



# The Fellowship Chronicles

August 2021



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## Next Newsletter: November

*Submissions to this newsletter are always welcome. Please consider sharing your stories, poems and insights with the fellowship in the next edition.*

**Deadline: Nov. 1, 2021**

**Email:**  
[kathryn@sacredgarden-fellowship.org](mailto:kathryn@sacredgarden-fellowship.org) (without the hyphen)

## Kingdom of Heaven and the Community

This important lesson, given to Rev. Penny on 07/04/2000 was read at her Memorial Service and is repeated here for those who were not in attendance:

The kingdom of heaven is also feminine, so do not disregard the female side of the kingdom. The Sacred Space is Whole in Itself, and so must be equally action (male) and repose (female).

The kingdom is also the community of you as a group, for because it is *within* you, it is also *among* you. As you seek the kingdom, it transforms you, and as a group, it transforms you as well. So, you see the importance of the cohesiveness of the unit.

Individual spiritual progress and growth is very important, for by it the advancement of the group takes place. When one person is slack in dedication, it weakens the whole community. There is genuine love among you, a caring and sharing that is important and a rich blessing. When personal problems appear, let the group as a whole give nourishment where needed. You must learn to think as a unit.

The individual must grow past their learning experiences, but the group can give support with prayer and guidance. Let no one stumble alone. Let the Light that you are be as a city on a hill, beacon of assurance and

safety. You must know you can depend on your fellow journeymen and they on you to come to the aid of another should it be required of you. Remember, there is safety in numbers, and there "I Am" in the midst of you. You are not separate; you agree to all of this journey as one. The group is as strong as its most vulnerable member.

The heart of the group reflects the hearts of the individuals. Being consumed in personal "stuff" to the extent that your energy is not sufficient for group support does not offer safety to any. Let your love help your brother or sister heal that you all may be whole.

*A sanctuary of grace awaits those who share the key to the door of the kingdom. In faith shall be your steps, in love shall be your journey, and in truth shall be your freedom. Do not grow weary of well doing, for thereby have the gates of heaven been opened.*

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**Editor's Note:** After reading the above critical message of how each member of the SGF community should uplift others, I urge members to read the related "Editor's Corner" message on page 2.

## 2021 Calendar of Events

### SEPTEMBER (\* via Zoom)

- Sept. 16 at 7 p.m. EDT - **Sharing & Growing Together Spiritually** with Mary Lee\*; free for members.
- Sept. 21 7 p.m. EDT - **Spiritual Lessons from the Master Teachers** with Don Gilbert\* \$30 for 9/21 and 10/19 lessons or \$20 for just one of those lessons.
- Sept. 30 at 7 p.m. EDT - **Sharing & Growing Together Spiritually** with Mary Lee\*; free for members.

### OCTOBER

- **Note:** Dates for the October **Sharing & Growing Together Spiritually\*** forums will be posted on the SGF website in early October.
- Oct. 19 at 7 p.m. EDT - **Spiritual Lessons from the Master Teachers** with Don Gilbert\* \$20 for this one lesson or \$30 for both the 9/21 and 10/19 lessons.
- Oct. 23 at 7 p.m. EDT - **Virtual Community Healing Event\***; free. Please register on the SGF website.

### NOVEMBER

- **Note:** Check the SGF website for dates for the November **Sharing & Growing Together Spiritually\*** forums and **Spiritual Lessons from the Masters\***.
- Nov. 5-7 - **In-Person Weekend Healing Retreat** at White Eagle Conference Center at Lake Moraine in Hamilton, NY. Friday 6 pm to Sunday 2 pm. More information will be available on the SGF website in the Autumn.



### DECEMBER

- **Note:** For dates of the December **Sharing & Growing Together Spiritually\*** and **Spiritual Lessons from the Masters\*** please see the SGF website.
- Dec. 11 at 7 p.m. EDT - **Virtual Community Healing Event\***; free. Please register on the SGF website.

## Editor's Corner

*By Kathryn Romani, Editor*

The spiritual lesson on page 1 is a call to action for all SGF members. It challenges us to take the spiritual lessons that we have studied for so long, internalize them and make them an integral part of our daily lives. It's an important leap that we are all called to make - from listening and learning, to DOING.

We are told to mentor each other, take the newer SGF members under our wing and help them along our shared spiritual journey. How can we do this? A great way to accomplish this is right before our eyes; yet many members have not recognized the unique opportunity being currently presented to us.

By participating in the "Sharing and Growing Together Spiritually" Zoom meetings, well-seasoned members can support other members via their presence, as well as by sharing their wisdom and experience (when requested). This open forum is definitely NOT a negative energy "gripe session" where folks get on their soap box to complain about what's going on in their lives. Rather, it is an uplifting spiritual forum where members can talk about their journey and rise above their situation by applying the principles taught by Archangel Gabriel and the Master teachers.

It is not a class. It is an experiential group that raises consciousness to higher vibrations of experience. It offers Spiritual Seekers a chance to feel at a higher level, put words to those feelings and share on that raised level of consciousness. In this highly-confidential forum, participants can feel free to talk about the spiritual growth they are now experiencing and seek advice, if desired.

Who are the best people to share with? Other spiritually-oriented folks who have already been there and done that. This is why it is so critically important for long-time members to attend this forum and mentor other members in a relaxed atmosphere of unconditional love. Surely everyone will benefit from the sharing because we are all moving along a spiritual path TOGETHER.

One of the group's facilitators, Mary Lee, reported that participant feedback indicates that these gatherings are going well.

"I think it's great that people are feeling safe enough to share experiences 'close to the bone,'" commented Mary. "Typically, people look to their spiritual community for support when they are experiencing tough times. I would hope that SGF can be that safe spiritual haven where people don't think twice before coming to SGF to be spiritually supported." Please join us!

## CELEBRATING BELOVED REV. PENNY'S LIFE

On a sunny morning in early June, members of the Sacred Garden Fellowship community, both in person and via Zoom, gathered by Lake Moraine, NY, at the White Eagle Conference Center to celebrate the life of our beloved teacher, spiritual counselor and friend, Reverend Penny Donovan. The memorial service included much of what Penny loved: music, dancing, lessons, and prayer. There was laughter; there were tears; but above all, there was gratitude, love and joy.

Lou Kreuter began the service with a personal opening prayer, followed by "Ave Maria". There were tributes from Barb Cove, read by Julie Covert; Barb Waldeisen, read by James Rose; and Ellen Douglas, read by Mary Lee.

Then Mary did a wonderful line-dance to "Glendale Train" by New Riders of the Purple Sage.



**Rev. Penny Donovan**

We could almost hear Penny laughing and clapping.

More tributes followed: from Mary (read by Altheda Hughes) and Tammy Roupp (ready by Alice Spring). Ann Wahl read a lesson on love from Solomon and Don Gilbert read his tribute to Penny, entitled "Our Rev." This was followed by "I Am Light" sung by India Arie.

Randee Hartz read "Kingdom of Heaven and the Community," (see page 1) a lesson given to Penny about the importance and power of a group such as SGF. Don offered final remarks and Margaret Lassiter did the closing prayer. Paraphrasing from a blessing given by Nq-on Kar. . .

"And so we leave our beloved Penny. . .

In the Peace that is eternally present with her  
In the Love that sustains and encourages her  
And in the Light that leads her ever home  
And we know that which is loved is never lost."

And so it is.

*Submitted by Margaret Lassiter*

Participant Irene Lavin reported that, during

the service, a boat that was cheerfully blowing huge bubbles passed by—surely this was Tinkerbell's joyful touch to the celebration of Rev. Penny's life!

*NOTE: A DVD of the memorial service is being compiled and will be available soon.*

*Rev. Penny with the SGF members at a healing retreat in March of 2019*

*(Front, l-r) Randee, Sybil, Barb; (row 2) Brandon, Marta, Lou, Rev. Penny, Sarah; (row 3) Lynne, Don, Jessica, Sherry, Mary, Tehmina, Ann; (back row) Peter, Margaret, Steve, Tammy, James and Kathryn*





# THOUGHT-FORMS

By Barbara Waldeisen

Recently, I've had a new teacher, Aron, introduce himself to me during a morning meditation. He came to me at a time when I had been counseling several clients suffering from PTSD. He asked if he could 'channel' through me, on the topic of 'Thought-Forms'. I questioned what he meant by channeling, which to this point has been a telepathic exchange.

Aron began by explaining that thought-forms are a visual image projected from the mind during an emotional event or strong desired imagining. The energetically-charged image has the potential to be projected from the mind during an actual historic event, like many of the recorded ghost sightings on the battlefields of Gettysburg, PA. They don't interact, they simply are frozen images suspended in time. Ground Zero is another example where the 'feeling' of thought-forms are sensed and often seen.

Thought-forms are not just found in ghostly environments, they are also attached to one's memory. It's a thought-form that is projected onto the mind's eye as a 'visual' capsule, along with the memory's visual bubble, containing all of the emotional information that the event caused. Subconscious fears from past lives, along with past cultural perceptions and prejudices, can get entangled with our current life events, thereby triggering old assumed shame, hurt, guilt, blame, judgment, self-resentment, etc. It triggers whatever the individual's addiction to an emotional 'button' may be. They can have subtle or

or profound influence on one's flexibility or optimism.

The ego throws up specific thought-forms, from the soul memory, to block change in perceptions, new opportunities, as well as forgiveness. It also blocks freedom for us to move out of our past stories, freedom to trust ourselves and our world moving forward, and to live fully without excuses.

It is the thought-forms from our life events which limit our ascension into the higher levels of the Astral at the time of our passing. They restrict our ability to truly, deeply forgive and accept what our soul needed to feel through, during the events of our life. Ultimately, thought-forms block our innate trust in God, as well as trusting in the process of returning to our God.

It was Mother Mary's thought-forms, attached to her emotionally-charged memories from the events at the Cross, which required the sage help from others in order to help her accept and 'release' them prior to her ascension.

When we can't look at our cringe-worthy moments, we block our ability to heal. We block opportunities to learn what the event is potentially offering through self-discovery. After all, it's in learning this lesson that we decided to try a different way of being. In that single decision to boldly, calmly face the thought-form behind our attitudes, or memory, we dissolve them! It is then that the thought-form is withdrawn from the soul itself! If the memory surfaces again, it is the 'understanding' which is recognized, not the attached emotion which caused the dreadful reactions in the past. Only emotional reactions keep these forms alive.

It's not enough for us just to *(Page 5)*



(Cont. from page 4) walk through difficult memories to find the potential gift it offered, or to unhinge the personality. This will not dissolve the thought-form which can shift into the next event. It's a good start, however.

Each time a memory is looked at, the potential is there to lessen the emotional attachment. Aron advised to look at each cringe-worthy or fearful memory without emotion. Fearlessly, and boldly face it, in the light, and know the memory, and it's attached fear is NOT a reflection on who you are. It was just a role, a script that the soul needed to walk through to gain knowledge through feeling the experience. He also advised using the same method in looking at unhelpful attitudes that block opportunities.

How? Look into each memory's visual bubble or the bubble blocking willingness regarding an opportunity. See what is actually contained in the memory. What's the visual? What's the attached emotion? What is heard, felt, reacted to? Most often, only a flash of the image remains, it's story with its dialogue is long gone. But it is then, like a slowed film-strip, that the light can enter in, as you realize it's only a bubble image that

has no significance, no attachment anymore. And like that, it's dissolved in the light of truth!

With courage I looked at each cringe-worthy memory. Grabbing each memory's gift, I unraveled the tread which caused the need behind many of my experiences. For me the thread was "feeling like I was not enough." That one, simple, self-inflicted fear caused a million different opportunities for me to discover my own self-worth. Opportunities, unfortunately, not taken. Blocked by my own fear in accepting and trusting myself, I wasn't ready yet to look at what I alone was doing ... to me. As I dwelled in the disappointment, more disappointment or hurt followed. It was what my focus projected, from an old thought-form, which created my next learning opportunity. It was only energy doing what energy does, projecting from a thought encapsulated in visual form!

Many of these thought-forms went back to my little-girl self. My inner child did not know what an adult should do. Pretending to be the adult, from a nine-year-old's toolbox of insecurities, hurts. With the thought-form revealed, I could be the adult, the parent, offering solutions to those old memories to insure my inner child's confidence moving forward. She now was capable of discerning guidance for herself. I was free from the grips of shame, of not knowing what to do, and it's imposing self-resentment that my thought-forms had held over me!

Now, if I make a mistake, I feel like I can observe what I learned - without blame, guilt, or the haunting dread of what others may have perceived of me. And the best thing is: I can trust where God places me!

## BLESSINGS IN 2020 AND 2021

Humanity has been brought to fear the very breath that we take. It is fear of life due to a virus. I am not saying that COVID-19 virus is not dangerous. It has brought many to their knees and we have lost loved ones.

But we cannot live in fear! Our souls and our spirits need JOY! So, I would like to invite the community of Sacred Garden Fellowship to take a moment to list our blessings. I have listened to blessings listed over the last year and my way of life is being changed.

Why express your blessing? Our thoughts and words have energy that influences our personal world, as well as the world around us. Changing the way that we see life, changes the energy around us and in our world. It seems so simple but at times this concept may be hard to grasp. I am asking you to help me lift up the energy of fear that is prevalent around the world by counting the blessings that we have received over the past two years during the epidemic.

I have watched Sacred Garden grow over the last two years. I feel a greater sense of community and unity, a greater sense of peace. I've seen the change of opening new ways of reaching out to one another, such as Zoom. I've seen the community pull together and heal over our losses.

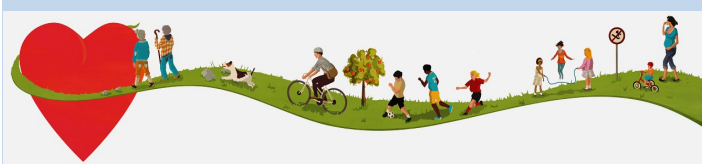
Many people in my home community have come to me with stories of how life has changed for them—how they were able to take the time needed to look at how they were living and modify aspects of their life to bring them more joy. For example, the realization of how very important it is to take time to have a meal with family and loved ones. This treasured time together has been lost for a long time in our fast-paced world.

I myself have realized that I was missing out a lot in life because I worked way too hard, way too many hours. It was time to slow down and enjoy what I have around me: the sunshine of the day, the laughter of a grandchild, spending time with my husband and getting to renew relationships with my children. The last two years have been a time of healing of families, for me and for those whom I have talked to.

This was a time for surrendering—over to the Holy Spirit, over to God, and over to my Higher Self—all that was not working in my life, so that I could bring greater joy and healing into my world.

We change the energy around us by how we perceive it. So, I asked you, this day, to look not at the fear that COVID has brought, but look rather at its many blessings of how your life has been changed. Look inside of you and see how you have changed, look for the peace not the fear. In expressing the good of life, we send out a peaceful energy into the world... this Peace can help soothe the Heart of Humanity.

Blessings and light, Tammy Roupp



## MEMBERSHIP DRIVE

The SGF Membership Committee initiated a new membership drive to help sustain this organization. Our Treasurer, Steve Rudnick, has determined that our yearly fixed costs are about \$3200 for insurance, website, materials, Zoom, etc. If just 30 members committed to donating only \$10.00 per month, those bills would be paid!

With this goal in mind, we encourage you to sign up to give a *monthly donation*. Or, if you prefer, a *one-time donation* of an amount of your choosing. You can do this on our website by clicking on "Donations" at the top right of the Home page.

Perhaps you know someone who is spiritually oriented. Why not invite them to join SGF as a member? If each member brought in just ONE other person, our organization would double in size!

By becoming a member, you will automatically be invited to participate in our '**Sharing & Growing Spiritually Together**' series. (These free sessions are explained in the editorial on page 2.) These are valuable sessions where each person can express themselves among other spiritually-minded people. Indeed, we are all on this spiritual journey together.

Our 2021/22 Membership Campaign will last through **Sept. 18<sup>th</sup>**. If you prefer to send a **check**, please send it to: **Sacred Garden Fellowship, PO Box 16304, Albany, NY 12212.**

We sincerely thank you for your support so that SGF can be a beacon of truth to all spiritual seekers.



## SGF's Amazing Mystical Small Healing Retreat

An amazing mystical Healing Retreat was held at White Eagle Conference Center on the weekend of August 13-15. There, the word "retreat" was redefined as "treating yourself over and over again." The group, facilitated by Donald Gilbert, included only a half-dozen members, but it turned out to be one of the most powerful recent retreats. Below, and on page 8, are personal perspectives on this "small" retreat:

Dear Friends, I have recently returned from the August retreat at White Eagle Conference Center, renewed, recharged, revitalized. Honestly, I had no idea why I signed up besides the fact that when I initially read about it, a little voice inside said "you are going." As a rule, I've learned better than to argue with that little voice. In my mind, I felt that Penny was off-planet so to speak, and really what was there for me in a small 6-person retreat? The voice was insistent and clear; my mind was open to the experience.

In retrospect, my experience was wonderful! I knew everyone there; not my old-time buddies, but people I knew fairly well. What transpired from the beginning was of particular note. It took very little time for the group to meld and the sharing to become warm and intimate. I'm convinced this is the power of a small group. Camaraderie ensued in short order as well. The impact for me was a safe place to share and grow. I knew I was ready for change before I came, and the smaller group - coupled with the spiritual energy that engulfed us all - turned the tide for me. I just wanted to share, I am now a fan of the small retreat format, and I encourage everyone to consider recharging your spiritual batteries and enhancing your spiritual growth at the next opportunity.

*Regards, Steve Rudnick*

Aloha. It seems to me that you can hope and pray and even live for a better world or you can rise up, out of the manure of old ego habits, and BE the New



*Retreat participants (front) Tammy Roupp; (back, l-r) Kathryn Romani, Steve Rudnick, Donald Gilbert, James Rose and Sherry Snook*

World. I can't imagine elevating form into Messiah functioning without the unity and power of the "small retreats" I have been attending for the past year or two. I don't believe SGF members are here to get by and just be comfortable. I truly believe that we are here to shine and transform into a higher level of being with Yeshua's and the Masters' and the Archangels' direct help. This is happening at the retreats. Mother Mary told me about my next mission (during a healing) and the help I would receive to carry it through. This is the true loving power of the Christ that we are. I guess I could sit at home, instead, and worry about germs and money and having to work hard at a retreat, rather than being entertained by Penny. We always have the choice; please don't waste the present. We are ALL needed. Remember your commitment at Messiah Court.

*Namaste, James Rose*

Wow! What an experience! Sherry urged me to come to the August retreat. Living in Indiana, I would have to drive 1,000+ miles alone plus 400 in a carpool. Because Sherry is tuned-in to the SGF Masters, I TRUSTED that there must be an important reason for me to be there. Sure enough, there was. I ended up making more spiritual progress at this retreat than at any other.

Right from the start, the intimate group of six bonded quickly. The spiritual energy in the room and running through the group was palpable. We were lifted up into our Higher Selves as each of us declared why we came to the retreat. We unanimously agreed that it would be a time to "let go" of perceived limitations. The intensity of the energy built with each successive session, enabling all to dig down deep into ourselves. But it was the mystical healing energy that was most amazing - nothing short of incredible. While healing together, we fell into a powerful unified energetic flow. It lengthened each person's healing time more (Continued on page 8)

## *Sacred Garden Fellowship's Amazing Mystical Small Healing Retreat*

(Continued from pg. 7) than usual, and manifested as a discernible healing energy that saturated all of us. By Sunday, we admitted that the retreat had accomplished much more than anyone ever expected. Success on our spiritual path! Bottom line: small retreats can be wonderful!

*Be thou blessed – Kathryn Romani*

This last retreat was truly a treat for all who attended. I know for myself the healing energy continued on through the following week and I was able to release a lot. We are so blessed to be able to come together as one in unity, in a safe loving environment. As usual, the room was filled with our teachers, guides and angels. I cannot explain the healing energy I felt. There are no words for the peace and love from the healing. I hope that everyone gets a chance to feel what it is like in a small group setting because there truly are no words to do it justice. I'd like to take the time to thank everyone who was there for allowing me to be part of the oneness. I truly enjoyed everyone's company and felt free to be me.

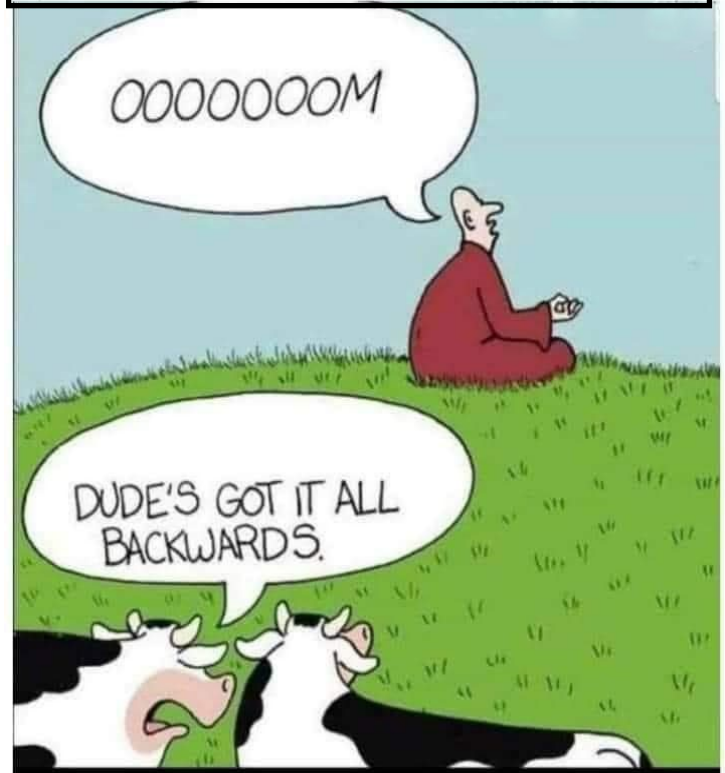
*In Light and Love, Sherry Snook*

I recently went to a small retreat. There were 6 of us total. However, it wasn't the number of people at the retreat that left an impression on me. It was how powerful the healing experience was! What matters was that we come together in unity. I spent a weekend surrounded in love. The healings of the retreat started on Friday when we got there. The energy was so pure; it was soft, loving and powerful. We talked about what we had learned about ourselves - how we have changed over the last year. I felt that, as we talked, the stress of the world was removed from the mind. By the time I had gotten in my car to come back home, my mind and body was buzzing with energy. The healing energy followed me home. We have been blessed with so much teaching from the Masters. I feel they are always with us. But the time of teaching each other and those we meet has come. I hope to see others at a future retreat, so that we may learn from each other.

*Blessings, Tammy Roupp*



## JUST FOR FUNSIES



## SGF Board of Directors

Readers are encourage to contact board members directly if you have comments or questions. Or send an email to Randee Hartz (see below) to request to **attend the Zoom Board Meeting on the 2nd Tuesday of each month at 7 p.m. EST.**

**Don Gilbert, Board Chair**

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**Brandon Jopko, Vice Chair**

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