



# The Fellowship Chronicles

August 2024



## Inside this issue:

Calendar of Events	2
Board of Directors	2
Just for Funzies	2
Judgment of Others	3
Self-Love Adventure	3
Let's Talk About Money	4
Angel Retreat	4
Beloved Women Retreat	5-6
Sept, Healing Retreat	6

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

**Deadline: Nov. 1, 2024**

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## BEING ONE WITH YOURSELF

*Learn to be at one with your Self.*

There is an inner power and an outer power. The outer power is obvious and comes from desire, determination, striving, accomplishment and attachment. These together produce a power of recognition from the world of form. What they bring you is a trap of illusions for their fruits are bitter and short lived. This fame and power should be avoided.

Remember, an idea never leaves its source. Therefore, one can know that this power produces more desire, determination, striving, accomplishment and attachment to keep what has been gained. So, the cycle never ends, it only increases and doesn't teach a balance of peace.

The way of inner peace is not desire, it is alignment with the Tao or Will of God, knowing the Self and being one with it, and non-attachment. In this way one lives in their natural state which is joy and peace. Love, compassion, and wisdom, these are the source of inner power and so more love, compassion and wisdom is the fruit of such a life; a life lived in joy and peace.

Openly living from this inner power, quietly *being* it, not seeking to impress others, giving freely of your Self to those in need without thought of fame; this is true power. Because

the source is eternal, it never decreases nor must you concern yourself with its loss.

When one reaches their inner power there is *no fear* for what is within you is greater than anything without. Being in the flow of the Tao or Will of God, one trusts truth, not appearances. Therefore, sudden happenings do not startle, the past cannot creep upon you to disturb, and the future holds no anxiety for what disaster can befall the holy Self? All disasters are in appearances only and, when not fed, quickly dissipate.

**Meditate upon your Self, listen to it, become familiar with it. Become one with it and the personality will fade and you will manifest the Daughter or Son of God. We will guide you.**

Do this every day. One minute spent consciously with the Self is worth hours of letting the mind speculate. Truly come to be at one with your Self. Fear not to go into the unknown aspects of your mind that you may enter the gates of your Spirit and there discover the holy temple of the Self, and in so doing, meet the Father face-to-face.

The inner peace must be discovered and nurtured. Once it is known, it can be used, But first become one with your Self.

6/22/2002 Nq-on Kar

# Calendar of Events

## AUGUST (\* via Zoom)

- **Tuesday, August 20 at 7:00 p.m. EDT - Part 2 of Spiritual Lessons from the Master Teachers\*** with Don Gilbert \$20 per lesson. These are enlightening lessons that have not been shared previously by either Rev. Penny or Don. Link will be emailed to you. Register on the SGF website.
- **Thursday, August 22 at 7 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. Please join us and share your experiences.

## SEPTEMBER (\* via Zoom)

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

- **Weekend of Sept. 13-15, Fri. 6 p.m. to Sun. 1 p.m. EDT Weekend Healing Retreat** at Harvest House, 1558 State Hwy. 51 in Gilbertsville, NY, \$400/shared room, \$450 private room. Register on the SGF website. (See page 6)
- **Saturday, Sept. 21 at 11:00 a.m. EDT Community Healing\*** Everyone is invited to attend. A Zoom link will be sent to all. Please join in and urge your friends/family to join in, too.
- **Wednesday, Sept. 25 at 7:00 p.m. EDT Relaxation and Healing Meditation\*** - Join Steve Rudnick on Zoom. Everyone is invited to attend. A Zoom link will be sent to all. Please join & urge your friends/family to join, too.

## OCTOBER (\* via Zoom)

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

- **Tuesday, October 8 at 7:00 p.m. EDT - Part 1 of Spiritual Lessons from the Master Teachers\*** with Don Gilbert \$20 per lesson. These are extremely valuable lessons that have not been shared previously by either Rev. Penny or Don. Link will be emailed to you. Register on the SGF website.
- **Tuesday, October 29 at 7:00 p.m. EST - Part 2 of Spiritual Lessons from the Master Teachers\*** with Don Gilbert \$20 per lesson. Discussion of our experience of the lesson. Link will be emailed to you. Register on the SGF website.



## SGF Board of Directors Contact Information

A Zoom SGF Board Meeting is held on the second 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](mailto:dfgilbertjr46@gmail.com)

**Brandon Jopko, Vice Chair**

[brandon@sacredgardenfellowship.org](mailto:brandon@sacredgardenfellowship.org)

**Tim McCarthy, Treasurer**

[tim@sacredgardenfellowship.org](mailto:tim@sacredgardenfellowship.org)

**Ann Wahl, Secretary**

[ann@sacredgardenfellowship.org](mailto:ann@sacredgardenfellowship.org)

**Randee Hartz, Board Member**

[randee@sacredgardenfellowship.org](mailto:randee@sacredgardenfellowship.org)

**Kathryn Romani, Board Member**

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**Tammy Roupp, Board Member**

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**Sherry Snook, Board Member**

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"After a few more years of complaining I think I may change my life."

Illustration: (c) Andrewgenn | Dreamstime.com

## Praise for Kathryn's Self-Love Adventure Class

*By Brandon Jopko*

Kathryn did an unbelievable job of presenting her class, *Self-Love Adventure*, as she radiated her God-Self and brought a powerful experience for all attendees. The whole class felt like a meditation to me and, by the end of it, I personally needed a short break to come down from such an elevated level.

At one point, Kathryn led us through an unscripted, guided meditation from her God-Self, where attendees communed with God on a garden bench. How powerful! The feeling of love was profoundly evident. This day was an important marker of self-love in our very souls.

Some key points she made:

- Self-love is acquired through experience; it cannot be learned mentally (hence the title *Self-Love Adventure*)
- Touch or holding of oneself is important; she shared about hugging oneself as we go to sleep
- We must translate God's love for us into self love; "I love me!!"
- She taught the *Neti, Neti, Neti* technique—saying those three words to stop thoughts, especially negative ones; the words mean: "I am not thought"
- Relaxing the mind is important
- Forgiveness is freedom; giving oneself freedom from a perceived wrong is an act of self-love.

I listened to the webinar again, at a later date, and this latter point on freedom was crucial. I was holding onto something negative, not letting it go. Kathryn's webinar served as a potent reminder that, 'I can free myself and love myself because God does. I can embrace all things from the Lord God of my Being.' Needless to say, the negativity cleared immediately!

With gratitude, I thank Kathryn for delivering this class. It was a significant lesson on a fundamental topic.

## Judgment of Others

Recently on a few occasions while in downtown Toronto, I came across some youth/young adults who I've judged harshly. I noticed the judgement started nearly instantaneously as they came into my presence. I judged the way they talked, their clothes, their loud exuberances. Some choice words entered my mind. Needless to say, I was bothered greatly even being near them and admit to wondering afterwards, "What is this world coming to?"

Upon reflection in my journal, I asked, what was within me to call this experience to myself? I saw them as other; in separation. I couldn't see them, in that moment, as another soul that is on its own personal journey. In that moment, I valued separation (i.e. compare/contrast) over at-one-ment.

Here's a powerful reminder from Gabriel as he shared in, *Recognizing Your Power*:

"Dear Father, I know You are aware of these [judgement thoughts] even as I am aware. Help me to see that these are only choices that others are making and I cannot judge them for it.' If you remove judgement from your thinking, you will find that allowing people to be who they are – this doesn't mean you like what they do – and recognizing that even though they are doing or saying whatever it is that is not to your liking, they have a right to do it, to think it, to be it, whatever. As you reach that point, you bring in so much love that your very presence somewhere has a healing effect."

That sounds like total acceptance to me. Perhaps next time this occurs where I'm in the presence of youth, I can go to the Lord God of my Being and remember what Gabriel says. I can go past appearance and into acceptance knowing these people are Light as well.

And I can embrace myself too (without condemnation) for calling this experience to me; I accept that I had it, can take in the lesson, and move on as a loved being of God. - *By Brandon Jopko*



## Sherry's Angel Retreat

On the weekend of July 26-28, Rev. Sherry Snook hosted her annual Angel Retreat at Harvest House, SGF's Spiritual Retreat Home, in Gilbertsville, NY. This retreat enabled participants to identify themselves as coming from Spirit and reawaken to this fact deep within. It was a weekend of unity where participants came together to explore how angels come to us and how we can ask for their guidance.

As the group strolled through Gilberts Lake State Park, Sherry uncovered the different energies that were all around us. Sherry led the group in a guided meditation to help folks connect with one of their angels. The group also held discussions about angels and shared experiences when they knew angels were present in their lives.

One of the weekend's participants beautifully shared her experience with us:

"I was privileged to spend this past weekend, at the Angel Retreat with Sherry Snook. It was one of the most inspiring weekend retreats I've ever had the opportunity to attend.

We gathered as a group of 8 people, most of whom did not know each other. Within a very short time we had all met, shared a delicious dinner together and the love began to flow.

Sherry was a gifted, warm and skilled spiritual mentor. It was my first retreat so I didn't know what to expect. I left there with a new sense of understanding of how Angels support us through our earthly journey and feeling blessed for having been able to spend time with Sherry and the others in the group.

I won't ever forget the others that I met there and will carry their spirits within my heart, wishing each of them continued blessings from Gabriel and their guiding lights. " - Ellen Nason



## Let's Talk About Money: The Good, the Bad, and the Ugly

By Kathryn Romani

On June 8th, Brandon Jopko and Tehmina 'Ayana' Meherali blessed participants by holding an important webinar on the complex relationship we all have with money. They presented a more profound way of viewing and examining our concepts about money as:

- energy,
- the *money scripts* we were taught as children,
- a trigger that trips our ego's survival mechanism,
- money that has been misused or abused by us in past lifetimes.

For me, growing up in a coal mining town in Northeastern PA, we were always taught and shown that "hard work" is the key to a good life. My family of origin worked in the coal mines and gave me an example of "hard-working" relatives to follow. Eventually, I learned on my own that I could work "smarter" rather than harder. But I still had a feeling of lack and a drive to survive at all costs. This class helped me to let go of that belief and trust in God to provide all that I need. Frankly, I can do that now because my four children are grown, but I would not have been able to do it while they were growing up, because I mistakenly believed that I had to control our lives. Ha-ha. The joke's on me.

The class examined our money struggles, as well as our unhealthy relationship and patterns with money. Because discussing money is often a taboo subject, it was refreshing to open the window and discuss money with no fear of judgment.

One of the most valuable lessons was the section on feeling ashamed for having money problems and being afraid to express this to anyone lest they judge us. This meaningful class also dealt with "unworthiness" and how most of us start off as adults feeling unworthy of receiving and accepting God's abundance.

The webinar focused on ways for us to shift our thinking from having limited resources to being able to access and accept the abundance that God has for us. It also challenged each of us to stop thinking in terms of survival and begin trusting that God has our back... we will always be taken care of and whatever happens, occurs for our highest good.

Thank you, Brandon and Ayana, for this important and very meaningful webinar.

# The Beloved Women Retreat

By Barbara Waldeisen

The recent Beloved Women Retreat offered a few rare opportunities for our Fellowship, as we returned to White Eagle Lodge, following Covid's repose. The opportunities offered the obvious: a Healing Retreat and a Reunion of SGF Fellowship, yet its main purpose was the profound exploration into the behind-the-scenes 'spiritual lessons' written within the pages of the book *Beloved Women, the Loves of Jesus, the Christ*. But this was NO ordinary Sacred Garden Fellowship Retreat.

Its significant intent was to offer an incredible opportunity for many of the book's characters, witnesses, observers, or players to come together for a far greater realization of their souls' silently ordained journey. A journey weaving 'chosen' lifetime experiences cultivating faith into transformations of trust, which can curate the mastery from believing into Being. An ordination of the soul, which calls its karmas forward, to be balanced through Grace into love's gift of Service. Herein lay the retreat's objective—the story behind the story.

Yes, the behind-the-scenes telling of unparalleled passion between the book's Spirit Authors and their dedicated Channel was revealed. The Channel and the Facilitator's lifetime commitments of service were tethered from an ancient karmic bond defining their soul's journey. A dedicated birth from love, into its duality of strife, back into love's healing purposes, were long ago brought together by one Man, God's Own.

A seemingly silent obedience placed them together on their yet unrealized purposeful paths. And just like God's Channel and His Facilitator, we too obey the silent pull within ourselves to become ever more.

The Retreat's highlights extended into the awareness of the book's other characters beyond Don as Lucas and Penny/Miriam as herself. There was the reveal of Mary Magdalene, Yeshua's wife, and Bal-

thasar, the Magi, who Yeshua trusted for wisdom and guidance as a teacher. Through lifetimes Mary learned to overcome her karmic belief that doing God's Will required suffering and sacrifice, and Balthasar recognized the fears associated with the student surpassing the teacher.

In attendance were many people who were alive during the time of Jesus' life and who participated in his story. There was the mercenary hired by Lucas to protect Mary Magdalene while in France. In Spirit, where all of our sacred agreements are made, he'd been asked by Yeshua to protect her. Rejected feelings of love and devotion towards his ward resulted in lifetimes of struggle in accepting love's worth. In this lifetime, this man came to this sacred group through Yeshua's invitation to become a healer. His gift was his music, which helped each attendee through the years, to 'feel'.

Another attendee was the child healed by Yeshua from family circumstances, who was called in this lifetime to forgive and to rise above family perceptions. Another was the woman at the well who touched Yeshua's garment to be restored. Her faith then, as in this timeframe, gave her courage in everything she grew through. Of course, Martha Magdalene, Mary's sister, was there, along with another of the 'Marys', both of whom were educated as Qumran's Temple Girls. And both, along with Mary Magdalene, learned from Yeshua how to heal. This particular Mary had been denied SGF's Healing Ordination Program. Why? Only so she could recognize and accept, through all of her life experiences, that she was a Healer, preordained.

We also had the Rabbi's wife, who long ago cooked nourishing meals when Yeshua came to their home. That was then, today she nourishes us with her healing therapies. Then there was the wealthy merchant's daughter, who long ago demanded a healing from Yeshua only to be denied. Yet later she had the arrogance (Cont. on page 6)

## The Beloved Women Retreat

(Continued from page 5) to try to buy Yeshua’s knowledge, requesting that he teach only her. Again denied, she was infuriated that he chose to teach ‘those people’. Naturally, her karmic role at Sacred Garden Fellowship was to bring all ‘those people’, who she came to love, to be healers or to be healed within the Fellowship. As karma often demands, she had to feel her own lack of value within the group before she could eventually come to accept that she, too, is a loved and valued part of SGF. Having been given the rare insight of these reveals, we could study our own soul journey, for greater karmic clarity.

For those attendees of previous channeled retreats, you may remember the Teachers revealing established fears from individuals’ past lifetimes, so they may be understood, released and healed. Those among us, who lived as characters from historic lifetimes, took on the roles necessary to eventually leave behind erroneous beliefs of suffering and sacrifice formed long ago by the crucifixion, and by Old Testament practices. Whether we need to realized our historic contributions or not, we all have willingly or unwillingly created karma that calls us back to earth, placing us in roles offering self-forgiveness. And this retreat offered a layered understanding of how karma is carried over into other lifetimes, offering opportunities to be balanced by being felt, forgiven, and transformed into purposeful Holy Relationships.

A panel discussion was held among the SGF members who were involved in the creation of the *Beloved Women* book. The panel spoke of their human challenges in receiving the periodic, often out-of-sequence sections of the book. With no idea how to weave its tapestry together, guidance was provided and honored. That’s why it’s non-linear telling unfolds in chapters. We also heard of the path to publication and all those dedicated in the combined efforts of editing its pages over the years.

Only the surface of the book’s core lessons were enthusiastically shared at the retreat, due to limited

time. Another future retreat, delving into the deeper spiritual lessons in this book, is intended! To be announced!



Barbara Waldeisen

As for my part in the getting this unique retreat scheduled please thank Yeshua. He came to me as I read the book. I was so thrilled by its telling, the miracle of its very presence in my hands, and the information within its pages! And it was this enthusiastic vibration which brought Yeshua’s

presence in my room. Like many times in the past, when he has come into my awareness, I’m obedient to his request. This time he asked me to host a ‘One Day’ presentation on the book. And I joyfully did!

For six hours, at my home in State College, PA, the group I assembled discussed the book, what was personally meaningful or profound or healing on its pages. We wiped tears away, touched by the awe of its telling, the energy of its truth! Six hours without a lunch break, (we ate from our laps) not wanting to break for anything but bathroom visits! I think there were 10 or 12 of us in attendance, all requesting another day devoted to this intricate book.

The next morning in meditation or there about, Yeshua returned and asked me to now email Don Gilbert. “But Don doesn’t read his emails,” I thought. Oh well! I was instructed to request a retreat specifically for the book. It held so many opportunities beyond the Fellowship’s much-needed reunion and healing. Its intent was for our higher understanding about the karmic opportunities, within the specific roles we play, for forgiveness sake. “...As it’s time for all of our past to be over... the reasons for our discontent and bitterness looked at and let go of...” to paraphrase Thomas.

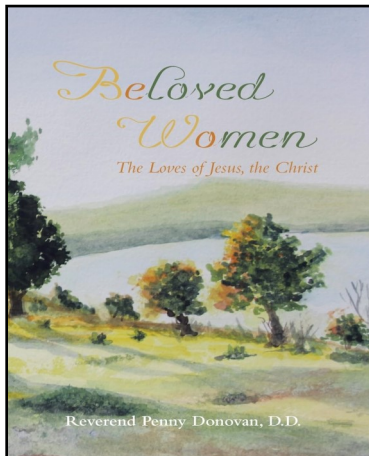
(Continued pn page 7)



(Continued from page 6)

The miracle: Don saw my email and called me, which resulted in this heartfelt retreat.

I can only encourage the book to be read and re-read. It's the step-by-step blueprint into how Yeshua healed, manifested abundance without limitations, and raised the living from the dead. In other words, the 'handbook' for "...And these things too, even greater things than this you too shall do! "



Editor's Note: The book *Beloved Women, the Loves of Jesus, the Christ* is available for purchase on Amazon for \$2.99 for a Kindle download, \$24.99 for a softcover book or \$47.99 for the hardcover version.

Description of the book on Amazon:

This is the story of two women who played a pivotal role in the life of Jesus, as we have come to know him: Mary Magdalene and Miriam. To them he was known as Yeshua ben Joseph, or simply Yeshua.

The aching desolation left by Yeshua's death was more than met by the overpowering hope brought by his Resurrection. It was a hope so powerful that it gave voice to a truth long held in silence—God dwells in man. For hope is not wishful thinking. Hope is an active force that sets into motion new ideas and new incentives. It holds the quality of possibility like a shining beacon in the darkness. It urges man upward to a brighter belief and a dedication to create a better way of life. *Beloved Women* will help you see Jesus through the eyes of the women he loved and to appreciate the role they played in his life.

## September Healing Retreat

We welcome you to join facilitator and healer, Don Gilbert, for our next Weekend Healing Retreat, September 13-15th at Harvest House, 1558 State Hwy 51 in Gilbertsville, NY. You can [register now](#) on our website. The theme for this retreat is '**Allowing the past to be the past and stepping into the power of Now**'.

Participants are invited to be mindful of the following items as they are guided:

- Being mindful of thoughts
- Aware of emotions
- Setting intentions & nurturing them
- Trusting our Higher Self
- Allowing our help to help
- The perfidy of enjoying our misery
- Sustain the desire to be truly helpful
- Healing unworthiness



Let us gather together in support of one another and take this next step on our healing journey home. It is time to harvest what we have planted and enjoy the ambience of Harvest House.

This event will be held at **Harvest House**, SGF's Spiritual Retreat Center, in Gilbertsville, NY – about one and a half hours from Syracuse and Albany. Harvest House is a beautiful sanctuary nestled in the woods of the Butternut Valley. Come join in harvest and communion for a restorative and enlightening weekend. Meals and accommodations are all inclusive.

Weekend Healing Retreats give participants an opportunity to look deeply within themselves and explore subconscious belief systems and other barriers of thought in order to become mentally, emotionally and physically healthier.

The weekends are small and sacred with the opportunity for each attendee to receive feedback, coaching, and hands-on healing. Attendees take part in a safe and loving environment that encourages introspection, sharing and compassionate participation in a group process.

At Harvest House, we're following CDC guidelines. Please test yourself if you have symptoms, or have various concerns. If you're sick, you're asked not to attend.

If paying by **check**, please make it out to Sacred Garden Fellowship, and mail it to: P.O. Box 16304, Albany NY 12212.

In addition, please email:

[randee@sacredgardenfellowship.org](mailto:randee@sacredgardenfellowship.org) so she knows you wish to register and have sent payment.