

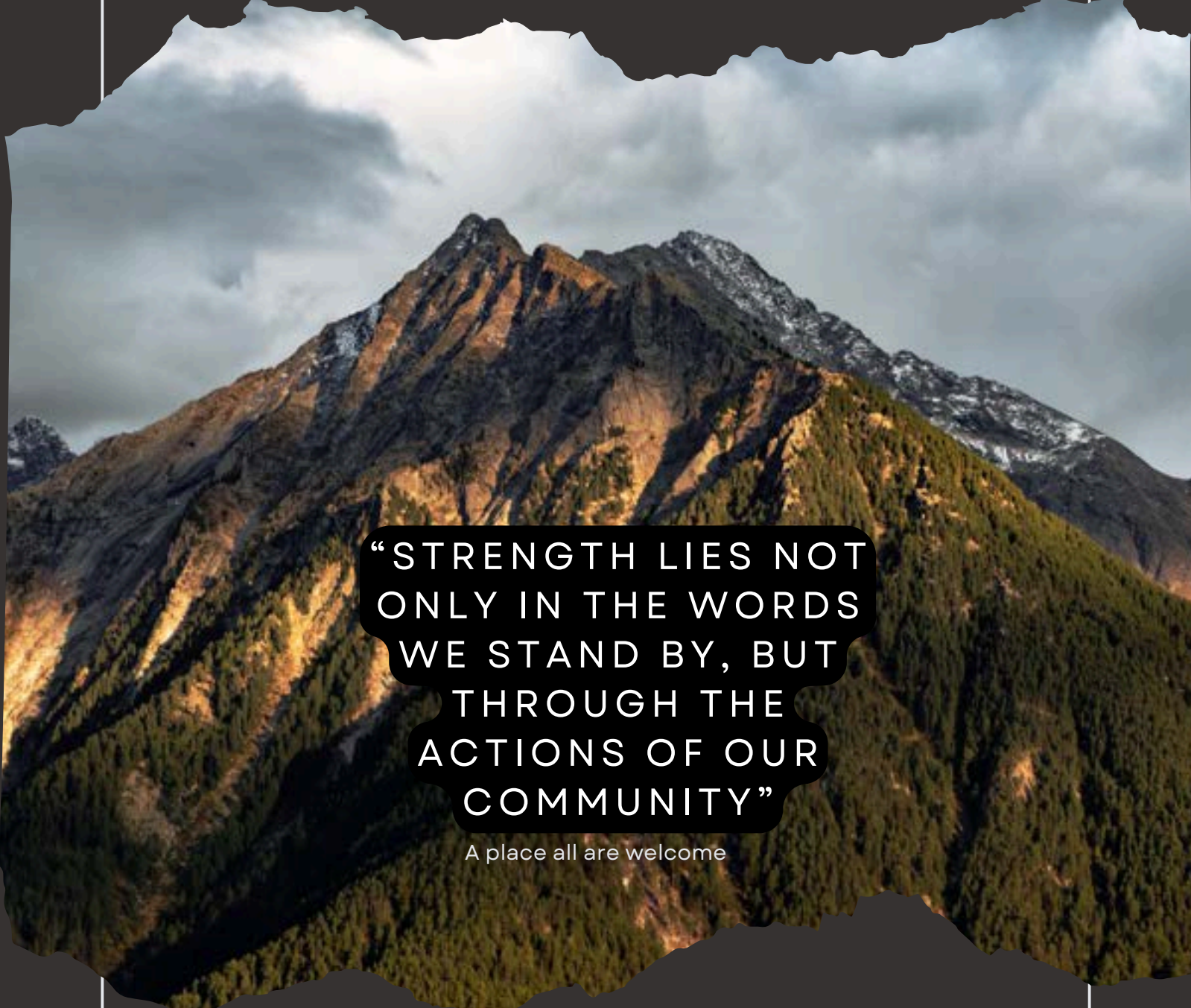
Issue 6

| Vol. 3

| July 2024

# Northern American Nordic Society

Monthly newsletter



“STRENGTH LIES NOT  
ONLY IN THE WORDS  
WE STAND BY, BUT  
THROUGH THE  
ACTIONS OF OUR  
COMMUNITY”

A place all are welcome

Northern American Nordic Society



# Northern American Nordic Society

“A place I found to be my home”-Anonymous Member 2024



## ARTICLES

PG.2  
Runes

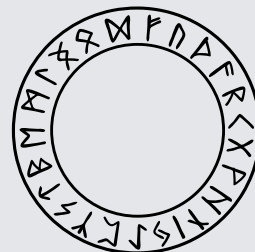
PG.4  
Goddess  
Sagas

PG.5  
Nordic  
Animist  
Faith  
Stanza

## MEMBER CONTRIBUTIONS

PG.7 Cooking with Rhianna  
Chicken Stew with  
Honey glazed root  
vegetables

PG.9 Little Bird Thoughts  
Thoughts on  
community.



"Find your Peace....Things that make meaning burn a deep fire within your soul"--OthinGothi Liam



# Words from Leadership

Summer is here and it's time to rejoice so we can feel rejuvenated in Sol's cosmic rays that bring the Earth life, warmth, and abundance.

Remember to find that warmth, life, and abundance within yourself friends and family for it is the simple things in life that are most meaningful. Focusing not on the day-to-day stresses of the "Monday" and what can't be changed quickly but instead live each moment in the moment and cherish the time you have with your loved ones.

For any moment can be the last time you see your friends, lover, sibling, parents or children laugh smile light up with excitement or have sorrow in their eyes. These moments we need to hold onto and cherish for life is fleeting.

Nothing is certain except for the things we do in the now. Remember to focus on the things that really matter, find your peace find your joy, find those things that make meaning burn a fire deep within your soul. That brings relevance and connection to our ancestors, our relatives and loved ones living day today. -OthinGothi Liam



## LEADERSHIP TEAM

### July Class Schedule:

#### Adult Classes:

Spiritual Understanding: 9th&23 9:30PM EST  
 Northern Spirits: 10th&24 8:30PM EST  
 Study of the Voluspa: 16th&30th 7:00 pm EST

#### Youth Classes:

Bed Time Saga's: 20th 11pm EST

OthinGothi Liam Meader- C.E.O

AlsherGothi Marnell Keller- V.P

Gyðja Gina Rodriques

Gothi Dave Rice

Instructor Chris Jackson-Academic and History

Board Member Kris Tibbits- Member relations

Board Member Lisa Tibbits- Member relations

Board Member Sparrow Bachman-Chief Editor



# Runes

NANS



July 1, 2024



Ceo - olivia wilson

## Sowilo- Gothi Dave Rice

Sowilo represents the sun, “Sol” and the life nurturing light it provides. There are about 13 different variants of this Rune, none of them are wrong and they all existed within a few hundred years of each other. With the earlier explanation for Kenza, I stated that it represented the torch, a guiding light if you will. Sowilo represents light itself, daylight which illuminates all darkness. It’s also a representation of victory over the dark and can bring much-needed clarity and understanding to a situation.

This Rune is telling you that you are surrounded by warmth and light, Success, good health and joy, only if you allow yourself to have them. Depending on the situation you may need to open yourself up more and clear out your own inner shadows to let more light into your life. Drawing this Rune could indicate that you’re able to use the energies of the sun to illuminate your path. Just like the sun, you need to know that you have great power at your disposal, although how you do and don’t use that power is up to you.

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Keywords: Light, Energy, Good health, Success, Growth.

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Positive uses are Strength and self-confidence, Motivation, Success, Removal of darkness, Justice, Exposure.

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Destructive uses are Exposure, Darkness, Sickness, Decay, Disorientation, Mental anguish, Psychosis, Self-destructive behaviors, Sensory deprivation.

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# Runes

NANS



July 1, 2024



Ceo - olivia wilson

## Sowilo- Gothi Dave Rice

Pulling this Rune depending on the reading could also mean that your power could be harmful if its intensity is not balanced with other forms of energy. SOWILO may be asking you to look at how you're directing your energies. Are you scattered? Do you find yourself with too many activities and commitments? Are you neglecting your health? It could be telling you that you might need a cooling-off time. Ground yourself when necessary, so you can continue utilizing your energies in a positive way. Or you may be making something out to be bigger or more significant than what it really is.

You could be placing yourself in the spotlight, illuminating yourself when the correct action would be to step back for a bit. Be honest with yourself and with others, deceit hides in shadows. Depending on the reading this Rune could very well be telling you that any further actions in regard to your life and any issues that exist within it should be dealt with openly, and for all to see, just like the sun. If this can be done the power of the sun will be yours. The sun fears not the darkness because the sun has nothing to hide.

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16th Rune within the Elder futhark and the 8th Rune in HAGAL'S AETT.

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Know as Sigel, Sol, Sunna

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Pronounced so-we-loh  
Letter

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Letter sound "S"

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Translation is Sun

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## Goddess Sagas- AlsherGothi Marnell Keller

**Credit to Dave Rice  
The Black Wolf**

### Máni and Sol

In pulling this month’s Run, Sowilo, it is hard not to also talk about Mani and Sol. So, I am taking a break from the Handmaidens and instead sharing Dave Rice’s further discussion on Mani and Sol. The following excerpt is from Dave’s Facebook page on the Run Sowilo:

Máni, is the personification of the moon. He is the brother to Sol, also known as Sunna.

The moon is Masculine, and the Sun is feminine, (this belief predates Christianity)

evidence of this belief system can be found throughout Europe before the invasion of Christianity. Archeological evidence also shows this belief system dating back all the way to sometime around 1400 BC with the Trundholm sun chariot as well as ancient rock carvings.

Have you ever been curious why we say, “the man in the moon”? Now there’s no way to prove this beyond a shadow of a doubt but I do believe the term the man in the moon originates from the stories about Máni. There are also many accredited scholars and historians that believe this as well.

The night and the moon being something to fear is pretty much a Christian construct.

Early Christianity wanted power and a lot of what our ancestors were practicing, what Christians called witchcraft is what we would call science today. Our ancestors used the moon, the sun and the stars to keep track of time and season. Night was also a time for business dealings and other forms of social workings. Also with some exceptions, there is a time for offerings, ceremonies and celebrations. This is also where we get our word Monday, meaning moon’s day.

Sol or Sunna, in Norse mythology the great wolves Skoll and Hati chase Sol and Máni. Sometimes getting so close to Sol to cause what we would call an eclipse.

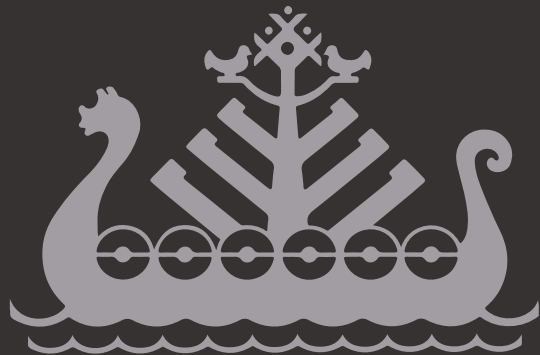
This goddess’s worship is extremely ancient especially amongst the Germanic and Scandinavian people. Sol or Sunna is also where we get our name for the 7th day of the week, Sunday or Sunna’s Day.

There isn’t very much information in regard to Sols husband Glenr but there are many different theories in regards to Sol, Glenr and Svalinn. Although, I personally believe that Glenr and Svalinn are the same person. Sol’s “husband” Holds a shield to block some of the rays of his wife Sol. If this was not done the full brightness and power of Sol would be unleashed, boiling the oceans and setting the land on fire.

I believe this is an unbelievably beautiful way to explain what we today would call our ozone layer, our protective shield. I do not believe our ancestors were stupid in any way whatsoever, although they did not explain things or understand things the way we do in our modern time.



# Words Of Wisdom



## NORDIC ANIMIST FAITH STANZA

By OthinGothi Liam Meader

The wisest of men find themselves lacking in friendship and finds him self at peace and free from the follies of false companionship. Keeping his thoughts close to his own chest and only with the sacred few.

### Words of the Hávi

#### Stanza 57:

Brand kindles from brand until it be burned,  
spark is kindled from spark,  
man unfolds him by speech with man,  
but grows over secret through silence.

#### Stanza 58:

He must rise betimes who fain of another  
or life or wealth would win;  
scarce falls the prey to sleeping wolves,  
or to slumberers victory in strife.

#### Stanza 59:

He must rise betimes who hath few to  
serve him,  
and see to his work himself;  
who sleeps at morning is hindered much,  
to the keen is wealth half-won.

For a fool will find need of a crowded room!  
Surrounded by serpents and jackals.

False sense of importance he will make of himself when he confides to much in open fields of poisonous tongues, and will find him self quick of the breath of venom, as the whispers spread from leaf to leaf.





Become a member

# Membership Packages available



Biannual

Monthly



Annual

Benefits include exclusive online content, and community.







## Cooking: with Rhianna Thorp Chicken Stew

Chop the chicken into 8 pieces. Peel and cut the vegetables into pieces. Fry the chicken in butter, about 5 minutes on each side. Season with salt and pepper and place in a pot. Add the vegetables, thyme, allspice and beer. Let boil for about 15 minutes or until vegetables are tender. Serve the dish with bread.

Makes four servings.

- 1 chicken, about 2 to 2-1/2 lbs.
- 3-4 carrots
- 3 yellow onions
- 1 turnip, about 1 lb.
- 1-1/2 teaspoon salt
- Dash black pepper
- Thyme
- 6-8 whole allspice
- 1 bottle (12 oz) dark beer





## Cooking: with Rhianna Thorp Honey glazed root vegetables

Peel the root vegetables and cut them into pieces. Boil together in slightly salted water about 5 minutes and drain. Sauté the root vegetables in butter until soft. Let the leek and cabbage sauté with them at the end. Add some honey and stir the dish carefully. Season with salt and pepper

- 1 turnip
- 2-3 carrots
- 1 slice of white cabbage (use a quarter of a head of cabbage)
- 1 leek
- butter
- honey
- salt and pepper



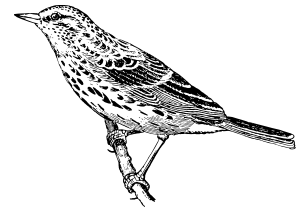
## Håper Det Smaker

Nordic American Nordic Society	<a href="#">FIND US ON FACEBOOK</a>
<a href="#">Check out our website!</a>	Contact us



# Little Bird Thoughts

On Community- By Sparrow Bachman



"Community is much more than belonging to something; its about doing something together that makes belonging matter"- Brian Solis

It is my belief that while our Wyrd is mostly in our own hands, we have an abundance of opportunities gifted to us. Sometimes opportunities may be disguised as challenges, or hardships, and sometimes opportunities look like gifts and blessings. We choose how we walk away from every situation.

When I say 'how we walk away', I refer to what we learned, and how we want to apply that lesson.

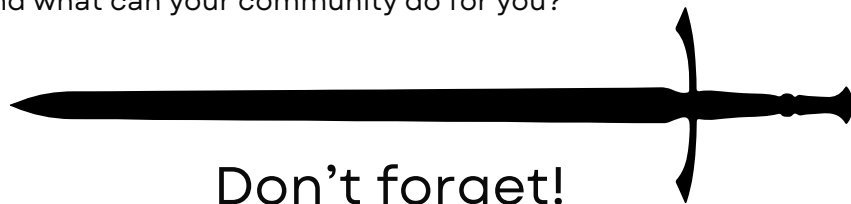
I used to think that hardships, and challenges were what forged us. That we are who we choose to be, but some hard life taught me that without community nurturing us those hardships become burdens that weigh on us until we collapse. We cannot thrive as who we choose to be without a supportive community.

Community holds us, builds our foundation. It inspires us to try harder, and it holds space for us when we need help.

When achiness of hard lessons becomes overwhelming they are our refuge.

The quote by Brian Solis is about how being part of something bigger than ourselves can make a difference, not because we just belong but because of what we do as a collective is greater than anything one person can do alone.

With that said, I ask you to think on this: Who is your community? What do you do for your community, and what can your community do for you?



## Don't forget!

- No Class the week of July 4th
- Northern American Nordic Society's First Youth class: Bedtime Sagas, meets Saturday the 20th on Discord on our General Voice channel-- All are welcome! Parent/ Gaurdian must be present at all times.

