

Other Benefits of Membership

Sons of Norway Foundation

(a benefit for Sons of Norway members)

At the Sons of Norway Foundation, we are driven by a sense of purpose: to share and preserve Nordic heritage, to positively affect our members' lives, and to make Sons of Norway communities better places to live. Since 1966, staying true to this purpose, we have been supporting our members through scholarships and cultural exchange opportunities, providing disaster relief to members in need, and funding community programs that celebrate Norwegian heritage and culture.

Our Core Values

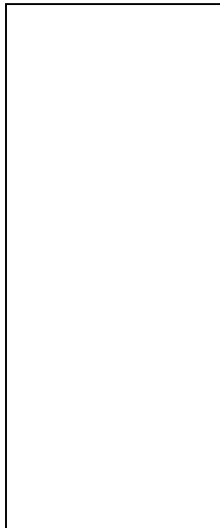
1. Building the heritage of the future
2. Sustaining the link to contemporary Norway
3. Committing to life-long learning and service
4. Demonstrating compassion for those in need
5. Funding innovative individuals and opportunities
6. Fostering a cohesive community of generosity

Scholarships

The Sons of Norway Foundation awards approximately 25 scholarships to promising students each year. Scholarships are also awarded at the Zone and lodge levels.

3rd District Charitable Trust

Grants are available to members in times of crisis and financial need. Funds are limited and there is an application process.



Updated July 2026

Sons of Norway District 3

Who We Are

What We Offer

Why You Should Join



Who We Are

Our History

Sons of Norway was organized as a fraternal benefit society by 18 Norwegian immigrants in Minneapolis, Minnesota, on January 16, 1895.

The purposes and goals of the Founders were to protect members of Sons of Norway and their families from the financial hardships experienced during times of sickness or death in the family. Over time, the mission of Sons of Norway has expanded to include the preservation of Norwegian heritage and culture in our Society. We have grown since our beginning and are now the largest Norwegian organization outside Norway.



Sons of Norway Mission Statement

The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and celebrate our relationship with other Nordic countries.

What We Offer

Sons of Norway offers a lot to do (activities may vary from lodge to lodge). There is something for everyone.

Lodge level activities:

- Monthly social meetings
- Pot-luck dinners - Norwegian and American foods
- Speakers on Norwegian topics, history, culture, etc.
- Screenings of Norwegian movies
- Norwegian language lessons
- Cooking classes
- Crafts (Rosemaling instruction, wood carving, etc.)

Not all activities are available at all Lodges.

Included in your membership:

- Subscription to our award-winning *Viking Magazine*
- Access to our nationwide Sons of Norway monthly book club
- Access to our annual Cultural Weekend. This is a family event (additional fees)
- Members enjoy discounts from a variety of companies through Perkspot.

Why You Should Join

Sons of Norway is an all-inclusive organization open to men and women of any background. All you need to join is an interest in Norwegian culture, history, food, etc. Anyone is welcome to become a member.

Sons of Norway connects you to your Norwegian heritage, provides opportunities to learn about Norway, and opens doors to fully explore, alone or with other members, our common background.



To learn more about Sons of Norway, type the link below into your browser:

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

To join Sons of Norway, use the following link:

https://www.sofn.com/join_or_renew/

Local lodge information: