



The Fellowship Chronicles

August 2022



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Editor: Kathryn Romani

Next Newsletter: November

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

Deadline: Nov. 1, 2022

Email:

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

INSTANT HEALING

10-22-2007

Yeshua

When you intent to heal, you draw energy to you that is for healing only. It is clear, pure energy that holds within it the properties of creation and perfection. It is unmarred by any illusions or error. Its purity is like an electrical current in its exactness and ability to be instant and direct.

Within you and within the person to be healed is the memory, the seed of the original vision and purpose the Father held of that person and you when he breathed you forth. It is the perfect memory of that first awakening, first awakening of Life and consciousness of individuality, and all that the moment contained, the full realization of communion and total being of the God and Goddess within.

Your desire to heal must come from a deep compassion and holy love for that person as a fellow brother or sister in Christ for this

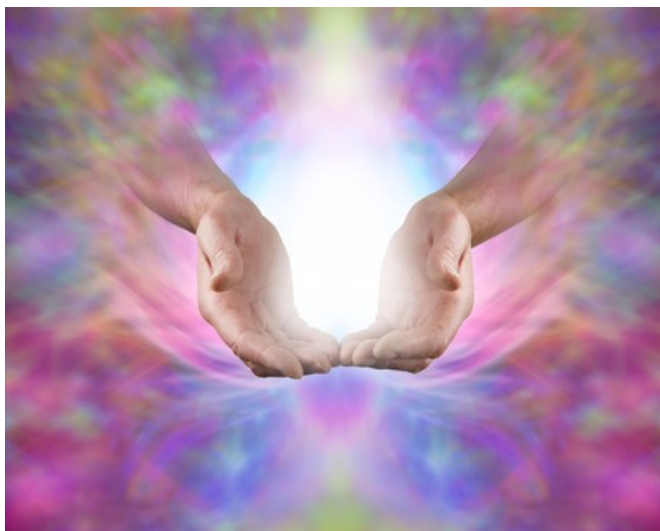
desire is also within you as part of your original purpose.

The person to be healed must want the healing from a desire to be free of error for that is all healing does is free them from error. The pain or illness is only

the manifestation of fear and error.

These two desires set up a cone like receptacle in the ethers above you and the healing energy is pulled magnetically into the cone and flows through you, picking up *your* power which carries it into Miriam (Rev. Penny Donovan) whose power sustains it so that it can flow through the person and touch into their original purpose and instant healing occurs.

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2022 Calendar of Events

AUGUST (* via Zoom)

- Aug. 26-28 **Weekend Healing Retreat** at Harvest House, 1558 State Hwy. 51, Gilbertsville, NY. The retreat will focus on "Spiritual Freedom and Being Open to Revelation." Participants will have an opportunity to look deeply within themselves and explore subconscious belief systems and other barriers in order to become more open to revelation. It will be a small, sacred gathering in a loving environment where each attendee can receive feedback, coaching, and hands-on healing. The fee is \$375.00, which includes sessions, meals and lodging in shared rooms. Please register on the SGF website.
- August 18 at 7:15 p.m. EDT - **Sharing & Growing Together Spiritually*** facilitated by Mary Lee; members only; free. A Zoom link will be sent to all members the day prior to the event. No registration is needed.

SEPTEMBER

- Sept. 17th at 11 a.m. EDT—**Community Healing Event*** Join Don Gilbert in this members only event as we take part in healing those in attendance in addition to others around the world including Mother Earth.
- Sept. 20th—**Spiritual Lessons from the Master Teachers*** These lessons were privately shared to Rev. Penny Donovan and Don Gilbert many years ago, and now Don is making selected lessons available to the public. These are incredibly powerful lessons that are still very well suited to the times we're living in now. Please join us for this spiritually uplifting event.
- Sept. 23-25 **Weekend Manifesting Abundance Retreat** facilitated by Sherry Snook and James Rose, will be held at Harvest House, 1558 State Hwy. 51, Gilbertsville, NY. It will start at 6 p.m. and costs \$375, which includes sessions, shared rooms and meals. See page 4 for more details.

Dates and information for all future events will be posted on the SGF website.

**Please check the Calendar of Events at:
www.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 the Board at the link:

<https://www.sacredgardenfellowship.org/our-board> or 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
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Tim McCarthy, Board Member
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Tammy Roupp, Board Member
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Sherry Snook, Board Member
sherry@sacredgardenfellowship.org

Our Mission: Be the “Saving Grace” of Planet Earth!



These are excerpts from Solomon's audio lesson "Working with Cosmic Command." There are twelve angel-connected groups on Earth and it is our mission to heal Planet Earth. As Solomon said,

"One person alone is helpful but a group together with one intent is power."

Solomon: When he (Jesus) said the time for learning is over, he was referring to the fact that you have plodded along, learning slowly, slowly. The time of that is over. Now you must go quickly. ... **This is why we cannot express to you strongly enough the importance you all have in this group.** There are hundreds of groups around the world doing what you're doing. And *this* is what we are depending on as the connective issue between what we're doing and what can happen here. Whatever we do, for the earth, on the earth, has to have a basis of connection. There has to be a foundation to which the energy we'll radiate connects to. There has to be. Otherwise, it just dissipates; it goes out all over the place.

Participant: Barb just had a good idea. Do you want to repeat it, Barb?

Participant: Well, not to be disrespectful for my own healing nature and the power of God, but - what as a collective group - what is the exact prayer, the exact thought that we can hold?

Participant: If you can save us some time and give us a prayer that everyone can say the exact same thing all the time, it might be very helpful.

Solomon: First of all, you must have *love*. You've

got to have love because that is the extreme power. Hold the earth in a light of love. Hold its people in a light of love, especially its leaders. Hold them in a light of love. And envision the power of God coming down through that and spreading out to all concerned. That is the best way to do that...

Participant: Okay, like this morning, you were saying to be very specific.

Solomon: Yes, specific of what you want, but you don't have to be specific to *who* because it knows, more than you, to go where it needs to go. You might have one idea of who needs it and that person may merely be a puppet to the real ones who are thinking so, let it go where it knows to go.

Participant: I suspect that that's going to be very powerful for the entire group that we are all on the same page with the same words. So, thank you very much...

Participant: Cause sometimes we focus on just the United States and sometimes we focus on Europe so all we have to do then is substitute. Instead of holding the earth in the light of love, holding the United States in the light of love.

Solomon: Focus on the earth.

Solomon: ... I say to you, you have no idea how important little groups like you are. You, collectively, are the SAVING GRACE, because you are the ONLY foundation to which we can connect and allow this energy that we're sending to come in.

Please take the time to send love to Mother Earth as often as possible in the way Solomon has taught us. This is our mission.

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SGF Membership Survey

At the Spring Town Hall meeting, it was suggested that members be surveyed to obtain their input about a number of issues that are important to Sacred Garden Fellowship. In following up on that, Brandon Jopko, Tim McCarthy and Kathryn Romani created a five-question survey that was emailed to all SGF members later in the Spring.

The questions were designed to determine members' level of participation in SGF communications, as well as what topics members are interested in learning more about.

Overall, 18 out of 35 members responded to the survey. That's over 50% - a good sign of engagement. The survey highlights are:

Twelve people said they would like to get reacquainted with the Gabriel 101 Course.

Regarding SGF communications, out of all the responses, 94% read our emails, 89% read the newsletter, 72% read the blog, and 44% read the website.

A total of 10 members want to explore forgiveness in greater depth; 11 want to master healing; 6 want to learn more about abundance; 14 want to understand telepathy and 11 want to delve into spiritual dimensions more thoroughly. Other topics for further investigation that members were interested in were: 1) connecting with the higher realms of consciousness; 2) navigating transitions in the emotional body; 3) going further with the teachings given to us so far; 4) living our elevated selves in the illusory time and space.; 5) meditation and listening to God; 6) healing planet Earth; 7) self-love; 8) addictions; 9) the here and now and what the future holds; 10) living the lessons; 11) the power of the cosmic consciousness and our responsibility to use it; 12) clearing soul memory; 13) lesson on The Seven Rays; 14) attunement; and 15) taking the next step in spiritual evolution.

Practices that members would like to learn more about include: 1) how to run groups and/or retreats, 2) metaphysical connection, 3) mediumship - Don's experiences and what Penny guided him through and 4) how to take some lessons and make

the language less 'Christian' terminology to appeal to a wider, more diverse audience (without changing the words of original texts/audio).

Members also commented that the blog has been extremely helpful in providing reminders of the many teachings we've had for decades.

Thank you to all who participated in the survey. The results are very helpful to the Board.

Healing Retreat in August Abundance in September

We are pleased to announce that a **Healing Retreat** will be held on the weekend of August 26 to 28, 2022 at Harvest House, 1558 State Hwy. 51, Gilbertsville, NY, hosted by Don Gilbert. The retreat will focus on "Spiritual Freedom and Being Open to Revelation." Participants will have an opportunity to look deeply within themselves and explore subconscious belief systems and other barriers in order to become more open to revelation. It will be a small, sacred gathering in a loving environment where each attendee can receive feedback, coaching, and hands-on healing. The cost is \$375 which includes shared accommodations and meals. Please register on the SGF website.

The **Manifesting Abundance Retreat** that was planned for July has been moved to September 23-25. The retreat, facilitated by Sherry Snook and James Rose, will be held at Harvest House, 1558 State Hwy. 51, Gilbertsville, NY. It will start at 6 p.m. and costs \$375, which includes shared rooms and meals.

Sherry is primarily working with Archangel Gabriel on the 4th and 5th dimensions in regards to manifesting abundance and James' information will be taken from Yeshua, A Course of Love, Eckart Tolle, and Joel Goldsmith.

We are quite proud to be facilitating abundance and manifestation as dictated by the great spiritual masters of Sacred Garden Fellowship and not the get-rich-quick strategies that are mostly offered in the world.

Yeshua was perhaps the first to say "I come to bring you life and that more abundantly". Money, relationships, health and peace of mind are all the elements of abundance to him. Please register on the SGF website.

Looking Upon the Face of Fear



Recently I recalled Gabriel's cloud meditation from the *Manifesting* book. It's the one where you're sitting in a cloud and another cloud is coming towards you with your 'fear' or 'enemy' in the middle of it. Well, the past few days, I've felt like I've been having this fear of mine in the background of my thoughts especially when I'm trying to sleep at night. During a particular moment of awareness, I could visualize clearly what this fear looked like. I felt I needed to take this opportunity and give voice to what I was feeling and face my fear head-on.

I went to my local dollar store and purchased some Bristol board sheets and tempura paint because I had this feeling to get my hands dirty – to let my inner child be involved in this process, too.

On the first sheet I started with, I painted the 'face' of fear that I was visualizing as if it was in the cloud from Gabriel's meditation. You can't really see details from the picture, but I used the color black to

resemble this fear. It was like a spikey glob with spikes spewing back and forth – for me, a real intense feeling of fear. It had a big mouth with sharp teeth, too. I looked at this painting and gave voice to this fear by using guttural sounds that gradually evolved. I ended up screaming, as I looked at this face, to give awareness and expression to it and to ultimately face what I was afraid of.

The process I followed next is from James Gordon's book, *The Transformation*, as it uses three pictures to show three states of being. The first sheet I painted resembled 'me and my biggest problem,' which was the fear I was experiencing. I made sure to use my hands – no paintbrush required in this activity!

The second sheet resembles 'how and where I would like to be.' What I created for my second painting was several trees and water at the bottom with hearts scattered around the whole painting. To me, this demonstrated loving Mother Earth and being in harmony with her. Tears came.

The third sheet is intended to show 'how I get from here now to where I want to be.' I felt a lot of love being needed, so I created a big heart by alternating the colors I had. Clearly, love is what I need to *be* in order to get to where I want to be, which is ultimately one with my Self. With love, the fear is destroyed, and I can know that I am taken care of. I am loved by God. I can trust Him/Her. Oh yeah, my little boy also wanted to add hand prints on the painting to show that he was also here. Much love to him!

The intention with this process was to give expression to what I was feeling and overcome the fearful emotions. The painting came naturally and easily from my feeling nature.

The big ah-ha I had was: if I bring love to myself there is an inherent 'trust' in that feeling of love – trust that everything will be okay and will work out as it should. As Gabriel said in the *Manifesting* book, "Our future is guaranteed." Amen.

Blessings, Brandon Jopko

Welcome Two New SGF Board Members



James Rose

The Sacred Garden Fellowship Board of Directors is pleased to announce the appointment of two new members to the Board: James Rose and Tim McCarthy. We are looking forward to their input and contributions to our organization.

Aloha, I was born a poor young country boy, Mother Nature's son. Oh, wait, that is my other present personality; sorry. I was born a middle-class Air Force brat, lived on three continents by the time I was six years old. My earliest memory was as a two-year-old, sitting in a swamp behind our house in Japan and a snake was passing nearby; I wasn't afraid. That was the first and last time I was collected up by a search party. My mom, the saint who would never lie, says I fell out of a port-hole near Hawaii on our way to the swamp and she grabbed me by the ankle to make my story longer. I don't remember that leap of faith.

The years went by with my strongest spiritual hobby being my love to sit in big old cathedrals in Europe. I was also very outdoor-oriented, just like Paul. I came to PA for the usual reason, a woman. She went her own way but I hooked onto SGF in 2006. I re-established conscious relationship with my old buddy/brother Yeshua and I finally got semi-serious about spiritual growth again. I recently snuck onto the Board of SGF, I believe it is because I would complain so much about the organization that Don thought that might shut me up a little.

I spent much of the last 27 years in Williamsport, PA - Home of Little League Baseball. We will skip those stories. I worked for the hospital system doing psychiatric assessments in the ER, on medical floors and even in local prisons.

I now reside in Gilbertsville, NY, facilitating retreats at SGF's new home base with Sherry Snook,

the owner and mascot. We are looking for members to come join us and get involved with this great spiritual endeavor; call me. We have been preparing for a long time for the Abundance Retreat which is now scheduled for the Sept. 23rd weekend. Register on the SGF website and don't forget about the Healing Retreat on the Aug. 26th weekend. Harvest House is WONDERFUL; check it out.

My main focus these days, as a leisurely retired gentleman, is involvement in the Elevated Self of form with Yeshua. This is Yeshua's new project, to spread the second coming of Christ among an interested large group of successors to finish the work he wanted to accomplish 2,000 years ago but did not garner enough interest at that time. Again, let me know if you have an interest in this, probably the most important happening in all of recorded history - several good seats remain. Remember, spiritual growth at SGF is not a spectator sport any more, please get involved as your Higher Self guides. Namaste, be *James-ed* (i.e. loved).



Tim McCarthy

I started following SGF thanks to my Mother, long-time SGF member Dot, McCarthy, as well as brother Joe and Aunts Lou Kreuter & Alice Spring. In the early years, I used to listen to the teachings of

Gabriel in my car on cassette tapes starting in 2000. My first in-person introduction was a weekend seminar in Lily Dale, NY, with Don Gilbert and Rev. Penny Donovan back in 2005. This led to visits for weekend seminars at White Eagle where I was able to meet, in person, all of the voices I had been listening to for years. Now I've joined the Board at SGF and I feel it is a good fit. I look forward to working with the Board and all of our members with hopes of sharing and growing as one.

A Trip to Harvest House



Brandon, our dog, Astra, and I recently visited Harvest House to commune with residents Sherry Snook and James Rose. We had a wonderful visit and were able to explore the sweet town of Gilbertsville and the natural beauty of the surrounding area.

- Tehmina Meherali

The following story comes from a little hiking adventure that we experienced at Gilbert Lake State Park:



**Sherry Snook, proprietor of
Harvest House**

**By Sherry Snook (as
told to Tehmina)**

I felt that by buying Harvest House, I was done with the work that was asked of me. I felt that my commitment to why I was here [on the earth-plane] was done. But as we were walking by the lake and I went to give Astra a drink of water, I tripped. I caught my balance but then I felt a gentle

shove, and into the water I went, fully submerged. I realized, after I got out of the murky water, that the teachers were trying to get my attention.

Yeshua may have been the one to 'push' me in! I sensed Mother Mary's presence when I immediately saw a yellow butterfly. And when I walked a few steps, I found a white feather, which told me Gabriel was also there.

I decided to wait and 'tune in' until after I got home to see why I had 'fallen' into the water.

When I was by myself, the message that came was:

I am not done with my work, as none of us are, and it's important for me to watch my thoughts and continue on the journey.

The lesson is, if you don't listen to the teachers, they'll get you. Ha-ha!

The true lesson is: The Teachers have been trying to get my attention over the last few weeks and I have ignored them. It took being gently dunked under water to awaken me and to listen to the advice they had for me. I am here to follow through with teaching and living the truth of who I Am at Harvest House.

Member Comments About the SGF Blog

If you haven't visited the SGF Blog on the SGF website yet, please check it out. Below are some of the comments made by members:

Thank you for sharing such poignant photographs on the Blog. They are as inspiring as the lessons are.

Thanks for today's blog on Seeking. The key word was "recognize" the truth when it comes to us. I have always asked to be made aware of the truth, thinking that was enough. Now I see that there is a BIG difference between being aware of something and recognizing something. Thank you!

Kathryn, I liked what your blog on Harmonic Sound said. Just the other day, out of the blue, I had a huge sense of someone or something being missing in my life. I thought it was a person. Now I know what to do the next time I feel this profound sense of singularness. Thank you.