



The Fellowship Chronicles

February 2020



Inside this issue:

Upcoming Events 2

Manifesting Our
Dog, Astra 2

Power of One 3

Grace, Faith and Surrender—January Emergency Room Blessings with Miriam



As I drove Friday afternoon to the January 2020 retreat, the weather was overcast and mild. Traffic was easy, I cleared Customs with ease, the inter-states were dry, with perfect visibility and no snow or ice...except where it should be, in the bush. All rather ex-

ceptional for a mid-winter road trip. I was grateful....but in my heart I had this overwhelming feeling like I was losing something once treasured. I knew intuitively something big was happening, something was shifting here on the physical plane, and I kept seeing Miriam in my mind's eye. I did not feel that she was leaving the Earth...I just knew something was going on within her and within me, that I would feel this way so strongly. Tears kept welling up on and off, yet I was not crying. With no rational or reasonable explanation to feel this way, I gave myself a rather stern spiritual talking to...you know the kind...we have all been there before. Yet I still felt profound sadness and loss...I just couldn't shake it. Then at around 5pm when I was about 30 min from the Lodge, Don sent me a rather unusual text. Drop by my cabin when you arrive and I'll fill you in on what's going on.... Continued on page 4-7

For Submissions:

- *Newsletter submissions are always welcomed.*
- *Email Brandon at bjopko@hotmail.com to get yours in the next edition.*
- *The next newsletter will be published in June, 2020.*

Manifesting our Dog, Astra



For some time, we've always talked about someday getting a dog. It was a year ago last December when I first had dreams about actually getting one. It was so vivid and real that I was certain it was coming to

Tehmina and I soon, likely the spring. However, that period of time got real busy and it passed without a dog in our life. The rest of the year passed and I would have occasional thoughts of, "Where's our dog?" I had to remind myself many, many times that I had to trust the Universe and it will happen when things are aligned.

Boy, did they align!

This past December I continued to have some visions and I had an overwhelming feeling that our dog would soon be with us. It was undeniable – our dog was on its way!

Then in the early morning of January 10th before I fully awoke, I had an unmistakable vision that this was the day that I was to look for her. I saw in my third eye a series of dogs who appeared and disappeared, and to me, this was a clear signal today was the day! On the drive to work, I asked, "Where do I look? Is it the shelter in Cambridge?" "No," came the feeling. "Is it the Toronto Humane Society?" No again. "Is it the Etobicoke Humane Society?" This question prompted a 'Yes' response. Of course it's Etobicoke, I thought. It's literally two blocks from my school, and I should have known that Spirit would have made it so easy for me.

...continued on page 7 ...

Upcoming Events:

2020 Dates

- March 6-8th—**Weekend Healing Retreat** with Rev. Penny Donovan & Don Gilbert at White Eagle, Hamilton, NY
- April 4th—**Spiritual Tools for Living Joyfully** with Donald Gilbert & Brandon Jopko in Toronto, ON at Old Mill Toronto
- April 18th—A **one day seminar** with Donald Gilbert & Sherry Snook in Williamsport, PA
- May 1-3rd —**Wholehearted Spiritual Living Retreat** with Don Gilbert at White Eagle, Hamilton NY
- May 29-31st—**Weekend Healing Retreat** with Rev. Penny Donovan & Don Gilbert at White Eagle, Hamilton NY



Power of One



There is a line between that which is known and that which is remembered at the soul level. When we trust in the God self aspect of ourselves, and release the ego and personality, a profound clarity is understood, The Tower of Babel is a representation of

thus. In the light of all knowingness there is no need for questions or answers, there simply is a cohesiveness with infinite intelligence and honoring of one's place within that spectrum of energies. The line or door that separates energies or knowingness between the dimensions of the common confine called "time" can be reached and opened through the simple acknowledgement of one's God self. Through this release and acceptance, one's light can shine clearly upon truth. As in the tower, an elevation was attempted in order to access this higher level. What in fact happened was not a shunning or ... continued on page 8 ...

“...when you *consciously* touch in to your higher self and you work from *that* point, then you are in your sacred space and everything you do has to come out right. It *has* to. That is the law. God is in command and you are God's child and you are in command of yourself and anything you set your Spiritual Self to do, *you can do* and nothing can stop you excepting yourself when you begin to fear or doubt.”

Excerpt from *Healing: Lessons from Archangel Gabriel* by Rev. Penny Donovan



@SacredGardenFellowship



@sacredgf



sacredgardenfellowship



Sacred Garden Fellowship

... continued from page 1 ...

For those of you not at the January retreat, I shall explain. Miriam had fallen out of her wheelchair face first onto the hard floor in her cabin. This happened just hours prior to the beginning of the Friday eve session. Miriam had no loss in consciousness, but is prescribed anticoagulant medications, which put her at high risk for internal hemorrhage with any injury/trauma...and this was a very traumatic fall. Miriam had epistaxis (nose bleed) and severe facial edema, ecchymosis (bruising) and gross periorbital edema/bruising. She was confused initially. Sherry, Lou and Sybil called EMS who transported her to Hamilton ER. The attending ER Physician told Miriam on exam, it was most likely she had fractured facial bones, and that they needed to rule out intracranial hemorrhage, and cervical spine fractures. The EP was certain her nose was broken, as it was also very swollen with septal deviation. CT of face, neck, head and labs were quickly done. Miriam was told no fractures or bleeding were found on CT. But she needed to be admitted for observation, her blood pressure was very high, and she required rehydration, antihypertensive medications and pain management. Miriam also had infected wounds on her leg that needed intravenous antibiotics. I arrived around 8:30pm and sent Sybil, Sherry and Lou back to get some rest. I was privileged to spend the night with Miriam and the kind staff brought me a lounge chair. Being respectful of all that she had just been through, I sat quietly with her, holding sacred space, and generally speaking only when she initiated conversation

or if in need.

From the time I arrived in the ER, it was not the nasal tampon bloody and protruding from Miriam's nostril that moved me...it was not the disfiguring swelling that closed her left eye in grotesque swollen blackness...or the fact that the left side of her face was completely shifted upwards and sideways from the severe swelling. It was not her disfigured nose...the dried blood and lacerations on her temple..nor was it her leg that kept jumping in protest from pain, infection and compromised blood flow or her voice that cried out in agony when it did....what stood out more powerfully than all of this was what was within Miriam that could not be seen with physical eyes, heard with physical ears or measured with any scientific monitor. It was Miriam's quiet and steady determination...her absolute dedication and devotion to Yeshua and to God in the face of extreme adversity that made a profound and permanent mark on my heart and Soul. Miriam's words, "I have to do the Father's work this weekend, I can't be here in this hospital, all that matters to me Barb is doing God's will, doing the work of the Father."

These words, spoken so softly and powerfully, spoken with conviction and offered in complete surrender to God....got me like nothing in this lifetime ever has before. Throughout the entire night, Miriam maintained this singular focus of holy service to God from her Spirit... ...Continued on page 5.....

...continued from page 4 ... refusing to allow the illusion of her physical body to distract her when she had every reason to throw in the proverbial towel...instead she only became stronger and more powerful in her truth. Each breath taken physically, Miriam used as energy and courage “to go the second mile”...as Yeshua says. Every time she awoke throughout the night, she powerfully restated her purpose in the form of unshakable affirmations. I cannot count how many times I witnessed Miriam repeat....”I will align my will with the Father’s and his Will not mine I shall do.” Throughout the night, the words may have varied, but her determination and commitment never did. Miriam was ultimately surrendering all that was left in her physical being...to live only from her Spirit Self to do the Father’s work from this day forward in service to our community and for the world at large. I watched Miriam walk through a Spiritual door in the ER that night, and into a dimension that enabled her to leave the physical behind and live only from Spirit while still in the flesh. To behold Miriam in this state of holy Surrender and Grace I consider an absolute privilege and profound honor.

I was not the only one to bear witness to these miracles. Throughout the night, many benevolent spirits came to pay their respects. I felt as if Miriam and I were at Church the way one being after another came through the veil single file, quietly, seldom speaking yet speaking volumes. An encouraging smile, a gentle nod of the head in our direction, a soft touch on my shoulder, and on hers. I realized that there was a reason I did not recognize any of their faces...but only their energy and messages. We had gone in-

to the great at-one-ment where unity was both the vibration and blessings we were receiving. A young American soldier who served and lost his life in Afghanistan came to me with so much gentleness and respect, and while looking and nodding at Miriam said softly to me, “I gave my life in service for my country...but SHE has given her life in service to GOD.” I will never forget him. With this message, he was also challenging me about what I too am being called forth to do in my own service to God. I too, in a past life gave my life for country...for France. This soldier was challenging me to learn wisely by Miriam’s example and to get it right this time...to serve only God...and to be fearless and determined in that service and along my path...as Miriam was modeling. This is the lesson that all of us are being challenged to realize and manifest.

Miriam could not tolerate ice packs to her eye that was swollen shut or on her forehead. The weight of the ice was just too painful. Around 3am, I witnessed what can only be described as dozens of tiny Angelic finger tips reaching out through the veil massaging the soft tissues of Miriam’s face. I knew they were working to heal the swelling. Throughout the night the nurses were astonished each time they came in to check on Miriam while noting her accelerated tissue healing. Each time they came in they would exclaim, “Wow!!! The swelling is disappearing SO fast!!!” It normally takes several days with ice applications four times daily before such swelling is reduced. By morning Miriam’s left eye was fully open and the disfigurement gone from the left side of her forehead and face. Continued on page 6 ...

Emergency Room Continued

Continued from page 5... Her nose had also been restored to its normal shape. Abundant miracles! In 27 years as an Emergency Nurse, I have never seen anything like this. I know the Nurses in the ER that night never had either.

The night spent with Miriam in the ER in January was magical. It reminded us both of the July 2016 SGF retreat in Niagara Falls ON when the Holy Spirit blew through the room we were sharing and through us both as we slept. We recognized that this same holy power was with us this night, and working through us, not for a different purpose... but a continued one. It matters not that we cannot apply words to this experience yet, for this is where faith and trust comes in. I understand now that the sadness and loss I felt while driving to this retreat was actually the surrendering of that which was limiting or distracting Miriam and I (and all of us) from manifesting our Messiah and ultimately our Christ. This surrendering consciously can feel like loss and grief if not understood. When brought into the light of truth however, the feelings are transformed into peace, and joy.

Forever will I give thanks for the unity, sacred sisterhood, friendship, love, magic and blessings that I have received during my relationship with Miriam. She has graced my life in ways that cause me to finally really understand what Yeshua meant when he said "giving and receiving are one."

Today I came across Gabriel's "Mirror Meditation" which I feel is very fitting and pays tribute to all that Miriam has mirrored

to us from the truth of her beautiful and courageous Being.

In Christ Unity and Love,
Barb Cove

Gabriel's Mirror Meditation:

I am God's own creation
Created in love, unspeakable love
In beauty, in truth
In every form of loveliness there is
I am perfect, for I am God
I am the Temple in which the Source dwells
I am the channel through which it manifests
Every bit of love I have ever known is God's love
I am perfect
I am the Lord God of my Being
I am the Lord God of my Being
I am all Power
I am all Light
I am all Love
Indeed and so it is
Amen and Amen

Astra Continued

... continued from page 2 ... That day after work, I scooted over and showed up at the shelter. Wouldn't you know it, they only had **one** dog there at that time, and they showed me a picture of her on the computer asking me if I wanted to meet 'Astra'. She's a lab/bulldog mix and has a dark, almost black complexion in pictures, which reminded me of what Sherry Snook told us once – that we were going to have a black dog! She also fit the size and body outline that I previously saw in my third eye. "Absolutely!" I said, "I want to meet her."

When I walked into the room, she immediately gave me her paw and a kiss with her tongue! She was also cuddling with a volunteer on the couch, which is so sweet; she would be perfect for us! I went home and immediately filled out an adoption form online and looked up some info on the Bullador breed. Many sources mention how it's a great dog for first-time dog-owners which Tehmina would be. Astra also means 'Star', and in Norse it means, 'Divine Strength.' These were all positive signs affirming to me that this is our dog!

This all occurred on a Friday, and Tehmina went to meet her that Sunday. However, the morning before she went to the shelter, she went to pick up some clothing items she had ordered. As it happens, she forgot that she ordered a particular pair of socks, but as she looked at them, they were covered in stars!! Clearly, this was a sign for her.

Part of the adoption process is a phone interview and a house visit with the adoption coordinator, and I was told that we were second on the adoption list. Those initial people withdrew their interest in Astra (thank you Spirit!), so it was our turn. Truthfully I was very nervous through this process even though deep down I felt she was ours. And of course, she came home with us a few days later!

Through all of this, it occurred to me that I'm so thankful Spirit answered my intent and responded to me in ways I could understand. They found us the perfect dog – I'm just so amazed at how beautifully it all worked out. Truly, if we're open to receive Spirit's guidance, it does indeed answer and respond!

Immense blessings,

Brandon Jopko

Join us in the
ethers every
Sunday
night at 7
p.m. to send
healing,
peace, love
and grati-
tude to
Mother
Earth.

Email Margaret
Lassiter at astro-healing@gmail.com
to get on the
Sunday email list
in order to receive
these reminders
for healing.

Power of One Continued

... continued from page 3 ... power hold from God, but instead a willing acknowledgement of separation on behalf of the people... An acknowledgement of lesser and lack. Hence, when the mindset was collaborated by many, a separation occurred. Where there was one language, a need for specialization and recognition emerged. A need to be understood where understanding already existed; a need to be heard when hearing was a secondary receptor; a need for power when it was already accessible at one's fingertips. When the brilliance, the light of God was experienced externally people needed to contain and expand instead of going into the light. They struggled and acted out of desire instead of realizing they did not need to go into the light because they were the light. That the door between knowing and unknowing was open - the light that they sought came from within. The knowledge and power they so desperately desired was already firmly within their possession. One simply needed to shift perspective, a release of materialism and that of a physical nature to understand their own infinite nature. To open the door, a tower was not needed then nor is it needed now. Instead, an acceptance of what always is and always has been is needed. Adventure, not through language or words, but instead an understanding of the great silence; a tapping in and tuning up into a language that has no need of vocabulary or vocalization. Through the light and trust, we understand the purpose of language and can therefore put aside the perceived divide that it was said to have caused. When that is understood, and the light is welcomed in the

silence, the unity that we seek, the peace that is profound will truly be understood. It is the contrast that brings understanding, an acceptance of lack [that] of which limits growth, and the perception of lack of love that builds the ego. Once these pieces are released, the old ways of doing, the recognition of the soul, the working of love through energy will be remembered. The protection that is then in place is in fact infinite. The love you feel is real but until you release and break free so too are the limitations you experience. The intangibles of love are not in fact love, they are as real as any of you. The energy you feel, the shadows you see, the sparkles that disappear with a blink are too there. It is your interpretation of who or what they are that have fictionalized their existence. When one is, one is no matter where in time or space they may be. Release the need to know and you will find the answers to anything you seek are already known. The answers that you crave, the peace of profound beingness is simply waiting for you to return to its center. The door "between" needs to be acknowledged, not opened. The language that has, in the past, divided now needs to be heard in a different way, seen through a different vision. The door is open if one is simply willing to walk through the light.

-Received by Sarah Bordi