



The Fellowship Chronicles

May 2023



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

Deadline: August 1, 2023

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FREE WILL

(Yeshua, 12 a.m. 2/18/05) Free will manifests in the spirit as the ability to create independently of the creations of God. It manifests in the mind as the ability to think independently of God, And in the emotional body as being able to desire independently from God; and in the physical plane the ability to bring into form that which the Father did not create and which is more than the duplication of the personal body. So you see free will has many expressions.

If you will study this, you will understand how the ego was made and then used by you to your disadvantage. It will also help you to recognize the ego's work much sooner than you do, and so prevent you from falling prey to it. The only thing that stands between you and your fully-realized Christ is the ego and its deception. Even this has an escape hatch. Choosing the Will of the Father over the ego is the answer. But this is not always clearly seen as the ego can present an impressive argument. This is why understanding the working mechanism of the ego is helpful.

The dwelling place of the ego is the concrete mind and the emotional body, and of course, the physical body. The ego cannot go above these. The ego uses free will to keep you in deception by causing you not to think above the concrete mind, for the concrete mind is the base for all negative presentations. This the ego

does by pouring energy into the emotional body so that you are not using your feeling nature to connect with your intuition which, of course, would lead you to your abstract mind, and out of reach of the ego.

Now, let's look at this from the perspective of aligning the personal will with the Will of the Father. In truth, the personal will is an extension of the Will of God since there is *only* the Will of God. But in our perceived independence from the Father, we think we operate with a separate will. This is not possible, but we think it is and so act it out. The gift of free will is an expression of love, an ideal that we will create only the good and the positive, since the Father sees us as perfect. So, to align our will with the Will of God, we have only to desire to do the Will of God and that very desire aligns us with His Will. Desire is of the feeling nature which is where love is expressed. Where less than love is expressed is when we drop down into the emotional body.

Here is where your discernment of what it is that you are desiring can tell you whether or not you are aligned with the Will of God. If what you are desiring or willing is positive and beneficial to yourself and others, then you know you are aligned with God's Will. If it is negative in any way, then that is not the divine will and is the work of the ego in the emotional body and not in the feeling nature. (Continued on page 3)

2023 Calendar of Events

MAY (* via Zoom)

- **Tuesday, May 30 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, which will be emailed to you with the link. Register on the SGF website.
- **Wednesday, May 31, at 7:00 p.m. EDT - Steve Rudnick's *Relaxation and Healing Meditation**** - free and open to all (invite others to also attend)

JUNE (* via Zoom)

- **Thursday, June 8 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.
- **Friday, June 9, 6 p.m. to Sunday, June 11, 1 p.m. - Elevated Self of Form Retreat** presented by James Rose at Harvest House, Gilbertsville, NY (*See pg. 3.*)
- **Thursday, June 15 at 7 p.m. EDT—Town Hall Meeting*** for all members. Learn what's happening at SGF. A zoom link will be sent to all members a day prior to the event.
- **Saturday, June 17 at 11 a.m. EDT - Virtual Community Healing*** with Don Gilbert. Free. A zoom link will be sent to all members the day prior to the event. No registration is needed.
- **Thursday, June 22 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.
- **Tuesday, June 27 at 7:00 p.m. EDT - Spiritual Lessons from the Master Teachers* Lesson #2** with Don Gilbert \$20 per lesson. Discussing our experience of the lesson, which will be emailed to you with the link. Register on the SGF website.

JULY

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

- **Friday - Sunday, July 14 - 16: Heal Your Trauma and Awaken to Self-Love Retreat** by Tehmina Meherali & Brandon Jopko (*See details at right.*)

Heal Your Trauma and Awaken to Self-Love Retreat

July 14-16 at Harvest House

By *Tehmina Meherali and
Brandon Jopko*

In our world currently, there seems to be a collective desire to heal our trauma histories. Those on the spiritual path know that 'bypassing' the core wounds we each have will only halt or subdue our spiritual development until we can fully embrace those parts of us that continue to remain in the shadows. In this retreat, attendees are called to accept all parts of their being: the wounded parts, the whole parts, the fragmented parts, and the rebellious parts. These parts must be called into awareness and ultimately given space to heal in order to move into genuine self-love.

During this retreat, attendees will learn about the nervous system and how it holds unhealed emotional states within the body. Participants will acquire tools to regulate nervous system responses and the reactionary emotional body.

Attendees will be guided in healing these wounded parts through experiential exercises and deep forgiveness work. All who attend will be held in a space of deep compassion and love for their willingness to walk this 'hero's journey'.

The retreat will be held at Harvest House, 1558 NY Rt. 51, Gilbertsville, NY.

Registration will be available soon at:

www.sacredgardenfellowship.org

Photographs Needed for SGF Blog

Sacred Garden Fellowship is no longer using a professional photography website as the source of photographs for the SGF Blog. If you have photographs **that YOU have taken** of nature or other appropriate subjects, please consider sharing them with SGF to be used to enhance our daily Blog. Please contact:

kathryn@sacredgardenfellowship.org

FREE WILL (Continued from page 1)



When our will is aligned with God, our mind automatically goes into the abstract and by-passes the concrete. Here, thoughts are positive, inspirational and beneficial to all. When doubt and fear, or any negative ideas are present in our thoughts, we can know we are not aligned with the Will of God, for this would clearly denote the concrete mind.

The physical body is also an indicator of the alignment with the Father's Will by its health and vitality. This is not to say that some who are very aligned with the Will of God will never suffer illness or disease, but a general sense of well being is usually manifested in the body. However, there can be other ramifications present such as karma, or the presentation of disease in order to demonstrate courage, or to allow others the opportunity to experience compassion. So physical health is not necessarily an indication of alignment with the Will of God.

The ego keeps the doorway to divine possibilities as narrow and hard to approach as it can, because once you tap into the possibilities that are your inheritance, you recognize the power and gifts that are yours. This the ego cannot let happen for it will completely nullify the ego's presentation of *impossibilities*. The ego's plan is to keep you as far away from the Father as it can.

Keeping centered and thinking with the abstract mind prevents the ego from leading you astray. It also keeps you in alignment with the Will of God. Learning the warning signs along the way helps in not falling into the ego's trap. This eliminates the frustration and anger that gets hold of you when 'everything goes wrong.'

It is imperative that you both (Rev. Penny Donovan and Donald Gilbert) learn to discern the sneaky little ego before it gets you walking into negativity and defeat. Remember, the ego is not flaming red with a sign around its neck that says, "Warning! I am the ego and am here to scramble your thinking." It appears quite benign and friendly and rarely shows its true colors until it has you in its grip. Seek the Father's Will in everything from the larger picture to the small details of everyday life, and you will find you encounter the ego less and less. Even the Christ has to be mindful of the ego. Fore-warned is fore-armed, as they say.

Study this carefully and truly understand it for it will save you a lot of grief. Get some sleep.

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Elevated Self in Form Retreat

Aloha, everyone! Yeshua and James are inviting all of us to the June 9-11 *Elevated Self in Form Retreat* at Harvest House in Gilbertsville, NY, to delve into making the quantum leap out of separation, defense mechanisms, and fear into the elevated Self of form. Yeshua is asking, through 'A Course of Love', for us to take a quantum leap in consciousness by merging the mental, emotional, physical bodies, etc., with our Higher Self to co-create the next step in our spiritual development thereby bringing in our new selves into a new world.

The time is now to decide to be stuck no more in self-defeating stress management strategies. Choose instead to resurrect yourself into



who you really are. The truth of "The Course of Love" is showing the way.

Yeshua reflects on how enjoyable it is to have nothing left to learn or strive to become or to hide behind your refrigerators to try to avoid. Just choose not to be the old, little self "no mo". You don't have to struggle to be anything new and improved, just be who you really are. Nothing is more natural or more scary, based on countless centuries of using the conditioned egotistic mind that tries to make people master manipulators but just makes them look and feel foolish.

Imagine not having to figure things out anymore —just discovery, revelation and knowing. Make the courageous decision to renounce separation and step tentatively - then with more confidence, move into union, relationship and possession of real life. All this is under the guidance of Yeshua that transitions into the guidance of Christ Us All.

One of James' mottos of the '70s was to make some money and have some fun. Yeshua is calling us to have a good time all the time! Those who feel called to spend a little money, be with each other in person and fly with the wings of dragons (special guests) are welcomed to this mountain-top event.

June 9, 2023 from 6:00 p.m. EDT to June 11, 1:00 p.m. at Harvest House, 1558 NY Rt 51, Gilbertsville, NY 13776. Cost is \$375.00 for a shared room or \$425.00 for a private room. All meals included. Register on the SGF website: www.sacredgardenfellowship.org

SGF Women's Retreat

I'm EVERY Woman—It's All in Me

By Julie Covert

April 2023— Women are Meant to “Commune” together in “Community”. We are to re-“MEMBER” who we are and to share bread and drink together. Women have come together for thousands of years to tell stories, sing songs, dance, laugh and raise babies together. The Red Tent brings this to mind. They baked bread together and made beautiful Creations of Art-clothing, jewelry, stones and beadwork. This Women's Retreat had it all! It provided me with so much joy, I am yearning to do it again next year... to make it an annual event.



When friends here in St. Louis ask how the retreat went, I get giddy. I tell them it was like going back in time and re-“MEMBERING” my youthful years of sleep-over-camp. Only this was a Spiritual Sleep-Over weekend, filled with good stories, and the sharing of personal events. It was a weekend of tending to our own Sacred Gardens – both inner and outer. For me, it personally brought about healing and peace! I was light-hearted when I left on Sunday.

The Retreat was held at Harvest House in Gilbertsville, New York, hosted by Sherry Snook. There were three facilitators: Jessica Gilbert, Tammy Roupp and Pat Ringer (a former member of Sacred Garden). Three, new, like-minded women also joined us to Commune and be with a sisterhood. I especially loved this. I was reminded of how we are all ONE, no matter what walk of life or affiliation we have. We are Spirit “embodied”.

About the activities: Pat Ringer was our Yoga Nidra aficionado. With her beautiful melodic voice, she guided us to a state of consciousness between waking and sleeping. It was a wonderful, guided meditation.

Jessica Gilbert facilitated the yoga stretches, both seated and standing. (My body so needed this!)

Tammy Roupp fed our Creative souls through art. We made beautiful *Intention Boxes*, using meaningful decorations

and then filled it with our personal candles, prayers, journaling, Spiritual Aromas and bath salts. This activity was a joyful expression of who we are as Individual Spirits.

Tammy had her own comments about the Retreat: *“I very much enjoyed presenting Intention Boxes, because it gave the women an opportunity to go within themselves and create intentions that they want to bring forward. It was fun, with this group, because we built up energy, in and around us, which was added to the Intention Boxes along with their own personal Intentions. This was a gift to each other. I enjoyed the Camaraderie. It was light-hearted and heartfelt!”*

Now no good Retreat can go without the “Communion” (Commune-ion) of sharing good food, drink and conversations. Sherry's food selection was healthy, delicious, and filling. It is always a good sign when others want to take recipes home to share with family and friends. (I especially enjoyed the roasted Brussel Sprout salad. Not one morsel of the salad was left...YUM.)

In short, this Women's Retreat was a God Send to me. I had been feeling rather isolated as of late and in need of a gathering to “Commune” with others. I especially needed a group of like-minded, spiritual women, sharing the encounter together. It is the sharing of experiences that made this weekend Joyful and Fun. Oh my goodness FUN! Laughter, singing, dancing, creating and shopping were all part of it. It seems that girlfriends do not shop together anymore. Everything is bought online these days. But women connect when they shop. (This is something men do not understand.) This is our big hunt!

Now, more than ever, women are feeling isolated. We have other interests that are important to us. Spiritual interests, that tend the Sacred Garden of our souls. Our Sacred Femininity. Don't get me wrong, I love other healing retreats. I Do. But they can be fraught with deep heaviness leading us to retreat into ourselves to find healing.

This weekend was about sharing and caring outside of one's self. Many of us used the Butterfly motif on our Intention Boxes, the symbol of metamorphosis. I saw first-hand the healing power of transformation through the power of music, voice, movement, touch, creativity and fun. It was so beautiful it brought tears to my eyes.



Jessica Gilbert summed it up. *“This was a wonderful weekend for a group of women, friends and coworkers. I loved the flexibility in the schedule and the variety of items to do. The overall energy was wonderful and I would do it again in a heartbeat!”*

I will close by saying *“Thank you, thank you... thank you Sacred Garden. With much gratitude to Yeshua, Mary, Gabriel and all of the teachers who were called forth and came. But most deeply, to the Great I AM. I AM JOY FILLED!”*

Trust in God

Last summer, I came to an important realization -- that I don't really trust God. I've had to learn what trust really means and Archangel Gabriel and other Master Teachers and texts have been crucial in my understanding of what trust is.

Gabriel says in *Perfect Trust*, "I shall tell you what trust be. It is the twin of love. ... Trust is the power of love set free of all fear." And

Sebastian Blaksley who also channels Yeshua in *Choose Only Love*, states that, "the one who trusts fully lives in peace. Do not forget that every pain, every conflict, every disharmony that was ever experienced came from a lack of confidence in life, a lack of trust in God, a lack of confidence in love."

So, here's a personal example of my thinking around abundance and the growth I've experienced, as well as what still needs to be worked on.

I play the lottery quite rarely, perhaps once or twice a year. It so happened that I recently had the idea to go play the lottery. I recall, though, that in my past I'd feel great anticipation and excitement leading up to the announcement of the lotto numbers, thinking, "Wouldn't it be great if I won!" And I'd feel great disappointment after learning that I didn't win. I'd think, "Why hasn't God bestowed this upon me?" as if he decided what would happen to me in my life. That's the old self with a victim mentality.

Last year, after I learned that I didn't win any grand prize from the lotto, I tuned into my God-Self and the feeling I got was unmistakable. I realized and felt deeply that I wasn't supposed to win; it's simply not for my highest and best to come into that kind of windfall of cash and deal with all the things that initial fame and instant money brings. It's not my path. It would take me away from what I'm working on now and bringing forth.

During this most recent time though (as a 'newer' self), I had the intent that I didn't need to win the grand prize whatsoever (hence my name wouldn't be published in the newspaper). A much smaller amount would suit me just



fine, and if it doesn't happen, that's fine too (I only got one number right). I told myself that I trusted God completely and gave it over to Him.

That all sounds fine and dandy, however, after tuning into my Higher Self, I realized there is still a perception of lack around not enough money. This makes sense because why would I feel the need to play the lotto if I didn't have a sense of lack or wanting more money available to not 'worry' about things. So, did I trust God *completely*?

Obviously, there's fear present. And after tuning-in once again, I felt there's resistance to surrendering to God. "Can I really trust God?" I felt.

This really boils down to a misperception that life can be greater *if...* It's not trusting creation.

Yeshua, and other Master Teachers have been very clear to us though. Yeshua in *The Way of Mastery* says, "The result is that your ordinary daily life is the most perfect ashram you could ever be within." So I needn't be wailing against *what is* because my life, as it currently is, is perfect for me right now.

Solomon says in *Praising the God Within*, "... you do have to recognize that everything – good, bad and indifferent – that comes to you is a gift from God... So the thing that you have to remember, whatever is in your life praise God for [it] because nothing is an idle happening; there are no accidents. ...praise God for the lesson even if it's a painful one. It helps because each time you praise God you bring in more God energy. You will awaken the Christ within you; the Holy Spirit within you. When you praise something, it becomes more. And if you get into the habit of thanking God for your experiences, you will not ever not learn from your experiences. That's the one guarantee you have; it will teach you..."

So, the need for control, for worry, rebelling against what I'm currently experiencing, the error that I don't have enough – all needs to go! That is the old. The belief in lack and fear is simply false.

The new is accepting my Self in each and every moment. Being with what is. Trusting and loving God *now*. Praising Him for this lesson and all others. The realization of abundance that *is* available to me in all things.

As the Self, I *know* I am very blessed. I am taken care of.

Immense blessings to you, Brandon Joko

SGF's "Being" Retreat — Part 1

Usually I have no problem getting a participant of a SGF retreats to write about the retreat for this newsletter; for this I am most grateful. However, that was not the case with the "Being" Retreat held in March. One-by-one participants were too busy to write or did not respond to my phone calls and emails. But the angels were behind this; there was an important lesson to be learned. My angels told me to let it play out, without interference.

Finally, Randee Hartz reluctantly agreed to write an article even though her family was celebrating their son's college graduation on Saturday and Sunday was Mother's Day. She graciously wrote, "Sorry, it just is not a good weekend for me to add anything else. However, I would like to do the article for the newsletter, just can't promise to get it to you by Monday. If given a time extension, I will set my intention to do so."

Soon after, Randee, her husband, Eric, and their son, Michael, all contracted Covid-19! Still, Randee pushed on. She wrote that she had made some notes but her health started to decline and she didn't feel well enough to focus on completing the article. Intending to stay positive, she added: "Each day I feel a little better and am expecting that to continue."

Unfortunately she struggled over the weekend with a constant cough, breathing issues and no sleep. She was exhausted. She wrote: "The "Being" Retreat article was on my mind. When I make a commitment, I take it seriously. However, I've now had to come to a point of surrender."

Randee was trying to push beyond her Covid symptoms as she was recovering. Finding this to be at the expense of her health, she finally surrendered to Higher Guidance.

"My Higher Guidance," she realized, "showed me that I have been striving to make this happen (a very old pattern), at the expense of my health, instead of allowing myself to come from a state of "being" which first and foremost involves loving myself. Right now, that means taking whatever time is needed to heal, rather than spend energy I don't have writing about the retreat. Finally, I realized the "lesson" at play here and am grateful for that." So she stopped *striving* and moved back into a state of *being* to focus on her continued healing. This was a very worthwhile lesson in loving herself, a lesson well-learned at the "Being" Retreat.

Then Randee shared a final insight she'd received, "When I first woke up this morning I heard, "offer to submit the article for the next newsletter."

Voila! Knowingness! How many of us push ourselves too far when all we have to do is BE?

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.

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