



# The Fellowship Chronicles

February 2023



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**Happy  
Valentine's Day**

**Editor: Kathryn Romani**

## Next Newsletter: May

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

**Deadline: May 1, 2023**

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hyphen)

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## ANGEL'S PRAYER

*Our Mother, who art the Sacred Space  
within, Holy is Thy Name.*

*Thy kingdom be manifested on all levels  
of my being as it is manifested  
in the Sacred Space of my Spirit Self.*

*Cause me this day, to be aware of the  
Bread of Life, Thy presence in my  
consciousness, and help me to release  
all error perceptions of myself and  
of others.*

*Keep me aware of Thee, my Source,  
for so shall I then be delivered from  
the illusion of separateness.*

*For Thine is the Kingdom of my  
being, the Glory of my Light,  
and the Power of my Spirit,  
now and forever.  
So be it.*

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# 2023 Calendar of Events

## FEBRUARY (\* via Zoom)

- **Saturday, February 11 at 11 a.m. - Virtual Community Healing Event\*** with Don Gilbert. Free. A zoom link will be sent to all members the day prior to the event. No registration is needed.
- **Thursday, February 16 at 7 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.
- **Tuesday, February 21 at 7:00 p.m. EDT - Spiritual Lessons from the Master Teachers\* Lesson #2** with Don Gilbert \$20 per lesson. Discussing our experience of the lesson, which will be emailed to you along with the link. Registration is required on the SGF website.
- **Thursday, February 23 at 7 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.

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

## MARCH

- **Friday March 17, 6 p.m. to Sunday, March 19, 1 p.m. - Healing Retreat at Harvest**



**House, 1558 NY Route 51, Gilbertsville, NY.** You will have an chance to look deeply within yourself and explore subconscious belief systems and other barriers of thought in order to become mentally, emotionally and physically healthier. The weekends are small and sacred with the opportunity for each attendee to 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 is a beautiful sanctuary nestled in the woods. Come join us for a restorative and enlightening weekend. Meals and accommodations are all inclusive. Fee: \$375 for a shared room; \$425 for private room. At Harvest House, we're following CDC Covid guidelines. Please test yourself if you have symptoms or concerns. If you're sick, you're asked not to attend. Please register on the SGF website.

## 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**

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**Brandon Jopko, Vice Chair**

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**Sherry Snook, Treasurer**

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**Steve Rudnick, Board Member**

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## THE BREATH OF GOD

### *A true story about incredible healing*

***“Now, I tell you... The power of thought is the most powerful thing in the universe, for it is out of that that all things are created.” —Archangel Gabriel***

I have read and contemplated those words before, yet I never realized just how those words would touch my life on a much deeper level and lead to a life-altering experience. My experience is so profound that I want to share it with you. Why? Because my Angels told me by sharing, others may greatly learn the power of Archangel Gabriel's words, too. Here is my story:

Over the past 20 years, I have developed many ailments ranging from diabetes, high blood pressure and high cholesterol to severe arthritis in the knees, nerve pain and foot swelling. I was prescribed 13 different medications a day plus a special gel to help manage the arthritic pain in my joints. I also require two different types of injections to manage my diabetes. I use a cane or walker for balance and to ease the daily pain.

Through the past seven years, I have also partaken in many SGF healing sessions. However, they did not relieve the physical pain that I endure day after day. Archangel Gabriel explains it this way: *“True healing is lifting in consciousness your idea of yourself into a state of awareness where you recognize that you are a divine being. You are spirit. It is in that consciousness that you transcend all of the error perceptions of illness, of injury, or error thoughts, and ultimately of physical death... In order to lift your awareness to that state of consciousness, there has to be **one** thought that you steadfastly hold to and that is that God is all there is. There is nothing outside of the Father.”*

Since November, I have been concentrating on finding answers. I asked the Holy Spirit for understanding about why my body is immersed in so much pain but the answers felt blocked. I contemplated all the reasons for my suffering, including how maybe it was because of something I had done in a past lifetime. So, I forgave myself and asked my Soul to delete the cause from my Soul Memory. Yet the pain continued. I even asked the Angels of Destruction to remove the cause of the pain. Yet it remained. Then, I turned to the Cosmic Command of my Mind, declaring once a day to the Cosmic Command of my Body that I AM perfect health. Still, nothing happened. I realized that I was blocking myself from accepting and taking in the healing, but I didn't know what to do about it.

Then, I remembered one of the SGF Wholehearted Spiritual Living (WSL) Zoom sessions during which the life-

changing realization that “God loves me!” was downloaded into me by the Holy Spirit, right there and then, during our class! God really loves me! It was so profound that I cried tears of JOY and was rendered speechless. THAT realization taught me to love myself and was a prerequisite step for what I'm about to tell you.

During the WSL lesson this year, on January 3<sup>rd</sup>, we read a powerful and explicit lesson from Yeshua on healing in which he said: *“You are a victim of your own belief, nothing else. That is why it is important to understand what I told you before, the mind makes illness and the body manifests disease. The body cannot create anything, it is an effect, not a cause; it cannot think. The mind, however, does think and so can conjure up illness and all manner of lack which the subconscious sets about to manifest... **Healing happens first in the mind and then in the body.**”* After the class, I broke down and wept tears of desperation, seeing it as “my failure” to take in the healing that I was so lovingly given at this group's retreat in November, and many previous healings. I felt so defeated, so hopeless, so lost.

I wrestled with the fact that, even though I told myself every day that I am God's child and I am perfect, in reality, I was still in pain and felt the need to take Tylenol several times a day. But taking medication seemed to go on against the thought of perfection. How could I reconcile the two? I thought of calling one of the WSL members to discuss my dilemma. I knew I could find a “loving ear” there. All I had to do was open up and ask. But I was taught to be self-sufficient and it felt like this was something I needed to resolve within. Or was that my ego's pride getting in my way?

My head collapsed into my hands as I sobbed. I poured out my sorrows, fears and confusion to my Angels. I shouted aloud, “I give up! I don't know what to do.” It was then that my Angels whispered in my ear that the Holy Spirit is in me and ALWAYS willing to help. So, I uttered a heartfelt prayer: “Holy Spirit, I surrender. I place this matter into your hands. I don't know what to do but I know YOU know what must be done and I trust that YOU will help.”

Emotionally exhausted, I just wanted to sleep. As I sat on the bed, I felt compelled to mentally say, “I AM perfect health” every time I inhaled and “I AM perfect health” every time I exhaled. I remembered Archangel Gabriel teaching us about the Breath of God and saying that when you breathe in God and breathe out God, (*Cont. on page 5*)

# Lesson of the Tiger

## THE MYSTICAL TEACHINGS OF JESUS — PART 2

BY REV. PENNY DONOVAN

FEBRUARY 15, 2002

Do you know that at this moment you are in the perfect situation for where you need to be for every kind of blessing and lesson that could possibly come upon you? Right now, you are in the perfect place. I don't mean just here in this church. I am talking about the perfect place in your life for your highest good.

I know some of you are probably thinking, "Well, you don't know where I am, so that can't be true." But it is true because one of the things that I have learned through my meditation and from my teachers is that we progress through our lives lesson by lesson. Every single thing that happens to us, no matter what it is, is there for two purposes.

One purpose is for us to recognize that what is happening is an opportunity to walk our spiritual talk. The other purpose is that the situation has a gift to give us that allows us to be more and more aware of the fact that we are the Children of God.

To be aware of God every moment requires paying attention. I know we think we are aware of God in our prayers and meditations. When wonderful things happen, we thank God. But the point is that if we are going to live as the Sons and Daughters of God, and this is why we are here to do that, we have to know every single moment that we are in that Divine Presence. We have to work with that knowing moment by moment.



The lesson of the tiger was given to me to make a point. I am going to read it to you because it contains so many wonderful things and it also brings across the idea of how to live moment by moment in the presence of God.

## *Lesson of the Tiger*

"Do not confuse action and nonaction as being innately different. One is seen and the other is unseen. The Tao teaches:

'Prey passes the tiger who sometimes merely looks, sometimes pounces without hesitation, but never fails to act.'

"The tiger conforms to the moment in every situation. If he is not hungry, prey passes safely by him. He takes no overt action. If he is hungry, he catches the prey and dines." Now don't forget. A tiger doesn't look at prey as another living animal. He looks at it as lunch.

"No deep consideration of right or wrong, no anguished feelings of failure or guilt besiege him. He uses the grace of his innate nature to determine whether to remain unmoved by the passing of prey or to catch it. Either way his intent is pure." His intent is pure not to catch it or his intent is pure to catch and eat it.

"Action or nonaction is still an action by intent in the recesses of the mind." We tend to think that when we don't take an action, that is nonaction and it is not because we have decided not to act and the decision is an action.

"Results are determined by the inner intent acting upon the outer circumstances. If the tiger pursues the prey but did not catch it, if the tiger pursued and caught the prey but did not kill it, if he killed the prey but did not eat it, or if he never chased the prey and ate grass, all of these variations of actions would produce very different results and the purity of the intent would be lost."

In other words, when we get to muddling things in our head, today it is this and tomorrow it is that, we can't make up our minds, we lose the purity of our intent. So consequently we don't get good results.

"The tiger makes no unnecessary moves. Each action has a purpose. (Cont. on page 5)



## BREATH OF GOD

*(Cont. from page 3)*

*"then you are living in the heartbeat of God and it is effortless on your part. You are so connected to the heartbeat of God that you are a part of each beat without any struggle."*

I went on to declare, "Every cell of my body and every petal of my mind is rejuvenating in perfect health." Then I pictured myself saturated in and surrounded by golden light and said my favorite prayer: "I

am in the Infinite Light, and the Infinite Light is in me; only good shall come to me and only good shall go from me. For this I give thanks." I continued to repeat the thought "I AM perfect health" with every breath as I fell asleep. It is now my only mantra.

That night, an incredible transformation occurred. I had no aches, pains, leg cramps or symptoms of restless leg syndrome. The only thought I allowed myself to think was "I am perfect health."

The next day was incredible. A new start. No knee pain, no nerve pain – absolute bliss! Whenever my mind began to drift toward thinking about illness, I STOPPED those thoughts in their tracks by repeating my mantra.

As luck would have it, a routine medical procedure was scheduled for me for the following week. In preparation for it, I was told to stop all supplements and medication for five days, except the blood pressure medicine. This **scared** me. Frankly, without being required to stop my meds for this procedure, I NEVER would have had the *chutzpah*, the courage, the AUDACITY to do it because of spiritual principles that I learned! It felt like I was being asked to give up my life-vest while bobbing in the ocean during a hurricane! But it also caused me to examine the role that doctors and medicine play in my life. What were my beliefs about health matters?

How could I have gone through the past 73 years without questioning this critical issue? This required some deep soul-searching which caused me to realize: 1) I respect doctors and assume they have my best interest at heart; 2) I have truly believed that all of the prescriptions that I took daily were what's keeping me alive and healthy; 3) I felt that without the medicines and routine tests, my health would rapidly deteriorate. Wow! Those beliefs were really assumptions and they were causing me to give away my power over my own life to others. It was time to "think a new thought!"

Every time I wondered if my physical state would decline without those medications, I STOPPED those thoughts as they began to form, mentally erased them, and simply re-



placed them with breathing in and out "I am perfect health." THE BREATH OF GOD WORKED.

After humbly surrendering, Holy Spirit rerouted my thoughts to exclusively concentrate on God's perfection within me. I **consciously** see myself encased - all the time - in a golden bubble of God's love and light. Nothing else.

It has been over a month and I am without pain. When my hands got a tiny tinge of soreness, I lovingly kissed them, saying, "Be at peace," as Archangel Gabriel told us to do; the tinge stopped. I sleep well without medication and feel full of energy. My doctor and I decided to keep me on the blood pressure pills and one insulin shot ONLY if needed. My doctor wants me to get blood tests soon to see how I am doing. I'll go, but we already know how I am doing: I AM PERFECT HEALTH.

*By Kathryn Romani, Editor*

## LESSON OF THE TIGER

*(Cont. from page 4)* If the tiger pursues yet fails to catch the prey, he lies down to rest, not to contemplate his failure but to prepare for his next success."

In other words, he doesn't lay there and think, "Ah, gee, some tiger I am. There it was and away it went and here I am still hunting. I should have known better. I must have gotten up on the wrong side of the grass today!" He doesn't do any of that. What he does do is lie there and think, "Well, if one deer came by here, another one will come. No big deal."

"What has happened in the past cannot be acted upon in the present." That is important. The past has nothing to do with the present. "The moment is over. Prey that got away does not satisfy the hunger of the moment. Keeping focused on the moment fills the tiger's belly. Keeping focused in the moment heals the brokenhearted.

"Everything is an action of some kind. Even stillness is the action of decision in the mind. Keep intent pure and before your eyes and that only will be the action and the results." It tells us in Scripture that as a man thinks, so is he.

*Submitted by Brandon Jopko*

## Interview About Attracting Younger Members

Media has changed drastically in the last two decades, bringing exciting new ways to use technology and apply it to achieve specific goals. As SGF's Publicity Chair, I was tasked with interviewing a younger member to hear perspectives on what SGF might do to attract a new generation of spiritually-minded individuals. Below is the information I received when I interviewed one of SGF's newest members, Ella Miller of Munster, Indiana, who has an extensive marketing background. — *K. Romani, Editor*



**Ella Miller**

**What are you looking for when it comes to spirituality?** I am looking for greater self-awareness to moderate and better understand my actions and reactions. Also, enlightenment, in the sense of learning a better way to live and how to become a “better me” for myself and for those around me. I want to manifest joy and seed it into my life so I can be a better mother, partner, daughter, etc. And I am looking to enhance my relationship with God.

**What types of media do you go to for inspiration?** I'm open minded and eclectic, so I am inspired by a mix of things, including 60-second Facebook reels, YouTube videos, positive quotes and affirmations, books, and CDs. I also enjoy meditating, praying, journaling, one-on-one conversations, group gatherings, SGF healings, drum circles, and other healthy alternatives to living well.

**In your opinion, what can SGF do to attract young people?** Drive awareness and engagement by showing up everywhere they are already going for spiritual insights, information and content — on social channels, YouTube, etc.

Also, think about people's daily habits and behaviors and see where SGF fits in. For example, people generally review emails early in the morning. So having an SGF email waiting for them is a great way for them to begin their day. Or, knowing younger audiences use their phones to connect, sending them an inspiring text is a great way to keep them connected to “bite sized” snippets of Archangel Gabriel's teachings.

I say “bite-sized” because we live in a digital world where we have lots of information coming at us, so having information that is easy to digest is key. Plus, time is a commodity. So sharing 60-second videos of an SGF member reading a bit of wisdom taken from the

lessons could be a good way to let people know SGF exists and build interest.

When attracting new people, consider the journey you want them to take with SGF. At the start of their journey, it's important to pique their interest. Once they're interested, it's about further engaging them, like inviting them to join a healing session. Then when they're feeling that SGF is really right for them, offer the classes, books, and audio lessons. Once they're committed, it's about participating in a retreat and meeting the other members. It really is a journey!

As for the SGF website, I was surprised to see that Archangel Gabriel isn't mentioned on the main web page. If that is a core differentiator for SGF, consider mentioning Archangel Gabriel on the website to stand out from other spiritual groups and websites out there. Also, groups often clearly state their mission so they can attract like-minded individuals. It feels like SGF's mission statement would be along the lines of, “Disseminating the channeled teachings of Archangel Gabriel to bring spiritually-minded people together to learn and celebrate these lessons through the [blog](#), [books](#), [audio lessons](#), [videos](#), [classes](#) and [retreats](#). Here is [our story](#).” By using a more conversational message on the main page, each of those key words could be a bullet point that links from the main page directly to those sub-sections, thereby allowing visitors to easily click-through without needing to go back up to the navigation panel.

This is vitally important because people's attention span online is very short. Studies have shown that when people check out a new website, they only scan headlines and bullet points. If they don't find what they're looking for right away, they will look elsewhere.

I think mentioning on the main page that SGF is nondenominational and here to help seekers along their spiritual journey (whatever that journey may be) reinforces that SGF is a welcoming place where *everyone* belongs. And no matter what point they are at along their spiritual path, the teachings of Archangel Gabriel will help them to find a practical way to make spiritual progress and improve their lives.

In short, SGF is competing for attention with everyone else in the digital universe. So having a bigger media presence, and clarity about what SGF stands for, is a good starting point for spreading greater awareness, boosting people's interest, and inspiring them to join/engage.

**Thank you for sharing your insights with the SGF members.**

You're very welcome.