

VOLUME 2 | ISSUE 1 • SEPTEMBER 2021

# ÓÐIN'S AUGA

The Official Newsletter of Awaken the North



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## WELCOME TO AWAKEN THE NORTH!

### ANNOUNCEMENTS

-Our recruitment drive for the month of September is in full swing! All members who refer someone to Awaken the North will be entered in to a contest- providing the person they referred is accepted and puts them down as their reference. At the end of September, the person who has recruited the most new members will be able to choose one of our official AtN Pocket Altars or an Embroidered Awaken the North ball cap. Let's grow our organization together!

-Kurt Hoogstraat, our vitki, has officially been ordained as a Goðar here at Awaken the North. Let's all congratulate him and thank him for his desire to serve the community!

-Lady Galaxy is offering free shipping through the holidays for anyone who mentions Awaken the North while ordering artwork. This makes a great personalized gift for anyone! Find out more about her shop in our Kaupmaðr Félag (Fellowship of Merchants) section or in the 'Merchants' page on the website.

-August saw **13** new members added to Awaken the North, bringing our total number up to **358**! Thank you to everyone spreading the word!

If you are new, please do not forget to join our Member's Only group on Facebook, and our Discord Server! See your welcome email for details.

Helpful Hint: Click on the page titles in the Table of Contents here to go directly to that page! You can also click on Jorgi at the top of each page to return here.



## GOÐI'S CORNER

A Message to Members from Goði Casey "Beast" Clark

Hail and greetings, my dear members! For those who might not know who I am, I am Casey Clark, a.k.a. Goði Beast. I am the leader of Awaken the North, as well as the Chancellor of Religious Services. I took over Awaken the North back in May of 2020 and have worked diligently to build a Council of dedicated, hardworking, and enthusiastic Chancellors to meet every need you, our members, may have! Together, we represent all aspects of life: young, old, straight, gay, transgender, non-binary, Pagan raised and "reformed" Heathens with extensive backgrounds in the Abrahamic religions. Our diversity is what makes us strong and allows us, as a group, the opportunity to be exposed to other frames of mind, ideas, and world views.

I, myself, have been involved in many religions this time around on this whirling rock hurtling through space. I was primarily raised Roman Catholic, where I had my First Communion ceremony in Germany with Pope John Paul II in attendance. As I grew older, I left the church, and began seeking my own ways. I studied under Dorothy Schlosser, who was the voice of Ramtha the White for a bit in Washington, before moving to New Mexico and becoming an apprentice to a Norse/Navajo Shaman for a season. Wulf's mother was Navajo, his father was Scandinavian... It was an interesting combination! I learned many things from him that I still work into my daily practices. For a season I was a devotee of Cernunnos and followed the Celtic pantheon. The Horned God still holds a place of honor on my altar.

In my questing to find who I truly was, I even dabbled in Christianity for a bit, and attended Seminary, where I was ordained as a Minister. Finally, a couple

decades ago, I stopped ignoring the Norse Gods (as I was getting tired of the rather large boot prints on my skull from them kicking me to get my attention) and decided to turn my attention to our Gods. While I work with and venerate all of the Æsir and Vanir, as well as some limited workings with Loki and his ilk when needed, I am a Bragi man, through and through. Bragi is the God of eloquence and poetry, and has worked wonders in my life, for which I am eternally grateful. We have a good relationship of respect and admiration.

"Cool story, bro. That's all fine and good, but who are you at Awaken the North, as a whole? What do you stand for?" This is a great question, and I am glad you asked! On our website, we have posted the following statement, "Awaken the North is an all-inclusive group of Heathens



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who have come together in solidarity and frith to honor the Norse Pantheon. We accept people from all walks of life regardless of sex, gender, gender identity, ability, nationality, ethnicity, age, sexual orientation, race, faith, or creed. We embrace our differences and celebrate the uniqueness of others. With a strong Zero Hate tolerance, Awaken the North will not stand for racism, bigotry, or xenophobia of any kind. Our goal is to create a safe space for all, where we may learn, grow, and support each other on our spiritual walks through Heathenry. We are a Heathen organization, dedicated to the worship and veneration of the Old Gods." To us, these are more than mere words. These are aspirations and life goals that we each strive to uphold and maintain in Awaken the North. We believe these words to be truth and have dedicated to making sure that Awaken the North is, and always remains, a safe and welcoming place for all people who search. Gay, straight, white, black, brown, young, old... all are welcome here.

As Chancellor of Religious Services, one of my main passions is learning. As such, one of my pride and joys is the up-coming Goðar Training Program! I know many of you have been waiting anxiously for this, and I am glad to say that it is coming along swimmingly! I have every hope and determination to have it finished and ready for public consumption before year's end! As the old saying goes, "Rome wasn't built in a day". The same holds true for our Clergy program. There is a lot to cover, and as such, a lot to learn. This course will not be for the faint of heart, nor for the weekend warrior who wishes to breeze through it simply for bragging rights. It is my goal to have our training program be a thing of beauty, and one that will make the prospective Goðar proud to carry the title, once complete.

Another of my personal passions is the Awaken the North's Grand Library. This can be found on our website and is divided into two sections: The Grand Library Foyer, which is open to the public, and includes various versions of the Hávamál, Eddas, and Lore & Sagas; while The Grand Library Main Hall is

reserved for members only, and includes sections on the Runes, Academic Papers, misc. books, member submissions, articles on the Gods & Goddesses, among other interesting readings. I invite you to check it out if you haven't found it already!

Another project we do here at Awaken the North, which is near and dear to my heart for personal reasons, is our outreach program for helping those in need. We have been able to quietly help members in financial need, as well as help those in more immediately dire situations. Sadly, abuse is still a rampant thing, even among the Heathen community. As such, there are some who are in need of assistance leaving dangerous, toxic, and abusive situations. We work with these folks, and quickly and quietly provide them a safe and secure way out, relocation, and a new life. It both warms my heart as well as saddens me that we have been able to assist people in these manners. It is a good thing that we have been able to assist, but on the other side of the token, it saddens me that it is needed. A lot of the things that we do at Awaken the North are not done for the fanfare or praise of the public. We are not in this for the accolades and public applause. We do what we do for the MEMBERS, you folks, our extended family here at Awaken the North. I have assembled a fantastic Council, each with their own roles, which they perform beautifully, so that I don't have to do it all myself. Our Council works tirelessly for you all, in front of as well as behind "the camera", to make Awaken the North the awesome organization it is today.

I value each and every one of you reading this, as members of Awaken the North. Without you, none of this would be possible. I do what I do for you! If, at any time, you wish to speak with me, please do not hesitate! I love hearing from our members! You can reach me via email at cors@awakenthenorth.org

Hail the Æsir!

Hail the Vanir!

Hail the Ancestors and Wights!

Hail Awaken the North!

-Goði Casey "Beast" Clark

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Text & design by Elin @sparkle.on.graphics

# Juniper

*Juniperus communis*

In Scandinavian folklore the Juniper was kept for protection, both physical (it's prickly, you don't walk through a juniper bush) and to ward off bad luck, bad energies, magic, diseases, pests and spells. In Sweden you can find them growing everywhere and if you have one growing on your property you cherish it.

It was said that if you picked a few berries and kept them in your pocket they would help ward off harm.



**folk medicine** \*\*  
In Swedish folkmedecin juniper was primarily used as a diuretic, but it would also be used when someone's kidneys weren't working properly.



Dried juniper berries are used to flavour meats, sauces, and stuffings.

The cones are used to flavour certain beers and gin (the word "gin" derives from an Old French word meaning "juniper")

Juniper is used in the traditional farmhouse ales of Norway, Sweden, Finland, Estonia, and Latvia. In Norway, the beer is brewed with juniper infusion instead of water, while in the other countries the juniper twigs are mainly used in the mash, as filters to prevent the crushed malts from clogging the outlet of the mashing tun.

The use of juniper in farmhouse brewing has been common in much of northern Europe for a very long time.

\*\* As with all homeopathic remedies, safety is key! Consult a doctor before using a remedy to ensure no harmful interactions occur.



# JERA

By Russell Trey III

Hail friends and fellow heathens! This is the first article I've ever written, but I must say I am very excited about this topic specifically. I would also like to preface this article by stating that the following is merely my own personal thoughts on this rune.

In the elder futhark, the Jera rune is located in Heimdall's Aett. The meaning of Jera is most widely discussed to mean things like profit, the harvest, fertility, change, and the changing of the seasons. Personally, this rune helps me to reflect and think about the value of hard work. Being outdoors doing things like fishing, hiking, hunting, yard work, and even spending time with family would relate to this rune. I've personally always felt more alive and more attentive when I'm outdoors.

As my 9 years time in the Marine Corps now comes to an end along with the changing of this season, I can see how the meaning of this rune is being reflected in my life right now. I take this to mean that me having the strength to leave my military career behind and pursue more family oriented ambitions is quite literally

"The profit could be spiritual, mental, and also sometimes physical."



Photo courtesy of Unsplash via Petr Sidorov

a harvest in itself. I've recently taken my son fishing multiple times and it is apparent that we are bonding more so now than we have in the past. This is the change Jera represents and manifests.

The Jera rune is also spoken of to mean profit. This could be looked at as strictly profit pertaining to a farmers yield from his crop, or something completely different. The profit could be spiritual, mental, and also sometimes physical. Physically we can see Jera being manifested in the changing of the seasons. In my time apprenticing under Kurt Hoogstraat, he has taught me that each person will resonate differently to each rune and therefore pick up different energies. Many may have similar views and

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perspectives on the runes but only the individual can truly know what that rune means to them.

I take Jera to be a very positive rune with the emphasis on profit, the harvest, family time, and change for the better. As positive as it may be for a time, it is also a strong reminder to keep up the hard work to ensure you are prepared for whatever trials lie ahead. I would encourage readers to think about this rune while outdoors. Most assuredly it will help you notice and appreciate things you

never thought to look at before. The honeybee pollinating a flower and the worldwide impact that something so small can have. The ants completing the circle of life by getting food for their families from a deceased animal. Next time you're able to surround yourself with nature, think about Jera. Be safe friends.

Respectfully, Russell



Text & design by Elin @sparkle.on.graphics

## Rowan / Mountain Ash Sorbus aucuparia

In Scandinavian folklore plants and trees have just as a central part as the creatures. While a lot of the plants and trees were kept close to the home as a food source for both people and livestock some were planted for their supernatural /energetic properties.

The rowan is called the guardian and it is said that if you planted it on your farm in each direction (south, north, east and west) you were protected from bad luck and harmful influences.

In Finland and Sweden, the number of fruit on the trees was used as a predictor of the snow cover during winter; "the rowan will not bear a heavy load of fruit and a heavy load of snow in the same year".



In the Prose Edda, Thor saves himself from a rapid river created by the giantess Gjálp by grabbing hold of a rowan, which became known as "Thor's protection".

The fruit of European rowan (*Sorbus aucuparia*) can be made into a slightly bitter jelly which is traditionally eaten as an accompaniment to game, and into jams and other preserves either on their own or with other fruit.



1,5 litre of Rowan berries  
500gram of jam sugar  
1 cup water

Clean the berries & rinse. Put in the freezer over night if they were not picked after 1st frost.

Put berries in a pot with the water and sugar and bring to a boil for 10 minutes.

Remove foam from the top with a spoon/utensil.

Put the jam in clean jars and seal. Store in a cool location.

The name "rowan" is from a North Germanic source, derived from Old Norse *reynir* (c.f. Norwegian *røgn*, Danish *røn*, Swedish *rönn*), ultimately from the Germanic verb \**raud-inan* "to reddens", in reference to the berries (as is the Latin name *sorbus*).

Various dialectal variants of rowan are found in English, including *ran*, *roan*, *rodan*, *royan*, *royne*, *round*, and *rune*.

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**Welcome to  
Awaken the North's  
Kaupmaðr Félag!  
This term translates  
from Old Norse to  
“Fellowship of  
Merchants”, and is  
a place to see the  
wares and offerings  
of some of the  
finest Heathen  
craftsmen in the  
world. Please visit  
the businesses  
listed here and  
help support our  
brothers and sisters!**

If viewing on a web browser, you can click the shop name to go straight to their site!

# KAUPMAÐR FÉLAG

Fellowship of Merchants

## Beast's Curiosities

<https://beastscuriosities.com/>  
Whether it's a Heathen, Pagan, Geek, or Nerdy, we have the perfect gift for all your shopping needs! From custom clothing to dice sets to runes.. we have it all. Everything is custom made by hand here in our shop, and custom orders are more than welcome!

## BindStones

<https://www.etsy.com/shop/BindStones>  
Matching natural materials for best intentions!

## Moon Mystic Shoppe

<https://www.facebook.com/ravendiscord/>  
A small online metaphysical shop. I make gemstone jewelry and have gemstones. I make herbal tea blends. Have herbs and chime candles. I will be adding resin altar items and runes. Growing slowly.

## Chaotic Death

<https://www.facebook.com/ChaoticDeath>  
A maker of things, many things, varying on weirdness. Some are useful, some are dust collectors. All are unique. Contact me with any questions or orders.

## The Herb Witch Shoppe

<https://www.etsy.com/ca/shop/Theherbwitchshoppe>  
Wyrtgaelstre creating traditional and authentic heathen wares. Specializing in Norse, Old Saxon Heathenry as well as Norse Shamanic ritual tools.  
Hardcore herbwitch creating Heathen wares and honouring my ancestors through the creation of hand made, traditional wares in honour of my ancestors. Keeping the old ways alive and following the herbal path. Here you will find no chemicals, no crap and no hard sell. Blessings to your home and hearth!!

## Stark Raven Studios

<https://www.stark-raven-studios.com/>  
We are a husband and wife partnership creating handcrafted goods and fine arts as part of a larger purpose to live as independently and responsibly on our piece of the earth as we can.

## The Little Hammer That Wood

<https://www.facebook.com/TheLittleHammerThatWood/>  
Heathen/Norse Pagan inspired wood creations. All hand made, cut, and painted! Contact us to discuss your next addition to your home!

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## Mystical Awakenings

<https://www.patreon.com/mysticalawakening>

Mystical Awakenings with Ashleah provides different options for spiritual readings and insight into your journey.

## Wyntair Industries LLC

<https://saberlinwyntair.carrd.co/>

When we become uninterested in change, we become akin to stone and our lives become stagnant. Are you ready to Live again? Join me in slowly removing the Moss from the stuck places in life, so we can flow smoother through it.

## Aric Jorn Studios

<https://www.jorn.com/>

Aric Jorn is a narrative artist whose mission it is to explore, preserve, and share Norse culture and mythology through his sculpture and to communicate its continued relevance to a modern audience. We invite you to explore this site, ask us questions, and, if you would like to support our work, we hope you consider joining our community, sharing this site with friends, becoming a Patreon supporter, or putting one of Aric's pieces on your wall or shelf.

## Lady Galaxy's Live Art Experience

<https://www.facebook.com/Creatorofspace/>

Lady Galaxy has traveled all over the US performing at Fairs, Festivals and Charity Events in the last 20+ years. Creating fantasy landscapes in less than 10 minutes to the beat of high energy music using stock tip spray paint and recycled objects. From framable artwork to murals and custom work on cars, motorcycles, guitars and so much more. Her artwork can turn just about anything into a cascade of dreamwork's. Whether during a performance or via custom order you can challenge her to create an image. From your meditations and dreams or watch her create hundreds of designs pulled from beyond our visual realm. Be prepared to be amazed by her dazzling display of speed and precision with nothing more than Spray paint and creativity.

## Happy Hollow Wood Crafts

<https://www.thehappyhollow.com/>

One-of-a-kind, sustainable wood creations and drinking horns inspired by the land.

## Runic Emporium

<https://www.etsy.com/shop/RunicEmporium>

Welcome to the Runic Emporium. All products are 100% natural and are inspired by the Norse Culture and faith.

We currently sell beard & hair tonics, and two different styles of the Elder Futhark runes. More items and customizations will be available shortly so stay tuned! All shipping the the domestic US is always FREE!

## Amanda Wils

<https://www.amandawils.com/>

Amanda Wils is a self-taught artist from Winston-Salem, North Carolina. She uses watercolor, colored pencils, gouache, ink, wood, and a number of other materials to create art inspired by her interests in mythology, folklore, and history. She holds a B.A. in Classical Studies from the University of North Carolina at Greensboro, and when she isn't in the middle of a creative tornado, she enjoys forcing love on her cat and playing board games with her husband Dave.

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## LOOKING TO THE PAST

Archaeological Discoveries and  
Traditional Recipes

### Another Viking treasure hoard discovered on the Isle of Man

Detectorist discovers Viking hoard on the Isle of Man, the third major treasure discovery on the island in less than six months.

The discovery was made by detectorist Kath Giles and consists of 87 coins, 13 pieces of cut, silver arm-rings, and associated objects.

A study of the hoard by independent researcher, Dr Kristin Bornholdt-Collins, has identified that the hoard includes coins minted in Ireland, England, Germany, and the Isle of Man, and is a direct reflection of what was circulating in and around Man in the late AD 1020s/c. 1030.

via Manx National Heritage

Read more at

<https://www.heritedaily.com/2021/07/another-viking-treasure-hoard-discovered-on-the-isle-of-man/139696>



### Apple Dessert (With Honey Roasted Rye Bread)

In Norse mythology, Idun is the goddess of youth and guards the precious apples which make all the gods and goddesses stay forever young.

This apple dessert is a traditional Danish dish.

Start by making apple sauce with approximately 1.25 pounds and a few tablespoons of water. Vikings would not have known of white sugar and so their applesauce would be tangy and tart instead of sweet. For a special sauce you could sweeten it with a bit of mead. Apple sauce is made by taking skinned, cored apples and cooking with a bit of water (plus a dash of mead) and cooking down about 35 min stove top and a few hours (my preferred method) in a slow cooker.

#### INGREDIENTS:

Whipped Cream  
4 slices of rye bread, crumbled  
1 handful of oats  
1 handful hazelnuts, chopped (plus some for decoration)  
½ cup butter  
½ cup honey

Mix crumbled rye bread with oats and nuts  
Melt the butter and honey in a pan and cook for about 10 minutes until golden and toffee-like.

\*\*Be careful as it gets very hot and is likely to boil over.  
Add the rye bread mixture and let it cook over medium heat for another 5-10 minutes.

Transfer the mixture to a plate and let it cool.

Chop the rye bread mixture as coarse or fine as you like it. Arrange the desserts in small bowls or plates. First some apple sauce, then sprinkle some of the honey-roasted rye bread and lastly a dollop of whipped cream.

Sprinkle with left-over hazelnuts.

ENJOY!

Original Recipe may be found here:  
<https://www.ribevikingecenter.dk/en/learn-more/viking-slow-food/recipes/apple-dessert-with-crumble.aspx>

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## Kid's Corner

Fun For the Little Ones!



## Fun Fact!

Unlike many other animal companions in Norse Mythology, Freya's cats are never given names. Purr-haps their names were lost! What would you call them if they were your cats?

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Though Idunn is mentioned a small number of times in the Eddas, she is a very important Goddess. What stories do you know about her? What do you think she looks like? Print out and color this picture and let your creativity shine!



Idunn is the Norse goddess of youth and springtime. As the Keeper of the Golden Apples, Idunn allows each god and goddess to eat one of her apples each day. Doing so keeps them young and immortal.

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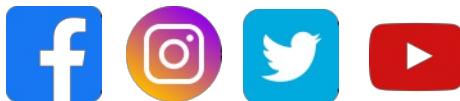
UNTIL NEXT TIME...

## Important Dates for Fall 2021:

- September 15th - Hispanic Heritage Month Begins
- September 24th - Native American Day (CA, NV)
- October 1st - 7th - Global Diversity Awareness Week
- October 11th - Indigenous Peoples' Day
- October 11th - Native American Day (SD, WI)
- October 15th - Hispanic Heritage Month Ends

HAIL THE ÆSIR!  
HAIL THE VANIR!  
HAIL THE ANCESTORS AND WIGHTS!  
HAIL AWAKEN THE NORTH!

Contact us!



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