



The Fellowship Chronicles

May 2020



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For Submissions:

- *Newsletter submissions are always welcomed so email Brandon at brandon@sacredgardenfellowship.org to get yours in the next edition.*
- *The next newsletter will be published in August, 2020.*

My Secret Garden

The following submission was kindly sent to me by Claudia, from Canada, a first-timer to SGF at the March, 2020 retreat with Don Gilbert.

I did not think I would make it. I woke up and just a quick glance outside confirmed my thought: it was snowing hard and the roads were difficult. It seemed like I drove for quite a while, but I was not even at the border. Finally, the border was in sight. I could feel my heart beating slightly faster. Growing up in Communist Romania somehow taught a strange fear of law enforcement. I could feel it in my stomach: familiar old fear of people in uniform. I knew it was irrational, but it was so present that I could not deny it. I was barely able to answer his two

simple questions: where I was going and why. Thirty seconds seemed really, really long. Once I passed customs, I just burst out crying. Tears washing away memories from who knows how many lifetimes.

The weather seemed to improve and I decided against the radio or music; just enjoying the silence and my own thoughts. One kept recurring: a passage from one of Gabriel's teachings telling us that there will come a day when we will need to be able to control the weather. Thinking about the execution of his teaching seemed quite the task, but somehow, it did not seem impossible. I enjoyed that thought: it was possible.

Two weeks before, the idea of traveling a couple hundred kilometers to an unknown destination, to meet new people felt a bit uncanny but that Friday I felt protected, even guided somehow. ...continued on page 5

The Gift of Loneliness



I had two readings last year for my birthday. Both readings implied I would be changed come spring; that I would be spending time healing, spend time in my own thoughts. When spring arrived, I would be changed. What I took from it was that I would heal my mind, body and soul as I healed my

body. It was not known to the people who did my readings that I would be off work in January and February of 2020. In these two months was when I expected to do my healing. In those two months I healed my body and mind. The time went fast. I was unable to journey up to Sacred Garden for the retreats early in the year. I am looking forward to seeing everyone later in the year.

So, what have I learned this year so far? That is a big question. The first two months I was in pain. My knee and back hurt so bad I could not think straight. I did nothing but take care of myself. This was a whole package deal. For the pain in my knee brought out the pain in my heart, my mind and body. I was given the gifts of reflection as to what my pain represented, through the interactions with my family. The loneliness one can feel when one's mind is not processing right.

I express often the feeling of Unity; no one is ever alone when you open your heart to the flow of God's grace - the presence of God that is in each of us. I know this and feel this Unity with spirit; this peace that is within my beingness. However, it was just out of reach when I was in the pain/pain medicine frame of mind. A year or two ago I might have gotten very lost in this loneliness.

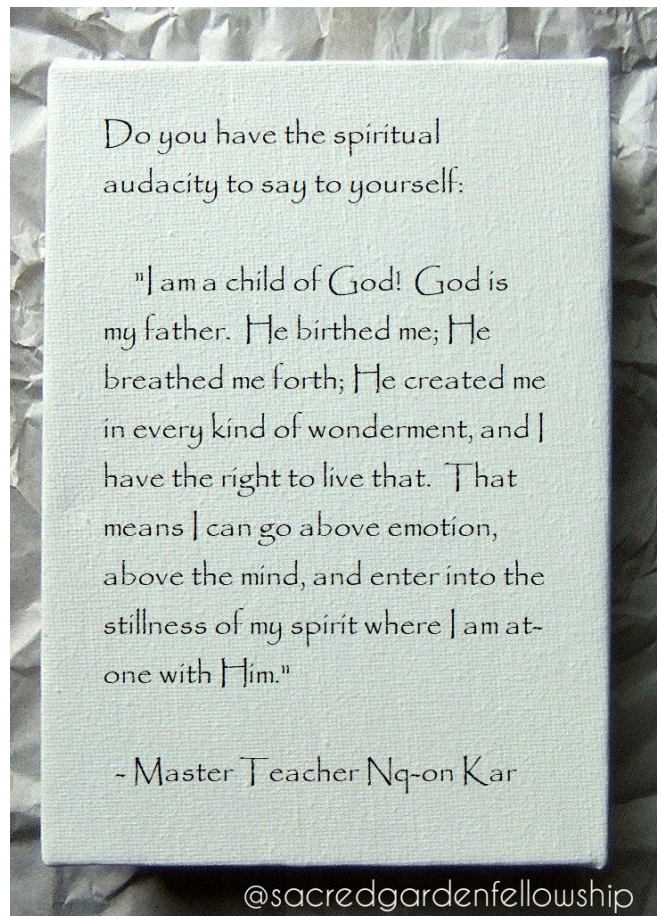
But I didn't get lost.

When all was quiet in the house and I was alone, I could feel the presence of holy spirits. I had the grace of love that flows from fellowship. Your prayers and thoughts of wellness for me was felt. Angels were with me as well. I healed; the pain lessened. I learned to open my heart to ... continued on page 6 ...

Upcoming Events:

2020 Dates

- There are three Zoom webinar dates booked with Don Gilbert. Please view the website to register and pay online in order to receive the links to attend:
- May 26th
- June 9th
- June 23rd
- Weekend Healing Retreat dates to be announced at a future time



Today's Funny

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"I want you to be firmly established in your awareness of what prayer really is. Prayer is you. The fact that you *are* is a song of praise unto the Father. When he called you forth in his intimate knowing and lovingness, he called you forth to join in Him, with Him, in the song that fills the heaven world. You, as human kind, are part of a harmonic symphony if you will of sounds that come forth from every living thing."

- Penny reading Gabriel's message from The Lost Chord, 2008

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Sacred Garden Fellowship

April Showers Bring May Flowers

You do not lament a raindrop falling from the sky for you know it is one of many. So why do you hold onto an experience that is also one of many? It's purpose like the drops is to nourish those close enough to feel it. We ask you to evaluate how you are feeling- do you like it? Are you at peace? If you cannot answer yes, we ask you why? Are you the falling rain or are you the flower seeking nourishment? Purpose and understanding can be gleaned by either, but love is what abounds regardless. You experience rain, sun, snow, wind but must also consider the seasonality of existence and state- how beautifully purpose is accepted, one phase letting go to allow for the next. Love and joy stem from this acceptance, the abundance of manifest. We tell you, thrive in the experience of simply being and being loved for all that is once started from within.

- Received by Sarah Bordi

SGF Board of Directors Update

Audio CD's: Sherry Snook is able to burn cd's of past retreats from 2015 to 2018 that have not been available in cd form before. If anyone is interested in purchasing the cd's, they can contact her at 570-295-9134 or email her at sherry@sacredgardenfellowship.org

Updated List of SGF's Board of Directors

Don Gilbert, Chair

Brandon Jopko, Vice Chair

Margaret Lassiter, Secretary

Steve Rudnick, Treasurer

Jessica Gilbert

Sherry Snook

Randee Hartz

Dot McCarthy

Join us in the ethers every Sunday night at 7 p.m. to send healing, peace, love and gratitude to Mother Earth.

Email Margaret Lassiter at astrohealing@gmail.com to get on the Sunday email list in order to receive these reminders for healing.

Secret Garden Continued

... continued from page 1 ... I kept asking for my fears to be brought to the surface so I can deal with them, head on. It seemed childish to need to learn the lessons slow. Lessons indeed to follow....

The White Eagle Lodge was lovelier than I imagined. Nestled around one side of the lake, it spread its quaint cottages close to one another but private enough for the lonely traveler. Mine faced the lake. I enjoyed looking at its icy cover thinking that people are like that at times: many hidden things underneath what looks like stillness of ice.

I did not know what to expect of the people that I would meet that evening but I liked right away their friendly vibe. I got lost for a bit in the crystals and the books. Back to the people: each and every one of them shared feelings, thoughts, expectations. Not at all unfamiliar territory; "I can definitely do this," I thought.

The discussions that followed revealed even more their openness: talking about inner struggles, asking and receiving advice, willingness to help without judgement. It takes people a lifetime to get to that level of social intimacy and ease. I guess everything becomes so much easier when one speaks and acts from his/her truth.

I did not meet the Reverend but I was looking in awe at her Garden: what beautiful and unique flowers she cultivated. Can one imagine the gardener by looking at the garden? Is the garden separate from the gardener? Is one more than the other? What is one without the other? I do not know. I can only speak of things that I have lived. Each and every one of the members of the Sacred Garden seemed unique and standing in his/her own world of

wonder.

Driving back, I kept listening to one of the cd's I bought: A Message from God. Cold shower. Call to action. Feeling of responsibility for one's spiritual growth and for our role in the spiritual growth of the ones around us.

That's when it struck me, my retreat was just that: a cold shower, a call to action. I sensed this strong feeling of responsibility to live my truth more openly, to stop being afraid of what others might think or say. The people that I had met during that weekend were doing just that: a beautiful example of living their truth. I was inspired to want to live my truth with more sincerity and not just with people that share my beliefs and interests.

I realized I have a garden of my own and I am my own Gardener. But I don't want to keep it secret any more, I want to open the doors and let the light in without fear or shame. I want to protect it but to share it at the same time.

Sometimes, no matter how strong we are, we still need to allow ourselves to be vulnerable.

Sometimes, no matter how smart we are, we still need a teacher.

Sometimes, no matter how confident we are, we still need to trust.

Truly grateful,

CR

Cambridge, Canada

Loneliness Continued

... continued from page 2 ... receive help when needed, and when I needed to let go of wanting help. My Heart is expanding unity. As I receive so I give. Thank you for all your love and support.

Present day, global unity. By choice I am not reading what is happening around the world. Yes, I am aware of the magnitude of the events that are happening, and I am following humanities' rules to prevent exposure. I live in the Earth's illusion that we have created. Depending on the energy, I may have ups and downs in my energy. I am drawn to look within and connect to the community of the Holiness of Spirits, whose connection I feel growing around the world. I invite you to close your eyes and see the energy of love that flows through me, expanding to all who wish to receive - the love of the Holy Spirit of the Goddess/God of me.

Mother/Father/God I embrace your Love and Compassion as I invite the Holiness of my Spirit to be united with the Holiness of Spirit of My Brothers and Sisters. In unity of God's Love, we breathe as one. With each breath we take, Love is expanded and received. In the flow of Love, Peace and Calmness blankets the world. As the flow of love is breathed forth in unity, God's Will is done. Amen.

Rev. Tammy Roupp
April 2020

Message from the Editor: Still Becoming



It's amazing how you can re-read or listen again to something and still get something new out of it. This happened to me as I read Day 5 of *A Course of Love*, and listened to the audio of *Archangel Gabriel Returns* from 2013. From each I gained new depths of understanding and gleaned new experiences.

Day 5 talks about leaving effort and learning behind, and while reading this, I experienced a 'wailing' due to the 'effort' it takes to read this Course. This was very subtle, but I was able to catch it as a tool of the ego as it wants me to give up, to put my reading aside because it takes too much effort at being Whole. I had to smile to myself as this is what the very chapter is talking about; about leaving effort behind for being one with union is effortless.

This applies, too, to trying to teach unity. I was led to this chapter because another main message is to 'give in' and not teach unity as that entails learning, which can't be done. This was a powerful reminder to BE the lesson, BE the Unity and then Unity is known through its effects if one is willing to receive.

I also reaped much from Gabriel's lesson, too, on forgiveness even though I've listened to this cd many times. Gabriel tells us to repeat, "I forgive myself," but to feel it from a deep soul level, and I was able to do this *more* than previously. It's important to note that you don't have to know what you need to forgive, only that you feel it deep within yourself. He says to do this often until it is forgotten and situations don't repeat themselves, then you know it is truly forgiven.

Being guided toward these lessons have truly been a blessing because truthfully during this pandemic I was experiencing more anger and frustrations at life that I needed to look at. Indeed, this has entailed more movement into healing and becoming the elevated Self of form.

Blessings,

Brandon Jopko

Poetry Corner

A message from My Higher Self and Guides to Your Higher Self

I have weathered much
And still have risen.

From the depth of the pain
of my own making
I have risen.

And now I can stand
In my rightful place of Power and Truth.

I am ready to unfold my destiny.
Who can take this away from me?
Not a one for I have claimed my birth right.

I am firm, solid in my awakening ~

Rise dear Child of God,
You have risen from your sorrows
To be a light bearer of Truth and Wisdom.

No time has been wasted but
The feeble dark imaginings of your ego.

You have conquered much, squashed much
And furled what you do not need
Into the ethers for transmutation.

Think you that we do not see how hard you have
worked?

Fallen, yes?
But you have RISEN.

Child of God, you are on your mission
And have help every step of the way.

Stumble you may
But you have RISEN.

Go forth now with what you know.
Let go of lingering judgments and self doubt.

We are watching and waving as you

Unravel the scrolls of your Life Purpose.

Be not afraid.
Be kind to your soul.
Be a gentle watchman of your actions and words,
But never judge.

You have arrived,
In this time-space-sequence to be
And do exactly what you are supposed to.

We are excited for you.
The gentle whispers of Guidance
Can be tuned into at any time.
We are real and support you much.

Do not forget to tune in:
Love yourself.
Know yourself.
Protect yourself.
Carry yourself.
Lift yourself.

Rise. Rise. Rise.

- Tehmina Meherali

Submit your
POETRY
for the next
newsletter