. IT SAVED ME, CONSOLED ME, CHALLENGED ME, AND COUNTLESS TIMES SHOWED ME HOPE. MY LIFE STARTED OFF AS A ROUGH ONE WITH A MOTHER RAVAGED BY ADDICTION, FATHER NOTHING BUT HEARSAY, AND MY GRANDMOTHER THAT TOOK SOUL RESPONSIBILITY OF RAISING ME ON HER OWN. SHE NEVER HUNG RELIGION OVER MY HEAD, AND WHEN I ASKED HER WHAT I SHOULD BELIEVE IN, SHE CALMLY IMPORED ME TO FIGURE IT OUT ON MY OWN. I DIDN'T GIVE MUCH MIND AND DID THE BEST I COULD FOR THE HAND THAT I WAS DEALT. I SPENT MOST OF MY LIFE FEELING SEPARATED FROM THE WORLD AROUND ME, LIKE A DIFFERENT TUNE FROM THE SONGS OF LIFE. EVERYONE WAS A FULL HUMAN BEING, AND I FELT THIS CRIPPLING ALIENATION. I FELT LIKE A TWIST OF DIFFERENT ANIMALS, NOT KNOWING HOW TO PROTECT MY OWN HEART FROM A WORLD THAT WAS UNSPEAKABLE CRUEL. TO COPE, I SPENT MOST OF MY TIME FERAL OUT IN THE WOODS, CARVING AND ESCAPING THROUGH ART. AT THE AGE OF 18, I GOT KICKED OUT FROM HOME. IT WAS THEN THAT I BECAME A ROLLING STONE. AT 21, I MET A MAN WHO WOULD BECOME MY FIRST HUSBAND. HE WAS APACHE, AND THROUGH HIM, I GOT INVOLVED IN THE INDIGENOUS COMMUNITIES. NORTH AMERICAN SPIRITUALITY WAS SOMETHING THAT ALWAYS DREW ME IN LIKE A SPELL. IT FELT CONNECTED, GENUINE, INTACT, AND SOULFUL BEYOND WORDS. IT STARTED A LONGING IN MY HEART THAT I COULDN'T PUT MY FINGER ON. IT WAS AN ACHE THAT NAGGED AT ME FORMLESS. SOMETHING ABOUT A PEOPLE THAT HAD INTACT LANGUAGE TO DESCRIBE THE WORLD AROUND THEM, THAT WAS SO UNIQUE TO ONLY THEM. THEY KNEW WHO THEY WE AS A PEOPLE DOWN TO THE STORIES OF CREATION AND THE BEGINNING OF TIME. TRADITIONS THAT SPANNED THOUSANDS OF YEARS. IT WAS THE PRIDE THAT I SAW IN THEM, THE CONNECTION THAT THEY HAD TO THE NATURAL WORLD THAT MADE ME QUESTION WHERE THIS ACHE WITH IN ME WAS COMING FROM. I'M NOT OF THEIR NATION OR HERITAGE, AND ALTHOUGH I WAS INVITED AND ENJOYED THE INVITATION OF BEING A PART OF THE COMMUNITY, I NEVER TRULY FELT LIKE MINE. ONE DAY, I WAS ATTENDING A FUNCTION, AND IN A MOMENT OF WATCHING THE COMMUNITY DANCE, I FOUND WHAT IT WAS THAT I LOVED. ROOTS. THEY WERE CONNECTED TO THEIR ROOTS UTTERLY AND COMPLETELY, AND I WANTED TO KNOW WHERE I BELONGED. I WANTED TO FIND THE PEOPLE THAT I BELONGED TO. WHO WAS I AS A EUROPEAN PERSON, AND WHAT IS INDIGENOUS TO ME? AND SO I LOOKED.

I FOUND GINNUNGAGAP, AND THE WORLD OF FIRE AND ICE COLLIDED IN PRIMAL VIOLENCE THAT CAME TO A BALANCE. I MARVELED AT YMIRS DISEMBOWELMENT AND GORE THAT CRAFTED THE WORLD. I FOUND BEINGS THAT WERE GODS BUT RELATABLE LIKE MEN WHO TOUCH MY HEART TO THE POINT OF TEARS. I FOUND MYSELF FEELING AN AWE I COULDN'T EXPLAIN AS ODIN HUNG, PIERCED BY A SPEAR, SACRIFICING HIMSELF TO HIMSELF TO AN EARTH WITH NO NAME. TAKING UP RUNE WITH THE SCREAM OF DEATH THAT WOULD BRING LIFE. THEIR STORIES WEREN'T JUST PASSIVE THINGS KEPT TO ITS PAGES BUT TAKING ROOT IN MY SOUL. I FOUND A PEOPLE THAT LIVED AND BREATHED MAGIC. THEY WERE MY PEOPLE, AND THESE WERE A PART OF THE STORIES THAT SUNG THROUGH MY BLOOD.

I FOUND WHO I WAS.
I WAS HOME.