



# The Fellowship Chronicles

May 2022



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**Editor: Kathryn Romani**

**Next Newsletter: August**

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

**Deadline: August 1, 2022**

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

## PRAYER

It is not the words of the prayer that heals, but rather the expectation of the person praying. It is their belief in the power behind the words. If you recited words in a foreign

language whose meaning was unknown to you, and your intent was for healing, the intent would infuse the words and call from heaven a response in harmony with the intent.

The Father reads our hearts and the sounds we make are heard through our heart's desire. It is our feeling nature directed with faith that brings the Father's response.

**A single word uttered in total faith is far more powerful than a beautiful discourse spoken in fear. It is Faith, not fear, that rings the bells of heaven.**

Every faith-filled prayer is a com-



munion of the God within us with the Father Omnipotent, unifying our consciousness with the Awareness of the eternal possibilities of His gifts. It is the

equivalent of saying 'yes' to all that He offers us. As we speak the word of faith from our highest awareness, the response from the Father removes all obstacles from our path.

**The key is to ask that His Will not ours be done, for He knows far greater blessings to give than we know to ask for.**

Medicine treats the disease. The Father heals the illness.

- This shared message came from correspondence between Rev. Penny Donovan, Don Gilbert and the SGF Spiritual Teachers.

## 2022 Calendar of Events

### MAY (\* via Zoom)

- May 17 at 7 p.m. EDT - **Spiritual Lessons from the Master Teachers** with Don Gilbert\* \$20 per lesson. Part 2. Discussing our experience of the lessons. [Registration](#) is required on the SGF website. A [Zoom](#) link will be sent a day prior to the event.
- May 19 at 7 p.m. EDT - **Sharing & Growing Together Spiritually\*** with Mary Lee; members only; free. A Zoom link will be sent to all members the day prior to the event. No registration is needed.
- May 21 at 1 p.m. EDT - **Virtual Community Healing Event\***; free. A zoom link will be sent out to all members a day prior to the event. No registration is needed.

### JUNE

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

- June 16 at 7 p.m. EDT - **Town Hall Meeting\*** A zoom link will be sent out to all members a day prior to the event.
- June 25 - **Introduction to Abundance\* Webinar** with James Rose and Sherry Snook. Time, cost and registration will be posted on the SGF website.

### JULY

- July 16 at 11 a.m. EDT (note new seasonal time) - **Virtual Community Healing Event\***; free. A zoom link will be sent out to all members the day prior to the event. No registration is needed.
- July 22-24 - **Introduction to Abundance Weekend Retreat** led by James Rose and Sherry Snook at Harvest House, 1558 State Hwy. 51, Gilbertsville, NY. Details will be listed on the SGF website as the date draws closer.

### AUGUST

- Aug. 26-28 **Weekend Healing Retreat** at White Eagle Conference Center in Hamilton, NY. All will have the chance to look inside and examine the truth of their being. This uplifting experience can help to create a stronger bond with the Higher Self. Fee includes sessions, dinner on Fri. thru Sun. lunch, beverages and lodging (individual or shared cabin). Registration on the SGF website is required.



**The Best Time for  
New Beginnings  
is NOW.**

## 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

**Jessica Gilbert, Board Member**  
jessica@sacredgardenfellowship.org

**Sherry Snook, Board Member**  
sherry@sacredgardenfellowship.org

**Randee Hartz, Board Member**  
randee@sacredgardenfellowship.org

**Dot McCarthy, Board Member**  
dottymac5spirit@gmail.com

**Tammy Roupp, Board Member**  
tammy@sacredgardenfellowship.org



## Welcome Home Open House



**Sherry Snook's Harvest House Retreat Center in Gilbertsville, N.Y.**

Hooray! In the last newsletter, an article mentioned that SGF member Sherry Snook had purchased a lovely residence in New York, between Binghamton and Albany, with plans of turning it into a cozy spiritual retreat center. Alas, her dream is a success! Kudos to Sherry—she is a blessing to all of SGF!

On Saturday, June 11th, Sacred Garden Fellowship would like to invite its members to join in celebrating the Grand Opening of Harvest House, a Spiritual Retreat Center run by Sherry Snook. The Center is located at 1558 State Highway 51 in Gilbertsville, NY.



Guest room with 3 beds



Main living room

There will be a short program and time for participants to come together in gratitude. A light lunch and refreshments will be available. For those traveling from afar, sleeping accommodations will be provided at no cost. Rooms are 3 beds to a room (see above photo), so you will be sharing the room. Due to the limited number of rooms, they will be reserved on a first-come, first-serve basis. (See *additional photos on page 5.*)

Date: Saturday, June 11th, beginning at 10:00 a.m. until whenever people would like to leave. Please RSVP to Harvest House at 607-783-2335.



## SGF Webinars & Retreats

By James Rose

*"Every one of you are teachers if you choose to take that responsibility." - Archangel Gabriel*

Why did SGF member James Rose move to Gilbertsville, NY? For the weather? For the taxes? For the maple syrup? No, I moved to this part of the Southern Canada region to live and be part of the new home of Sacred Garden Fellowship.

This is my time for complete commitment to the Masters, Archangels and teachings, to rise into elevated self of form with our august body (from John the Baptist).

I am being led to begin facilitation on two subjects for seminars/retreats. *Life More Abundant* (Matthew 10:10) and *Manual for Teachers* from *A Course in Miracles* will be my first series of group forays into our spiritual adventuring.

*Life More Abundant* is coming from the beginning of Gabriel's book, *Manifesting*, as well as *A Course of Love*.

*Introduction to Abundance* will be presented as a webinar on Zoom on June 25, 2022 and the corresponding retreat is scheduled to be held at Harvest House on July 22-24, 2022.

The *Manual for Teachers* workshops/retreats have not been formatted yet but will consist of exploring 72 unique pages to get to the heart of living, teaching and healing. Both series of events will be co-facilitated by the loving and talented Sherry Snook at Harvest House in the lovely and charming Butter-nuts Valley of Gilbertsville, NY.

I am asking SGF members to turn inward and let it be revealed just how YOU should participate and help grow our family in the grand adventure of our new SGF retreat center and then talk to any SGF Board Member to get started.

## Journaling for Truth

My spiritual journey began 54 years ago when my mother handed me the book "There is a River" - the story of psychic Edgar Cayce. That set me on an odyssey seeking spiritual knowledge - studying with Astara, 30+ years with Sri Goswami Kriyananda at the Temple of Kriya Yoga, Sri Amma Karunamayi and, finally, Sacred Garden Fellowship.

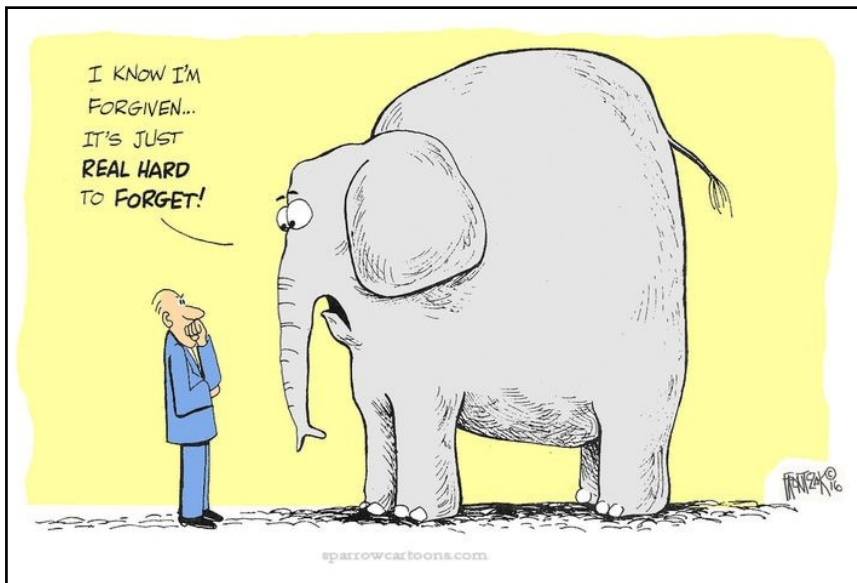
I, Editor Kathryn Romani, want to share with you the fact that throughout my spiritual quest, journaling has been my go-to method to progress spiritually. It is a way for me to explore the other side of my own perceptions, to sort through emotions and see truth, and to forgive myself and others.

When I journal, I usually start by writing a letter to the perpetrator in the situation. I allow myself to be childlike - to express the pent-up anger that I've shoved down for too long, to verbally rant and rave, stomp my feet, call others names and lick my wounds - 'poor me'. I write all about what happened, who was involved, how I felt, and how "unfair" it was to me. Then I put the letter away.

The next day, first, I pray for guidance from the Holy Spirit to enable me to see the TRUTH of the situation. Then, I read what I wrote, but this time seeing the event from the other person's perspective - what they put up with from me! It is ALWAYS enlightening. Then I ALWAYS DESTROY the letter.

For example: I thought I hated my Mom for ignoring me as a teen. When I reversed it, I realized that I had pushed her away, physically and emotionally, ALL my life. She'd sit me on her lap and I'd coldly push her away and run off. That new perspective changed everything. The truth was that I had rejected her first and she was just reacting to that. I ended up loving and respecting my mom for all she endured throughout raising an uncaring daughter.

Releasing that pent-up energy enabled my neck to let go of the stress and pain that I had had for years; the pain never returned. So, good luck with your journaling. I pray that it will be an enlightening experience and that gaining a new perspective will be meaningful for you, too.



## The Truth of a Situation

I want you to draw into your consciousness that situation which you feel you must deal with, wherever it be. I want you to picture it as you perceive it to be at this present time.

Now, I desire for you to allow yourself to float away from it, up above it. Imagine that you are totally detached from it, that it is of little or no concern at all to you. Adopt an almost disinterested attitude and allow yourself to float up away from it.

The further you float, the smaller it becomes, till after a bit, it is a tiny little dot far beneath you. It has no influence on you at all. You are abundantly disconnected from it. You are so disconnected from it that you can't even remember what it is.

Now, you are going to look at its truth, and you do not have to picture what that truth might be, for the truth of it is very real and will present itself before your vision, and if it does not, it simply means that you haven't detached yourself far enough from it. So, go a little further away. If you still see nothing, then you can know you have entered into that truth. You and the truth are now one, even though you have no conscious knowledge of what that truth might be. You and that truth are one.

Now, you are going to float downward. Little by little you become aware of the distant dot beneath you. The dot is becoming larger. You still have no attachment to it. You are far above it. As you come closer and closer to it, you realize that in truth, it has no bearing on you whatsoever, that you can cause it to be whatever you decide you want. Whatever decision you make at this point will be based upon the truth that you know about it.

And as you come back into that situation, you do not allow the fear element of it to attach themselves to you as they have before. You remain, in a sense, insulated. For you have received the truth and do not need to deal with the error. Whatever words you speak, whatever actions you take concerning this situation from this moment on will be based upon the truth that you have brought back with you. And at the moment that you need it, the words and the actions will present themselves and you will automatically do them. You may enter into your physical bodies again.

*From "Sitting in God's Lap", Polarizing Energies, January 15, 1994. Copyright © 2021 Rev. Penny Donovan. All rights reserved.*

## HARVEST HOUSE PHOTOS



Main living room



Guest bedroom