



The Fellowship Chronicles

November 2023



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SHADOW WORLD

8/1/2000 7th Teacher given to Penny A. Donovan

The Shadow World is that which you call the earth and lower astral awareness. It was created by the ego when your mind became dual and began to believe in evil. Before the concept of wrong-doing was introduced, your awareness did not know or believe in anything different than the total perfection of God, and as children of God, of yourself. To be led astray one must first think it possible. Thus was born the idea that there could be something outside of God.

Therefore, by the very free will that God endowed you with, you called forth from Divine Darkness the space in which you placed your idea of evil or separation from God, an 'otherness' besides God. You filled it with every conceivable thing that was contrary to the love and pleasure you had known. You looked with awe at your creation, became terrified by it, and in so doing gave it power over you. You gave it your individual attention and fed energy into it until it filled your consciousness and became more real to you than God. There are millions of people, both on the earth and in the spirit world, who question the reality of God but believe wholeheartedly in the reality of pain and suffering. So the Shadow World came to be.

Because it is fed religiously by everyone, it has become a monstrous cloud which closes out the

True Reality. It is the Satan everyone fears, the devil of the evil self-created Hell. Therefore, it was necessary for those who did not believe in the Shadow World to break through its illusion and let the Light of Truth come forth. In the spirit world there are thousands of souls who are committed to doing this. It required some to incarnate and become what the Shadow World called prophets, teachers, saviors, Enlightened Ones, and so on. Some of us remained in spirit to help those who had ventured forth in form. Thus were born the spirit guides, teachers, and helpers – healers all.

The consciousness of mankind is growing more swiftly now because of the so-called wonders of modern technology. Even though there are those who would deny it, science has been one of our greatest allies. If a person can believe in a miracle drug, they can believe in a miracle. Now is the time for the in-surge of Truth for it can be accepted by minds conditioned by travel faster than sound and by satellites that tell what is happening on the other side of the moon. If man can walk in space, man can walk in Truth.

A hundred, nay, fifty years ago, your words would have gotten you slain or imprisoned. Now, they will get you followers who will outnumber your advisories. Be faith-filled, all things work for your good.

Editor: Kathryn Romani
Next Newsletter: February
Submissions to this newsletter are welcome. Please share your stories, poems, photos and insights for the next edition.

Deadline: February 1, 2024

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

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May the Love and the Peace of Christmas be Yours.

Calendar of Events

NOVEMBER (* via Zoom)

- **Thursday, November 30 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.

DECEMBER (* via Zoom)

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

- **Wednesday, December 6 Relaxation and Healing Meditation at 7:00 p.m. EST*** - Everyone is invited. A link will be sent to members via email.
- **Tuesday, December 12 at 7:00 p.m. EST - Spiritual Lessons from the Master Teachers*** with Don Gilbert \$20 per lesson. Discussing our experience of the lesson. Link will be emailed to you. Please register on the SGF website.



JANUARY

- **Thursday, January 18 at 7 p.m. Town Hall Meeting*** Everyone is invited to attend. A Zoom link will be sent to members before the meeting. Please join in; share your ideas, kudos, questions and thoughts.

Healing Happens in Relationship

By Tehmina Meherali

Father, I thought I knew you,
Alone. In my mind and meditation.

But it was only when I allowed myself to be
seen in relationship with others
That the full breadth of your love came forth,
Emanating from the hearts of your Creation.

I thought I could do it alone,
But I was mistaken.

I thought my mind and heart were enough
to know you.
They were not.

A good starting point,
But not the fullness of my Spirit,
Or yours.

Father, I thank you for bringing these
Brothers and Sisters to me.
And I, to them.

For ever did I wonder if there were others
Who thought like me, loved like me.
felt wounded like me.

Opening my heart in relationship as you have
'en-couraged',
Has helped me to explore a new way of
Being in form.

For courage is 'of the heart'.

Love in Union.

With them, through them, and because of
them,
I heal.

For that, I AM grateful.

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SOME THOUGHTS ON MENTAL COMPLACENCY

(Don't let the title scare you off!)



During a recent Zoom session, I found myself talking about Gratitude. Initially I was talking about how we create our existence through Thoughts, Words and Deeds, a base spiritual concept. I believe it is pretty much common knowledge for all of us, that what we think and say and how we act manifests and creates our lives.

The issue arose for me - and I suspect many of us - that frequently and unwittingly we can get into a mindset that continually creates a life that we actually don't want. Perhaps we may be spending a little too much time talking about a current illness, or how much money we don't have, or how lonely we are, without thinking that in those thoughts we are creating and drawing to us the very outcome and energy we are hoping to eliminate.

So let's circle back to Gratitude. It came into my awareness that one way to create thoughts, words and deeds that serve us is to think, speak and act with Gratitude. When experiencing true gratitude it is virtually impossible to create anything that does not serve us. In gratitude, it's all good, in fact, gratitude may well be the ultimate positive energy.

I had, at that point, the mini epiphany that although I used the word "gratitude" daily, I was using it as sort of

an automatic spiritual lip service. I had no intent behind the word, no energy behind the thought and no connection with my actions. I realized that I was stuck in a type of spiritual complacency. If I truly was grateful, I would be grateful for what I have, not for what I don't have. If I was truly grateful, the phrase "I'm good" would take on much more power. I was saying I was grateful however it appeared to me that I wasn't. How can I be truly grateful when I am not satisfied with what I have and who and how I am?

Here is what I'm going to do and what I invite you to do it with me. I've decided to slow down my thoughts about gratitude. Instead of just mouthing the word, I'm going to spend a few seconds contemplating gratitude. I, for one, am going to wake up in the morning and take the time for a gratitude audit of my life. I have so much to be grateful for and when I think of others who appear to have so much less, it magnifies my blessings a hundred-fold.

It only takes a few seconds to set our intent and intentions for the day. I believe this awareness and short daily exercise can go a long way in elevating our energy and creating and supporting our spiritual existence.

In Light and Love, Steve Rudnick

**Now, at this moment,
the divine light of our higher consciousness infiltrates,
permeates, uplifts, molds, and expresses through
and brings into manifestation that divine peace
which passes the understanding of the earth.**

**At this moment, now, the power of unspeakable love
surrounds the earth and all its people,
all of us inhabitants in every form.**

**The manifestation of that which is holy
is taking place now, this moment,
and everything is transformed before it.**

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Surgery on The Aura

When you feed something that's in your aura, it will become more! Now this works for the good of you as well as for the ill of you. When you get an idea, and you think about it and you build upon it, that also becomes bigger, and it can become a great and wonderful blessing for you! So you can use this both ways and in so doing, you have control of your life. And you can consciously plan your life and have it work because you will know how...What to feed and what to starve.

...Whatever you believe and feed will become your experience. I am sure you all know the story of the bumble bee. Aerodynamically, it is not possible for the bumble bee to fly, but no one told the bee and it has been flying ever since!

I would like you this day to bring into your mind something that you desire to be rid of. ...I am talking about things that you believe that are in error concerning yourselves, some limitation, or some problems that you perceive that you have.

And we're going to do a little surgery. Now after you have this clearly set in your mind, I want you to color it a particular color... any color you decide you want to... it does not matter. And I want you to allow it to take a form of a silhouette. Now I want you to take a pair of scissors, the little rounded-ended scissors that little children use, and I would like you to cut it out, this form, this silhouette. Wrinkle it all up and throw it away.

Now you've got a hole you have to fill. Now I want you to envision the exact opposite of what you have thrown away. I want you to envision it as a kind of clay or something that you can mold. And I want you to fill that hole with this new and wonderful blessing! Make sure you have the hole completely covered; we don't want a leaky aura.

Now every time your mind would seem to go to the old problem, I want you to instead, I want you to pull your thoughts to what you have filled the hole with... to the blessing and I want you to think on that and envision your experience with that. Picture it, make it

a reality to it and never again allow yourself to think about what you cut out and threw away!

Now this sounds like a very simple thing and it is. And it is something that you can do at any point and time. Now some of you may have to cut that form out more than one time, depending on how vigilant you are with your thinking! But this actually works.

I know some of you here are dealing with health problems. Some of them are slight and temporary. ...Some of your health problems are rather serious only because you have allowed them to become so. But, this works as well, with any health problem as it does with any kind of negative experience. You can, in your aura, cut out this problem and hold fast to the solution, the good health, to the vibrancy, to the energy, and you will find that the health problems disappear, depending on how vigilant you are with it. Depending on how often you think about the good, rather than the illness.

This works especially well with little children, for little children never think of their curiosity or imagination as something negative, like adults do! ...

Those of you that are healers here, you can work this way with people who were termed to have a terminal illness or one that is always with them... chronic, is that your word? You can work with them in this way, by teaching them about how to use visualization in their aura to take out the part that they don't want! Now this really works. It works greatly with animals as well. You can't teach an animal to use scissors, but you can use scissors for them.

...Now this sounds like such a simple thing. Well, you think if it is that simple how can it be that simple? Simplicity is the key to the universe.

...Now simplicity of action and thought is the quickest way to get good results. Because the more involved and complicated you make it, the quicker you're going to lose sight of your original goal. Your original goal is to have what you want in life.

Archangel Gabriel, YOUR AURA, September 24, 1994, Erie, PA, Pgs. 12-17. Copyright 2023 Sacred Garden Fellowship. All rights reserved.

BOARD OF DIRECTOR NEWS

At the September 2023 Board of Directors Meeting , members voted in favor of having Kathryn Romani join the Board. She was installed at the October meeting. Kathryn has been a member of Sacred Garden Fellowship for the last 8 years. Currently, she writes the SGF Blogs and serves as editor of *The Fellowship Chronicles* newsletter.

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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Ann Wahl, Secretary

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Randee Hartz, Board Member

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Just for Fonzies...

What kind of pie did Archangel Gabriel indicate was his favorite?

*See answer at bottom of page.

PHOTO BY
ROMAN ODINTSOV



Can you find 10 differences between the two pictures?



Just for Fonzies Answer: Pumpkin Pie