



# The Fellowship Chronicles

November 2022



## Inside this issue:

Calendar of Events	2
Board of Directors	2
Attitude of Gratitude	3
Julie's Cookie Recipes	4
Healing Retreats	4
Upcoming Class	5
Angel Retreat	5
Retreat Perspective	6
WSL Retreat	6



## GRASPING AND HOLDING

**Editor: Kathryn Romani**

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

**Deadline: Feb. 1, 2023**

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

Lesson from Nq-on Kar on Feb. 15, 2009

Grasping and holding can be very subtle. Because it is such a strong habit it goes undetected most of the time. Even clinging to spiritual truths and practices can be a form of grasping if one becomes inflexible about them.

Letting all things, desires, emotions, situations, appearances flow in and out of your experiences without clinging to them, and then being happy in the moment liberates one from attachments that trap the mind in end-

less concerns. All things, both pleasures and pain, come to pass.

Observe what is presented to you, discern your patterns of thought, learn from this and then let it go to make room for the next experience with a joyful, grateful attitude. Soon you will discover that wisdom, love and happiness are your traveling companions; and freedom is the environment in which you dwell.

*Copyright © 2009 Rev. Penny Donovan and Donald Gilbert. All rights reserved.*

## 2022 Calendar of Events

### DECEMBER (\* via Zoom)

- **Saturday, December 3 at 11:00 a.m. EDT Virtual Community Healing Event\***; Free. A zoom link will be sent to all members the day prior to the event. No registration is needed.
- **Saturday, December 3, 10:00 a.m. to 4:00 p.m. EDT** - One-day *Communicating with Your Angels* Class for local audience at Harvest House, Gilbertsville, NY. Cost \$75.00. Please call Sherry to register at 607-783-2335.

## Merry Christmas & Happy New Year 2023 Calendar of Events

### JANUARY

- **Tuesday, January 17 at 7:00 p.m. EDT - Spiritual Lessons from the Master Teachers\* Lesson #1** with Don Gilbert \$20 per lesson. Discussing our experience of the lesson. Registration is required on the SGF website. A Zoom link will be sent a day prior to the event.
- **Thursday, January 19 at 7:00 p.m. EDT - Town Hall Meeting\*** A zoom link will be sent to all members a day prior to the event.
- **Saturday, January 21 at 1:00 p.m. EDT - Understanding and Healing Victimization Consciousness\*** by Brandon Jopko. Fee: \$20.00 (see details on page 7).

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

### We are looking for a...

### TREASURER

### Sacred Garden Fellowship Board Member

### To join the SGF Team!

Job description: Oversees all financial transactions and fundraising efforts of the SGF organization and its committees. Primary duties include: budget planning, financial reporting, record-keeping, and managing incoming and outgoing funds.

Are you interested? Please contact:

tim@sacredgardenfellowship.org

## 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

**Steve Rudnick, Treasurer**

steve@sacredgardenfellowship.org

**Margaret Lassiter, Secretary**

margaret@sacredgardenfellowship.org

**Randee Hartz, Board Member**

randee@sacredgardenfellowship.org

**Tim McCarthy, Board Member**

tim@sacredgardenfellowship.org

**James Rose, Board Member**

32jamesnelsonrose@gmail.com

**Tammy Roupp, Board Member**

tammy@sacredgardenfellowship.org

**Sherry Snook, Board Member**

sherry@sacredgardenfellowship.org

## Establishing an Attitude of Gratitude by Kathryn Romani

In the MANIFESTING book, Archangel Gabriel talks about giving and receiving and thankfulness. What is emphasized is the fact that by expressing genuine heartfelt gratitude, we attract positive outcomes into our life.

However, Archangel Gabriel said, *"In order to get something, you have to begin at the beginning."* Gabriel goes on to say, *"Giving is the first step in receiving and you should give with the idea that what you are giving is going forth to bless another. Now, we all know that blessings return."*

*Now, in giving, it has to come from the heart center. One must never give with the idea, 'Well, I'll give this and I'll get that in return.' However, you should give with an attitude of expectancy. You should always give with the idea that you are sowing seeds of your own good that will return to you."*

Since members of Sacred Garden Fellowship are all on the spiritual path, we understand the concept of gratitude and how, by giving thanks for all of the blessings that God continually bestows upon us, we are creating in our energy field a magnetism that attracts to us even more positive things for which to be grateful.

It is absolutely astounding when we stop to think about how every single thing in our life is provided by Mother Earth! Even our own body is made up of earth elements: hydrogen, oxygen, sodium, magnesium, calcium etc. Our homes are made of wood, bricks from clay, windows from lime and sand. Our car comes from earth's metals, tires from rubber and roads from asphalt. All furniture comes from Mother Earth - even the modern molded furniture comes from crude oil and metals. Then she provides clothing to wear, water to drink and plants, animals to eat and air to breathe. Wow!

Our utter dependency on Mother Earth can easily be taken for granted. But when we think about the array of blessings that Mother Earth consistently provides to everyone, it is humbling and we are moved to be grateful.

Many members of SGF have stated, at one time or another, that they start their day - every day - with words of appreciation. This is good. It sets the tone for the day. Some also add a prayer of gratitude at the end of the day. This is being a "thankful person" but establishing an attitude of gratitude is so much more than that.

It's not saying, "Thanks for everything" and feeling like that's good enough to cover it all. Having an attitude of gratitude is something we need to work at. It's maintaining a feeling of appreciation for everything and everyone that we

encounter as we go through our day.

It goes like this: the alarm clock goes off and before our feet even hit the floor, we thank Father/Mother God for this glorious day - and regardless of the weather, each and every day is a "glorious" day because we are alive to enjoy it. We go to the bathroom and express thanks for indoor plumbing, so we can take a hot shower inside. That beats bathing in a freezing cold river while being on-guard for predators, as we did in past lifetimes. Then we bless our food, and we are grateful to have a job to go to and a car to get us there.

While waiting in a long grocery check-out line, instead of being upset at having to wait, we can be thankful that the store is there to fill our needs and that the cashier came to work today. We see annoying coworkers as challenges that teach us patience and tolerance, so we are grateful for them. In every situation that we encounter, we express our thanks—from morning to night. THAT's having an attitude of gratitude! Then we do the same thing the next day, and every day. At first it may feel fake. Of course it does, because it's new! By developing an attitude of gratitude into a habit, life will be exponentially more positive and pleasurable.

Archangel Gabriel said, *"The vibration of thankfulness is very powerful and it is totally magnetic. The very vibration of it has a pulling power. So when you say 'I am thankful for...' you have excited that energy, you have stimulated it into its fullest potential and it becomes magnetized and it will pull to you that which you are thankful for."*

This is why establishing an attitude of gratitude is one of the fastest and most efficient ways to change our life for the better. It moves gratitude naturally, from thinking "thanks", to expressing words of thanks, to feeling that our heart is bursting with so much gratitude that we have to DO something about it! And this inspires us to do something good for another person so that they, too, can feel thankful.

Establishing ourselves in an attitude of gratitude will make our lives beautiful and joyful. Ease-of-well-being will be our constant companion. Life will be full of tranquility, contentment and joyful surprises. See what an attitude of gratitude can do for you!



## Julie's Delicious Cookie Recipes

During the Wholehearted Spiritual Living group's retreat held on November 11-13 at Harvest House, Julie Covert of Chesterfield, Missouri shared with the group several different kinds of delicious healthy cookies that she baked. The lemon cookies were especially tasty. Julie graciously agreed to share her recipes with us below. Thank you, Julie!

NOTE: I am a by-sight baker. I add ingredients until it makes the right consistency for a cookie. To my basic **gluten-free Tree Bark** recipe, you can add different fats, such as Nutella or Almond Butter, etc. I also us Monk Fruit as a sweetener instead of sugar. You can play with the ingredients—like substituting raisins or craisins for the chocolate chips, or adding white chocolate chips or butterscotch chips. The following Butterscotch Cookie recipe is a recipe that I use as the base for a lot of different cookies. Just change the flavor of the pudding or substitute something else for the chocolate chips. All of these recipes can be baked in a sprayed or parchment-lined 8"x8" pan to create bar cookies.

### Butterscotch Cookies

- 1 box Butter Cake mix
- 1 box instant butterscotch pudding
- 1 egg
- $\frac{3}{4}$  cup vegetable oil
- $\frac{1}{2}$  cup flour
- 1 cup or more chocolate chips



Heat the oven to 350°. Mix all ingredients in a bowl. Dough may be a little crumbly. Add chocolate chips. Drop tablespoon-size balls onto parchment paper on a baking sheet. Bake at 350° for 10 to 12 minutes.

### Gluten-Free Tree Bark Cookies

- 1 egg
- 1 cup peanut butter
- $\frac{1}{2}$  cup plain instant oatmeal  
(I grind half of the oats into a flour; and do not grind the other half.)
- 1 medium banana. mashed
- $\frac{1}{4}$  cup white sugar
- $\frac{1}{4}$  cup semisweet chocolate chips
- 1 Tbsp. vanilla extract



Heat the oven to 350°. Mash the banana in a bowl. Add all ingredients and stir. in a bowl. Add chocolate chips. Drop tablespoon-size balls onto parchment paper on a baking sheet. Bake at 350° for 10 to 12 minutes.

### Lemon Cookies

- 1 box Lemon Pound cake mix (I use Aldi's but it's seasonal.)
- 1 box no-sugar cheesecake pudding (or you can use vanilla or white chocolate pudding—use the pudding mix dry)
- 1 to 2 eggs (2 if you like your cookies cake-like)
- 1 8-oz. cream cheese softened
- 1 sm. pkg. dried blueberries
- $\frac{1}{2}$  bag white chocolate chips



Mix all ingredients in a bowl. Dough may be a little crumbly. Drop tablespoon-size balls onto parchment paper on a baking sheet. Bake at 350° for 10 to 12 minutes.

Cool on racks. Prepare the lemon glaze that comes with the lemon pound cake mix; when cookies are cool, drizzle it over the top of the cookies then let them set up.

## Upcoming Zoom Class

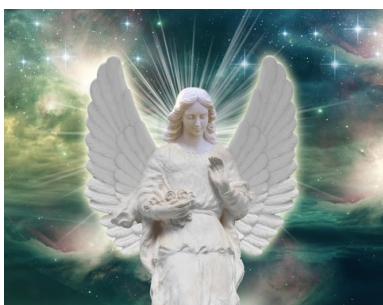
### Understanding & Healing Victim Consciousness

**January 21 at 1:00 p.m. EDT**—Join Spiritual Healer, Brandon Jopko, as he leads attendees through an understanding of what it is to have a victim consciousness and how to embrace it and work towards healing it. What are the thought patterns behind it? What lies does the ego tell you? Brandon will draw on wisdom from the teachings of Archangel Gabriel, Ascended Masters & Master Yeshua from *The Way of Mastery*. Attendees will work on experiential activities in the session.

Fee: \$20.00. Please look to RSVP for this class soon on the SGF website.

## Special Angel Retreat at Harvest House

By Irene Lavin



The subject of angels attracted me, so I signed up to attend Sherry Snook's "Communicating with Your Angels" Retreat at Harvest House - her beautiful bed and breakfast/spiritual retreat house in Gilbertsville, New York on October 21<sup>st</sup>-23<sup>rd</sup>. I

arrived just after dark on Friday and Sherry had a homemade taco dinner ready that accommodated one attendee's vegetarian diet, my food sensitivities, and another's tastes.

As Tinkerbelle, who also attended the seminar, said about herself during class on Saturday morning, we were small, but mighty. The weather was mild and warm all weekend; it was sunny each day. Glorious Autumn.

Harvest House surprised me—it's grand and spacious, built in 1909, with a beautiful dark wooden floor in the living room, where there's also a large wood-burning fireplace and many comfortable chairs, along with sofas.

What struck me most—beside the spiritual sharing and teaching—was the thoughtfulness throughout. This

showed in the quality of the meals we ate, the comforts in our rooms, and in the tiny packet of crystals Sherry prepared for each of us to take on our walk on Saturday afternoon in a nearby State Park. She encouraged us to leave crystals at various sites in the woods in appreciation for nature energies/angels—the fairies, elves, gnomes, the often unappreciated trolls, and even the leprechauns.

Sherry's intention was for us to experience the energy of each type of nature angel, so we could recognize their energies on our own and become more attuned to feeling when an angel is with each of us.

I was surprised that I felt shifts in energy while walking in the woods, just a second or two before Sherry called our attention to them. She described the energy of each type of nature angel and asked for our impressions. Her guidance created awareness of the subtle shifts, as we walked along the paths. Sherry also pointed out each type's likely shelter at the base of trees, near rocks, or by water.

Another attendee and I shuffled through deep fallen leaves as we climbed a hill—feeling young and happy. I was amazed by the quality of the wood in the park tables and benches, the nearby shimmering lake reflecting the colors of the trees, and the light itself in the tall, tall woods—filling us with peace. We learned that each plant, each animal has its own nature angel. The earth felt protected and loved, as we came to know about these angelic spirits.

Back at the house, an attendee played recorded music to uplift and calm us, as he had at the start of the day. So enjoyable. Sherry taught again Saturday night, with Tinkerbelle by her side to chime in. She told us that three Archangels were also present—protective Michael, Gabriel, and healer Raphael.

On Sunday morning, we all had group healings, followed by a reminder from Sherry that "Angels are only love. They're only here to love."

Two occurrences that made the biggest spiritual impression on me were: learning that angels help us with menial things because we humans are bothered by such things. Angels often want us to be happy, which is why there are so many angels for parts of our life — to help us through tasks and challenges, so we can return to our natural state of inner happiness. Sherry taught that the angels' "singular purpose is to lift mankind up into the Light."

And the second occurrence that made an impression? The sense of comfortable openness and sharing that grew throughout the weekend in our group.

## Angel Retreat Perspective

Mary Lee also wrote about the Angel Retreat at Harvest House: It was excellent! Harvest House itself was warm and welcoming. Sherry Snook, the owner of Harvest House and the retreat presenter, took every measure to ensure our comfort. She met all our dietary needs including having delicious goodies that we could enjoy!

The results of the retreat were surprising and uplifting. In order for us to communicate with our angels, Sherry helped us learn how we each recognize and remember events. Do we remember through images, sound, smell, touch, etc.? Knowing this, we could then apply that knowledge to recognizing our angels.

To give us a chance to start applying that knowledge, she took us on a beautiful walk at Gilbert Lake State Park, a 1,584-acre park near Harvest House. There, we had many opportunities to practice how we each recognize the various nature spirits: fairies, elves, gnomes, trolls, and, yes, even leprechauns. The experience was exhilarating!

Armed with these new tools for recognizing unseen beings, we were given opportunities to practice recognizing, identifying, and communicating with our personal angel(s). The experience was profoundly moving.

Throughout the processes during the retreat, Sherry was compassionate, sensitive, perceptive, and responsive to what each attendee was experiencing to help each person maximize the benefit of their process. These traits, along with her knowledge, intuition, and keen ability to stay in constant communication with her angels, helped to make my retreat experience memorable and invaluable. Each day I practice the communication techniques she gave us.

Being at Harvest House was like being at home with family. Coffee was ready anytime. We helped cook, chopped vegetables, laughed, and chatted. The experience was intimate in ways I never expected. Cherished bonds were formed. I would go back to Harvest House for an event in a heartbeat.

*By Mary Lee*

## W. S. L. Group Retreat

Eleven of the thirteen members of the Sacred Garden Fellowship's *Wholehearted Spiritual Living* group met on the weekend of November 11—13 for a spiritual retreat. Everyone was warmly welcomed by Sherry Snook, a long-time SGF member and proprietor of Harvest House Bed & Breakfast and Retreat Center in Gilbertsville, NY. Participants drove from as far away as Toronto, Canada, Missouri and Indiana for this long-awaited retreat.

On Friday, guests enjoyed a delicious dinner of stuffed shells and meatballs, as well as vegetarian dishes. After dinner, Don Gilbert, the facilitator, gave participants an assignment which was given to him by his angels. He had ten lessons from various SGF teachers. He placed them on a table upside-down and let each person choose one lesson sight-unseen. This way we had to rely upon our intuition to choose the right lesson for us. We were told to study the lesson, make notes and give a presentation on that lesson on Saturday. The rest of the evening was filled with conversation, rekindling old friendships and starting new ones.

The next morning, Tammy was the first to volunteer to teach her lesson. She did not read the lesson because we would receive a copy of all 10 lessons later on. Instead, she interpreted the lesson and how it applied to her life. Her heartfelt expression set the pace for the rest of the group and all were amazed at how the material given in the lessons dove-tailed into the lesson that followed it. All of the lessons were profound and the fact that the group opened their hearts and allowed themselves to be vulnerable created a bonding that was strong and precious.

The weather was rainy, so we did not engage in outdoor group activities. However, we enjoyed curling up on the comfortable couches and chairs by the fireplace and chatting.

That evening, Sherry prepared a delicious turkey breast dinner with all of the traditional Thanksgiving sides and desserts. Presentations continued that evening and resumed the next morning, after breakfast. When all the lessons were done, the individual healings began. There was a palpable sense of joy and camaraderie that permeated the entire weekend.

Sincere gratitude is extended to the group's hostess, Sherry Snook, who did everything from making the meals to stoking the wood-burning fireplace. She made us feel at home in her beautiful home.

*By Kathryn Romani*