



Sacred Garden Fellowship
www.sacredgardenfellowship.org

The Fellowship Chronicles

February 2024



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WATER INTO WINE



Water also symbolized cleansing and life-giving qualities. In the negative, water can also represent negative beliefs that drown the potential for spiritual awakening.

Wine represents the life force that sustains and gives meaning and purpose to the journey of the soul.

Turning water into wine symbolizes the transformation of ordinary thinking into the wisdom of higher awareness. Because I did this at our wedding, it also means the union of divine action with divine sustaining – both of which are necessary to bring forth the total spiritual person.

You are asked to turn the water of ordinary thinking into the wine of wisdom of the higher awareness. You are the combination of action and sustaining that can bring this about. As the union between you grows greater, and it will, you will find that nothing is impossible to you together. Think on this.

Editor: Kathryn Romani
Next Newsletter: May

Submissions to this newsletter are welcome. Please share your stories, poems, photos and insights for the next edition.

Deadline: May 1, 2024

Email:
kathryn@sacredgarden-fellowship.org (without the hyphen)

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7/8/05 Yeshua

Read: John 3:30: *As the Christ within you grows greater, the personality grows smaller.*

Water Into Wine:

Water has many meanings. It is the conduit of psychic energy and when used from the Higher Mind, allows one to tap into the Ancient Truths and bypass the astral plane. This is what you do.

Calendar of Events

FEBRUARY (* via Zoom)

- **Thursday, February 22 at 7:00 p.m. EDT Sharing & Growing Spiritually Together*** with Mary Lee for SGF members only. A zoom link will be sent to all members a day prior to the event. Please join us and share your experiences.

MARCH (* via Zoom)

- **Thursday, March 7 at 7:00 p.m. EDT* Sharing & Growing Spiritually Together*** with Mary Lee for SGF members only. A zoom link will be sent to all members a day prior to the event.
- **Wednesday, March 13 at 7:00 p.m. EDT* Relaxation and Healing Meditation** - Everyone is invited. A link will be sent to members via email.
- **Weekend of March 15-17 Healing Retreat** at Harvest House, 1558 State Hwy 51, Gilbertsville, NY (See details on the lower right.) Please register on the SGF website.
- **Tuesday, March 19 at 7:00 p.m. EDT - Part 2 of Spiritual Lessons from the Master Teachers*** with Don Gilbert \$20 per lesson. These are extremely valuable lessons that have not been shared previously by either Rev. Penny or Don. Link will be emailed to you. Register on the SGF website.
- **Thursday, March 21 at 7:00 p.m. EDT Sharing & Growing Spiritually Together*** with Mary Lee for SGF members only. A zoom link will be sent to all members a day prior to the event.
- **Wednesday, March 27 at 7:00 p.m. EDT* Relaxation and Healing Meditation** - Everyone is invited. Invite a friend. A link will be sent to members via email.

APRIL

Note: Future dates for the **Sharing & Growing Together Spiritually*** forum will be posted on the SGF website.

- **Saturday, April 13 at 11:00 a.m. Community Healing*** Everyone is invited to attend. A Zoom link will be sent to all. Please join in and urge your friends/family to join in, too.
- **Weekend of April 19-21 Women's 2nd Annual Retreat** hosted by Sherry Snook and others at Harvest House, 1558 State Hwy 51, Gilbertsville, NY. (See details on page 6.)
- **Tuesday, April 23 at 7:00 p.m. EDT - Part 1 of Spiritual Lessons from the Master Teachers*** with Don Gilbert \$20 per lesson. Discussion of our experience of the lesson. Link will be emailed to you. Please register on the SGF website.

MAY (* via Zoom)

Note: Future dates for the **Sharing & Growing Together Spiritually*** forum will be posted on the SGF website.

- **Weekend of May 3-5, Gabriel 101 Retreat** for students who signed up for the Gabriel 101 Course, Harvest House, 1558 State Hwy. 51, Gilbertsville, NY, hosted by Don Gilbert and Sherry Snook. Register on the SGF website.
- **Tuesday, May 21 at 7:00 p.m. EST - Part 2 of Spiritual Lessons from the Master Teachers*** with Don Gilbert \$20 per lesson. Discussion of our experience of the lesson. Link will be emailed to you. Register on the SGF website.

HEALING RETREAT

March 15-17, 2024

“Revealing the Shadow”

One does not become enlightened by imagining figures of light, but by making the darkness conscious. - Carl G. Jung.

Spring seems to enhance our shadows, where the ego abides and hopes to sabotage our planting the seeds of love, joy & compassion. We will cast the Light of Spring upon the shadow to smooth our path forward with the help of the Holy Spirit. Join us as we shed the Light of Truth on our Spiritual Journey. You will have an opportunity to look deeply within to explore subconscious belief systems and other barriers in order to become mentally, emotionally and physically healthier. The Retreat is small and sacred. Each attendee can receive feedback, coaching, and hands-on healing. Attendees take part in a safe and loving environment that encourages introspection and compassionate participation in a group process.

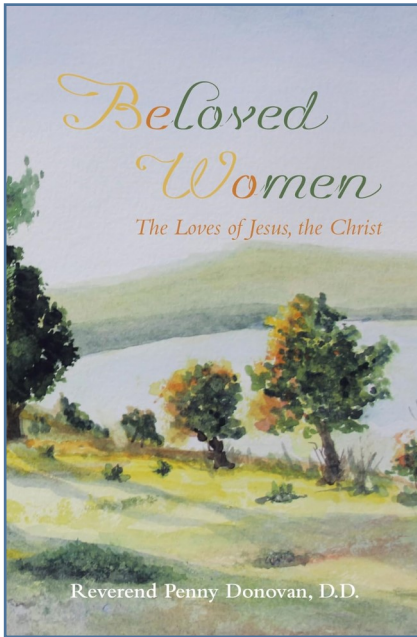
Harvest House, 1558 State Hwy 51,

Gilbertsville, NY—3/15 6:00 pm to 3/17 1:00 pm

Shared Room \$375 Private Room \$425

Register on the SGF website.





BELOVED WOMEN BOOK REVIEW

By Margaret Lassiter

Beloved Women, the Loves of Jesus the Christ is an extraordinary book. Not only is it beautifully written by the late Rev. Penny Donovan, but it contains lessons and insights that are available nowhere else!

It also corrects many misperceptions and inaccuracies regarding Yeshua's and Miriam's lives, and especially Mary Magdalene's and her spiritual journey. The chapters describing Mary's mistakes and her spiritual growth in the shedding of the cloaks speak to all of us.

The recounting of the lives in *Beloved Women* is intensely human. We can smile at Miriam going the wrong way to get to the River Jordan. We can relate to each character's fears: Mary's feelings that the cloaks were unjust—until her understanding deepens and she sees more of herself in truth - is but one example. And Mother Mary's wisdom, courage, and unwavering faith in God provides a roadmap for us, as well as for those who lived with her in Qumran.

Yeshua's growing dedication to living as the Son of God provides an example for us all, especially when he faced discouragement with himself when he felt he'd lost his inner peace.

Of course, the book also beautifully depicts Yeshua's love for Miriam and Mary Magdalene and their love for him. For above all else, this is a book about love – in all its forms – from a leaf on a tree, to a healed bird, to love between people that lasts for all time. And around all of that is the constant love of the Father, of which we are reminded throughout the book.

And then there are wonderful lessons and, perhaps more significantly, Yeshua's deeper teaching about the lessons. My favorites are his explanation of the healing

of the leper woman and his lesson on light. But there are so many . . .

I would be remiss if I did not honor Rev. Penny's dedication and steadfastness in bringing this book to fruition. She began receiving materials for *Beloved Women* in the 1990s and received some lessons just before she died. She did live long enough to see the final version that was published. It was a joy and an honor for me to work with her to compile and then publish *Beloved Women*.

If you haven't read the book, I would encourage you to do so. You can get a copy through Amazon. And please write a review on Amazon after you've read it.

HEALING RETREAT & REUNION

To discuss Rev. Penny's Book "Beloved Women:
the Loves of Jesus, the Christ"

June 21 to 23, 2024

White Eagle Conference Center in Hamilton, NY

This will be a JOYFUL REUNION for everyone who ever attended the early Gabriel years at Trinity, the Gabriel Educators and the Healing Retreats. We will discuss this extraordinary book which is a remarkable and miraculous story of hope, abiding faith and love. Hear the story, the story behind the story, the karma, the MIRACLES and the love that went into the creation of this book that Rev. Penny diligently worked on for years. This is the story of Miriam and Mary Magdalene, who played a pivotal role in the life of Jesus. This retreat will help you see Jesus in a whole new light—through the eyes of the women He loved and to appreciate their roles in his life.

Please join us!

Registration details will be posted on the
SGF website soon.

The Option of Joy

By Steve Rudnick



I recall a teaching from Gabriel early on. I don't have an exact quote, but it was something like: *I can't promise you a perfect life but I can promise you a much happier one.* I have always interpreted that lesson to mean life is all about attitude and perceptions.

More and more, I am accepting that the Universe wants me to be and supports me being loving and joyful. I just have to open the door and let that light in. I don't want anyone to feel blame or shame, however, if they are not joyful - unfortunately a lot of that is on us.

Lately I realize that when I'm not joyful or feeling loved, my focus is in the wrong place. When I'm feeling off, down or depressed, typically I have latched on to some thought that doesn't serve me at all. Perhaps my body is feeling some pain or isn't functioning optimally; I can focus on that for days, weeks. Thinking about it doesn't make my pain any better, it just creates anxiety and fear and, honestly, I don't need that. It doesn't have to be physical, it can be relationships, past trauma, whatever.

On the spiritual path, we like to find out what error perceptions may be at the root of an issue, however I have found that I can get lost in that, too. I did this introspective journey for decades; it helped me to learn what makes me tick, but there comes a time when I need to let that go. I know my old tapes by heart, the teachers have taught me why and what I react to and how to cope and change my old habits.

For me it was way past time to transform the knowledge I have picked up into the wisdom of how to use it. I'm doing it; I'm here to attest that it's doable. I've come to the conclusion that I have missed a lot of living, in the name of excessive introspection. I have come to realize that I don't need to forever figure out and validate my existence.

The time has come to practice what I preach. A good motto might be, "Get it. Got it. Good. Move on." Bottom line: I'm committing myself to focus on joy and love and light, instead of what's causing me angst and frustration.

I'm going to start praying at a different, more positive altar. Ruminating on problems excessively is like buying a train ticket out of the land of joy and love. My New Year's resolution is not to buy a ticket on that train.

I'm choosing to love and accept myself more in this coming year. I'm choosing JOY. You are all invited!

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♥ ♥ Be Love? ♥ ♥

Archangel Gabriel has told us, time and again, to "BE LOVE." Be love? What does that even mean? How can I—Kathryn Romani—be love? I am already a loving person when it comes to family and friends. And I approach most other people with a general attitude of love and acceptance. Was that enough? There had to be more to it!

So, I reflected on LOVE for a long time. I recalled when a friend said "I love you" to me over the phone, I was shocked and unable to respond. I just hung up. Why would she say such a thing? I knew she did not use that word often or lightly. But deep down inside, I envied her because she could express love so easily. I certainly could not.

To me, love is serious. I do not use the word frivolously. When I say it, I mean it. Gradually, I realized that since I joined SGF, I did sincerely develop a love for the people with whom I shared retreats and Zoom meetings. But could I express it verbally? Yes, I could finally open up enough to do so, and I will—every chance I get!

I proclaimed myself "God's Ambassador of Love." As such, I now start each day by consciously filling our home with love. Then saturating the earth, its inhabitants, all nature and the Universe with LOVE. Valentine's Day gave the "crafty card-making me" an excuse to take love one step further. I love you all! ♥



HAPPY
EASTER

SGF Board of Directors Contact Information

A Zoom SGF Board Meeting is held on the 2nd Monday of each month. Readers with suggestions, comments or questions can contact any of the board members via the emails listed below.

Don Gilbert, Board Chair

dfgilbertjr46@gmail.com

Brandon Jopko, Vice Chair

brandon@sacredgardenfellowship.org

Tim McCarthy, Treasurer

timmccarthy545@gmail.com

Ann Wahl, Secretary

awahlosu@aol.com

Randee Hartz, Board Member

randee@sacredgardenfellowship.org

Kathryn Romani, Board Member

kathryn@sacredgardenfellowship.org

Tammy Roupp, Board Member

tammy@sacredgardenfellowship.org

Sherry Snook, Board Member

sherrysnook9@gmail.com

Solstice Soliloquy

By Randee Hartz

Sacred light of day decreasing
 Replaced by refuge of darkness
 Time for contemplation
 Reflections on the past
 Perhaps a look ahead
 Whatever inner work is needed
 Gradually moving towards winter solstice
 That pivotal moment when darkness
 Surrenders to fragile light
 Slowly by surely
 Until we take notice
 Of the Un-manifested
 Awakening to new possibilities
 Oh, how my heart begs to stir
 With joy of lengthening light
 Intense aliveness felt within
 Of childlike delight
 Profound gratitude for the precious day
 Amazing gifts it brings



**You are Invited to Attend
Sacred Garden Fellowship's 2nd Annual Women's Retreat
April 19, 20 and 21, 2014**

Come and enjoy the comradery that takes place during an event like this. We will have:

Crafts

Yoga

Meditation

And discuss how we can help ourselves with Mind, Body and Spirit Health.

You can even make a tie-dye shirt to remember the occasion. All you need to do is bring your own t-shirt. Everything else will be provided.

Where: Harvest House
1558 State Highway 51
Gilbertsville, NY13776

When: April 19, 20 and 21, 2024

Time: Starting 6:00 p.m. Friday to 1:00 p.m. Sunday

Cost: \$330.00 which includes shared rooms and meals
The price decrease is due to facilitators donating their time. Love donation to cover crafts will be appreciated. Rooms are limited, so sign up early.

Register: Go to the SGF website to register:
www.sacredgardenfellowship.org

Hope
To See
You
There!





Letters to the Editor

Dear Kathryn,

I was going over my notes of the seminar "Male Energies" held on February 19, 1990. Archangel Gabriel made a statement that really struck me...

"I told you earlier that this is your last chance upon the earth and indeed, it is. Otherwise, you shall be leaving this planet as you have left others before and before."

In the many decades that Gabriel and the Master Teachers have come to us, they have told us in oh-so-many ways how important we are to Mother Earth. It wasn't until reviewing my notes that I truly realized this is my LAST CHANCE to not leave Earth completely destroyed as we have left so many other planets. Sobering.

The DO-Something part of me says, "Gee what can I do that will really make any difference!" Then I breathe and remember. All I have to do is BE.

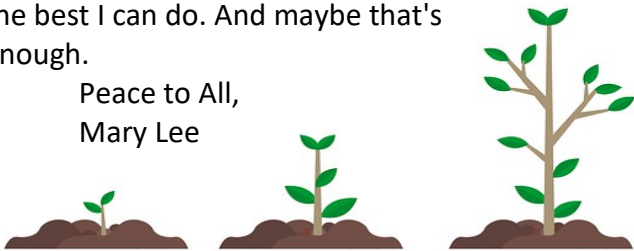
Ugh! Way easy to say the words. Forget what the heck it means and how to get there.

But I do fervently and with great relief remember the Teachers saying that I don't have to stand on a soapbox, I don't have to teach, I don't have to heal, I don't have to do any number of Noble Things that I think a good spiritual person should do.

All I have to do is Live the Truth that I am, the best way I know how.

And that's what I'm doing... Doing my best at Living the Truth that I am each moment, each day. That's all I can do. And maybe that's the best I can do. And maybe that's enough.

Peace to All,
Mary Lee



Thank you so much Kathryn for your blog: *The Highest Law*. It so succinctly reminded me that no matter what happens, love will prevail.

Lately, when I read what is going on in this country and around the world, I begin to feel afraid. But after 35 years of studying Gabriel's teachings, I remind myself I am more than this plane of illusion. So I have to stop and remember who I am.

As Gabriel taught us with the meditation he gave in the seminar "Male Energies" held on February 19, 1990 -- I am eternal. I am peace. I am joy. I am love. I Am.

As I continue to practice the full meditation, I can totally *feel* the truth of those statements in my heart-mind. I know who I am and why I am here at this moment of our Earth time. I am love and

Love is the Highest Law!

Thank you again, Kathryn, for the wonderful gift you give to all of us.

Peace and blessings, Mary Lee

NEW BOOKLET PUBLISHED BY SGF

"Consciously Planning Your Life"

This book introduces spiritual understanding that Archangel Gabriel taught when he channeled through Rev. Penny Donovan. It reveals the steps that we can take to plan our future according to how we want it to be.

It contains teaching about the aura, your ego, and the God-Self of you. This book includes useful tools that can enhance your spiritual development. It is a valuable resource for beginners and advanced seekers alike. This book is available through Amazon for \$15.95.