



NORTHERN AMERICAN NORDIC SOCIETY

DECEMBER 2022

Volume 1 Issue 11

[Northern American Nordic Society LLC](#)

Gods & Goddesses

Mondays
Gothi Gina
OathinGothi Lee
@ 8:30 pm EST

Spiritual Nitty Gritty

Tuesdays
OathinGothi Liam
@ 6:00 pm PST
12/13
Alshergothi Marnell
@ 7:00 pm EST
12/6 & 12/20

Connections

Wednesdays
OathinGothi Lee
@ 8:00 pm EST
12/14 Gothi Brandon
@ 8:00 pm EST

Nordic History/Oaths

Thursdays
OathinGothi Lee
@ 8:00 pm EST



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NORDIC ANIMIST FAITH STANZAS

STANZA 8— OATHINGOTHI LIAM MEADER

A MAN, IF HE IS AFTER THE MIND OF HIS FAMILY, IS WISER TO SPEND HIS DAYS LIVING SIMPLE FOR A SIMPLE
MAN FINDS HAPPINESS IN HIS DAYS

RUNE OF THE MONTH

BY GOTHI DAVE RICE

BERKANA IS THE 18TH RUNE IN THE ELDER FUTHARK AND THE 2ND RUNE IN TYR'S AETT. ALSO
KNOWN AS: BERKANQ, BAIRKAN, BEORC, BJARKAN.

PRONUNCIATION: BAIR-KAH-NAH. LETTER SOUND: B

TRANSLATION: BIRCH, GODDESS. ASSOCIATED WITH IDUNN

KEYWORDS: REGENERATION, NEW BEGINNINGS, BIRTH,
FAMILY, AND GROWTH.

POSITIVE USE: LOVE, FERTILITY, MANIFESTATION OF IDEAS, LIFE, FEMININE MAGIC.

DESTRUCTIVE USE: INFERTILITY, LACK OF GROWTH, SICKNESS.



BERKANA SYMBOLIZES NEW BEGINNINGS, THIS CAN TAKE MANY DIFFERENT FORMS SUCH AS A NEW PROJECT, A NEW RELATIONSHIP AND OR NEW PHASES OF SPIRITUAL DEVELOPMENT. IT COULD ALSO LEAD TO ABSTRACT IDEAS BECOMING REALITY. DEPENDING ON THE SITUATION RECEIVING THIS RUNE COULD MEAN THAT YOU'RE IN THE PERFECT POSITION TO BEGIN YOUR NEXT ADVENTURE. BERKANA IS ALSO KNOWN AS THE BIRTH RUNE. IT COULD INDICATE THE BIRTH OF A CHILD, AN ENGAGEMENT OR WEDDING OR EVEN A HAPPY FAMILY OCCASION. THIS RUNE IS ALSO EXTREMELY POWERFUL FOR WOMEN WHO ARE TRYING TO CONCEIVE. BERKANA IS AN EXTREMELY POWERFUL FEMININE ENERGY, AND ITS SHAPE REPRESENTS THE BREASTS OF THE ARCHETYPAL MOTHER. DEPENDING ON THE CONTEXT, THIS EXTREMELY POWERFUL FEMININE RUNE COULD BE ASKING YOU TO LOOK AT WHERE YOUR CARETAKING ENERGY IS BEING DIRECTED. ARE YOU WORKING TOWARDS YOUR DREAMS AND GOALS? ARE YOU TAKING CARE OF YOURSELF? IT COULD ALSO BE POINTING TO A PROTECTIVE OUTSIDE SUPPORTIVE INFLUENCE. THIS COULD COME IN THE FORM OF A PERSON OR AN ENVIRONMENTAL CHANGE. DON'T BE AFRAID TO ACCEPT LOVING ASSISTANCE FROM OTHERS.



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JOL BLOT

GOTHI BRANDON SAMPLE

JOL IS ONE OF THE MAIN THREE ANNUAL BLOTS MENTIONED IN YINGLINGA BY ODINN. THIS SACRIFICE IS FOR A GOOD CROP TO COME IN ON. IT ALSO HONORS THE DEAD, AND ODINN IS THE MAIN ON THE FIRST NEW MOON AFTER THE WINTER 23) AND CONTINUES THREE DAYS PAST THE FULL MOON
YY CELEBRATIONS AND TRADITIONS ARE HELD

WITHIN THIS ALMOST MONTH-LOŊG OCCASION; HOWEVER, THE MAIN CELEBRATION IS JOLABLOT WHICH BEGINS ON THE FULL MOON AND IN SOME CLANS/TRIBES LASTED THREE NIGHTS. JOL TRADITIONS INCLUDE THE JOL LOG, THE JOL GOAT, THE SUN WHEEL, AND DECORATING WITH WREATHS AND MISTLETOES. THE JOL LOG WOULD HAVE BEEN THE TRUNK OF A BIG TREE HARVESTED BY THE TRIBE, AND IT WOULD BE BURNED FOR THE ENTIRETY OF THE CELEBRATIONS. WHATEVER WAS LEFT OF IT AT THE END WOULD BE SAVED UNTIL NEXT YEAR AND USED TO LIGHT THE NEW JOL LOG. THE JOL GOAT IS A NEWER TRADITION, COMING INTO BEING AROUND THE 17TH CENTURY. THERE ARE TIES TO OUR MORE ANCIENT PRACTICES REGARDING GOATS, SPECIFICALLY WITH THOR'S TWO GOATS TANNGNJOSTR (TEETH GRINDER) AND TANNGRISNIR (TEETH BEARER), AS WELL AS THE GOAT BEING A SACRIFICIAL ANIMAL AND BEING USED AT FEASTS. THE JOL GOAT IS MADE OF STRAW AND RED OR BLACK RIBBON. THERE IS A GIANT JOL GOAT IN SWEDEN EVERY YEAR CALLED "JULBOCK" MEANING (JOL BUCK). THE SUN WHEEL IS AN OLD SYMBOL, MADE UP OF A CIRCLE WITH A SYMMETRICAL CROSS IN THE MIDDLE. IT REPRESENTS THE SEASONS, THE CARDINAL DIRECTIONS, THE NINE REALMS, AND THE CYCLE OF LIFE, DEATH, REBIRTH. IT IS MADE UP OF NATURAL ITEMS SUCH AS TWIGGS, VINES, ETC. IT IS ERECTED DURING JOLABLOT AND SET ABLAZE AS A CELEBRATION OF THE LONGER DAYS RETURNING AND SUMMER SOON ARRIVING. DECORATING WITH WREATHS, EVERGREENS, AND MISTLETOE ARE MORE ANCIENT THAN YOU MAY THINK. EVERGREEN PLANTS AND TREES WERE SEEN AS SPECIAL, BEING THAT THEY CAN SURVIVE THROUGH WINTER WHEN NO OTHER PLANTS COULD. THEY WOULD BRING THEM INTO THEIR HOMES FOR GOOD BLESSINGS FROM THE LANDVAETTIR. MISTLETOE IS ESPECIALLY IMPORTANT AS IT IS THE BANE OF BALDR, SON OF ODINN, GOD OF LIGHT. MISTLETOE IS USED TO REMEMBER THE RELEASE OF BALDR FROM HEL AND HIS RETURN TO THE AESIR, AS THIS IS WINTER. A TIME OF DEATH, SOON TO BE A TIME OF REBIRTH. IT IS ALSO USED TO HONOR ODINN, BY REMEMBERING HIS LOST SON.

**NANS would like to wish all a blessed Jol Season
and a Happy New Year**



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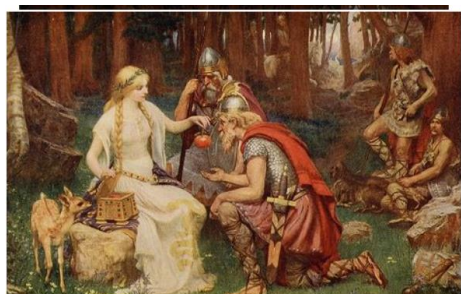
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GOD/GODDESS OF THE MONTH IDUNN

BY MARNELL KELLER,
ALSHERGOETHI OF NANS

IDUNN IS INTRODUCED IN THE PROSE EDDA IN SECTION 26 OF THE PROSE EDDA BOOK GYLFAGINNING. HERE, IDUNN IS DESCRIBED AS BRAGI'S WIFE AND KEEPER OF AN ESKI (A WOODEN BOX MADE OF ASH WOOD AND OFTEN USED FOR CARRYING PERSONAL POSSESSIONS) WITHIN WHICH SHE KEEPS APPLES. THE APPLES ARE BITTEN INTO BY THE GODS WHEN THEY BEGIN TO GROW OLD AND THEY THEN BECOME YOUNG AGAIN, WHICH IS DESCRIBED AS OCCURRING UP UNTIL RAGNAROK



ÞIAZI, THE JOTUNN WHO ORIGINALLY OWNED ÞRYMHEIMR, ONCE ABDUCTED THE GODDESS IDUNN FROM THE ÆSIR AND KEPT HER CAPTIVE THERE. WITHOUT IDUNN, WHO KEPT THEM YOUTHFUL, THE ÆSIR BEGAN TO AGE, AND ARRANGED A PLAN TO RECAPTURE HER. AFTER THE ÞIAZI'S DEATH, IDUNN INHERITED ÞRYMHEIMR.

THE PROSE EDDA NOTES &
TRANSLATION BY JESSE L. BYOCK

IDUNN (PRONOUNCED IH-DUNN) IS A FERTILITY GODDESS AND THE GODDESS OF YOUTH AS HER NAME MEANS "GIVER OF ETERNAL YOUTH". AND SHE IS MARRIED TO THE GOD, BRAGI, GOD OF POETRY. IDUNN IS NO WARRIOR VALKYRIE OR SOVEREIGN QUEEN. SHE IS DEPICTED AS BIT NAIVE AND A BIT "FLUFFY." HER BLINDLY FOLLOWING LOKI, A KNOWN TRICKSTER OF THE AESIR, INTO THE WOODS JUST BEFORE HER KIDNAPPING SEEMS TO LEND TO THIS IDEA. ALONG WITH HER HUSBAND BRAGI, SHE SEEMS TO BE ONE OF THE DEITIES WHO HAVE LIGHT AND BUBBLY PERSONAS. IDUNN, AS WITH FREYA, IS A VERY MUCH DESIRED GODDESS TO THE JOTUNN. THERE ARE THOUGHTS THAT IT IS IDUNN WHO HOLDS THE KEYS TO YOUTH AND VITALITY, NOT THE APPLES THEMSELVES. OUR GODS ARE NOT IMMORTAL; THEY JUST LIVE VERY LONG LIVES IN COMPARISON TO THE HUMAN LIFE OF 75 YEARS. THESE APPLES ARE USED BY THE GODS TO STAY YOUNG AND HEALTHY.

WHILE WE RELATE APPLES TO THE AESIR AND IDUNN, IT IS INTERESTING TO NOTE THAT APPLES IN TRUTH WERE NOT INTRODUCED TO THE SCANDINAVIAN PEOPLE UNTIL THE MIDDLE AGES. THE OLD NORSE WORD FOR FRUIT OR NUTS IS "EPLI", IT IS BELIEVED THAT SNORRI'S TRANSLATION THAT INTRODUCED THE IDEA THAT IDUNN WAS CARRYING APPLES, BUT IT COULD BE APPLIED TO ANY TYPE OF LOCAL FRUIT. ENGLISH SCHOLAR, HILDA DAVIDSON, WROTE A THESIS NOTING A CONNECTION BETWEEN APPLES AND THE VANIR TRIBE OF GODS, WHO ARE NOTED FOR BEING FERTILITY GODS PRIMARILY. APPLES ARE SEEN THROUGHOUT LORE AS SYMBOLS OF FERTILITY.

IF ONE GIVES A DEEP THOUGHT TO THIS GENTLER GODDESS, IT IS REVEALED THAT THIS GODDESS HOLDS THE FUTURE OF THE STRENGTH OF THE GODS IN HER HANDS- THIS SHOWS THAT MIGHT MAY INDEED BE LIGHT. OFFERINGS TO IDUNN FOR HEALTH AND VITALITY WOULD OF COURSE BE APPLES, APPLE CIDER, OTHER FRUITS AND NUTS AND SPRING FLOWERS.



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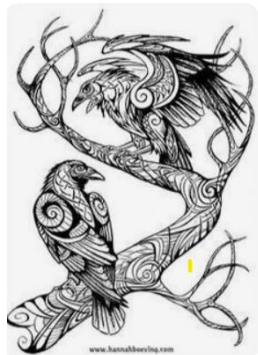
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MESSAGE FROM LIAM MEADER- OATHINGOTHI & PRESIDENT OF NANS

THE WORLD IS CHANGING AROUND US EVERY DAY, THE LAND SPEAKS OUT AND THE WORDS THAT ARE SPOKEN FALL ON DEAF EARS! WE AS MEN AND WOMEN OF THE OLD WAYS MUST REMEMBER OUR PLACE WITHIN THE UNIVERSE. WE ARE NOT THE MASTERS OF ALL THAT SURROUNDS US BUT ARE CHARGED WITH TENDING TO THE LAND AS THE GREAT SPIRITS AROUND US SPEAK. EVERY DAY ITS IMPORTANT TO FIND THE TIME TO SLOW DOWN FROM THE MUNDANE AND MAKE TIME TO QUIET OUR MINDS, AND TO FOCUS ON OUR SPIRITS SO WE CAN BE BETTER CONNECTED. TO OUR ANCESTORS/GODS AND SPIRITS LIVING ALL AROUND US, MAKE TIME TO REST AND FIND THAT PEACE, GO FOR A WALK IN THE WOODS, OR A FISHING TRIP TO THE LAKE, A DRIVE TO THE BEACH OR TENDING YOUR GARDEN CAN GROUND YOU AND BRING YOU BACK TO CENTER FIND THE TIME TO REST AND RECHARGE AND LET THE WORLD AROUND YOU SPEAK. MAY YOU AND YOUR FAMILIES BE BLESSED THIS JUL SEASON!

HAVAMAL 'WORDS OF HAVI [THE HIGH ONE]

A SINGLE POEM IN THE IKELANDIK CODEX REGIS A COLLECTION OF OLD NORSE POEMS FROM THE VIKING AGE.
WE WILL POST A STANZA EACH MONTH FROM THE HENRY BELLOW'S TRANSLATIONS



4. Water and towels | and welcoming speech
Should he find who comes, to the feast;
If renown he would get, | and again be greeted,
Wisely and well must he act.
5. Wits must he have | who wanders wide,
But all is easy at home;
At the witless man | the wise shall wink
When among such men he sits.

[HTTPS://WWW.SACRED-TEXTS.COM/NEU/POE/POE04.HTM](https://www.sacred-texts.com/neu/poe/poe04.htm)



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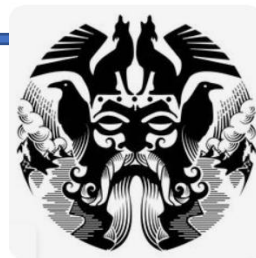
MONTHLY MEDITATION

GUEST WRITER KARI KENNEDY
NANS BOARD ASSISTANT

HAIL FREYJA! THANK YOU, FREYJA, FOR HELPING US THIS DAY IN SHOWING US OUR STRENGTH AND BEAUTY THAT WE HAVE. THANK YOU FOR BEING OUR GUIDE WITH HELPING TO LOVE OTHERS AND FOR SHOWING US HOW TO NOT ONLY LOVE BUT RECEIVE LOVE. THANK YOU FOR SHOWING US THAT WITHIN DEATH IS A NEW BEGINNING AND A NEW JOURNEY. BOTH PHYSICALLY AND MENTALLY. WITHIN LETTING GO WE SHED TOXIC HABITS AND PEOPLE IN OUR LIVES TO REPLACE WITH MAKING US STRONGER WITHIN AND WITHOUT. THANK YOU FOR YOUR CLOAK OF PROTECTION AS NEEDED AND FOR GIVING US THE GUIDANCE TO HELP PROTECT OTHERS AS NEEDED. HELP US TO BE ABLE TO WALK IN STRENGTH AND POWER AND TO KNOW WHEN TO SPEAK AND WHEN NOT TO SPEAK. WE END THIS MEDICATION WITH YOU FREYJA AND ONCE AGAIN GIVE GRATITUDE FOR ALL THAT YOU HAVE DONE IN OUR LIVES.

BLESSED ÆSIR

GUEST BLOG: JEREMY ZACEK- NANS JUNIOR BOARD



HELLO AND WELCOME!

THIS MONTH I WILL BEGIN TELLING YOU ABOUT HOW I FOUND THE NORTHERN AMERICA NORDIC SOCIETY AND A LITTLE BIT OF MY BEGINNING JOURNEY. SO, BEFORE WE BEGIN, I WANT TO START WITH SOMETHING I SHOULD HAVE MENTIONED LAST MONTH. WE ALL FIND OUR WAY TO THIS PATH THROUGH MANY DIFFERENT WAYS, SO DON'T LET PEOPLE SAY YOU CAN'T BE THIS OR THAT, WE ALL COME HERE IN DIFFERENT WAYS BUT FOR MOSTLY SAME REASON.

SO, STARTING OFF I FOUND NORTHERN AMERICAN NORDIC SOCIETY THROUGH TIKTOK, WHICH WAS A FLUKE. AND I HAPPENED TO SEE ONE OF (OATHINGOTHI) LIAM'S VIDEOS AND WENT TO HIS TIKTOK PAGE. WATCHED ALL HIS VIDEOS AND I LIKE WHAT I HEARD. THEN I WENT TO THEIR WEBSITE AND DECIDED TO BECOME A MEMBER AFTER A FEW DAYS. NOW LET'S SEE MY FIRST IMPRESSIONS AFTER JOINING THE MESSENGER GROUP: INTRODUCTION TO NANS, AND THERE WILL BE SOME WHO DON'T AGREE BUT THIS IS MY OPINION.... IS A CATCH ALL CHATROOM TO GET TO KNOW EACH OTHER, BUT IT IS A PLACE WHERE LIKE MINDED PEOPLE GOT TOGETHER AND GOOFED OFF. NOW CONTINUING FIRST IMPRESSIONS OF THE CLASSES ARE AMAZING AND I LEARNED A LOT.... THE TUESDAY, SPIRITUAL NITTY GRITTY, CLASS WAS OVERWHELMING WHEN FIRST COMING IN AS SOMEONE WHO WAS NEW TO ALL OF THIS. I WAS BASICALLY A CLEAN SLATE AS SOME WOULD SAY. AND THAT'S IS WHERE I WILL END THIS SECTION.. I WILL BE WRAPPING THIS UP VERY SOON.



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ANOUNCEMENTS

THERE ARE NO CLASSES DECEMBER 21ST THRU JANUARY 3RD.
CLASSES IN DISCORD RESUME JANUARY 4, 2023

AUTOMATIC RENEWALS OF YOUR MOST RECENT MEMBERSHIP PURCHASE IS INCREASING FOR 2023. IF YOU BOUGHT THE STANDARD RAVEN PACKAGE,
THE COST FOR RENEWAL IS NOW \$10.00 FOR THE YEAR

PLEASE ALLOW TIME FOR PRODUCTION, PACKAGING AND SHIPMENT OF ORDERS. QUALITY OVER QUANTITY



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