



The Fellowship Chronicles

November 2021



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Happy Thanksgiving to All! SGF extends heartfelt thanks to our members for all they have done toward the success of our mission. Our hearts pour forth a fountain of gratitude to Archangel Gabriel, Yeshua, and all of the Master Teachers who have helped us to become the beautiful Souls we are today. They have lifted us up to know the Truth of our being. So, too, we thank the late Rev. Penny Donovan, who lovingly shared their teachings for so many years. The following lesson, given by Solomon on 3-18-2007, is truly a precious gift to us all.

Rising above the personality is really the peeling away of the self you have made to fit into the dictates of your current society. The ideals of any society are constantly changing because they are false, they are illusion.

The true Self, the Son of God Self, is eternally perfect and the same, and the only change that occurs is the gentle realization of its perfection filtering downward from the knowing in the abstract mind as wisdom into the consciousness of the concrete mind as peace.

The personality has many faults because it is always based in fear and insecurity. The true Self is based in perfect love and well being. Let go

of the personality and allow the true Self to present Itself to the world. It comes slowly, gently into manifestation and works its many miracles as it glides across your consciousness and teaches you how to really live and know Life.

How sad it is to have walked through many years of earth life and, as those years reach their conclusion, to realize that one has never really tasted of Life in its fullness, but rather has hesitated at its edges and peered at it in fear of its glory. The mistakes that one imagines could happen heap rocks of guilt upon the mind and stifles the urge of innocence to step into the flow of power that could bear them along as air currents support the great wings of eagles. So it is that the conclusion of the earth experience is fraught with disappointment and regret and lays itself down in a bed of sorrow when all the while surrounded by all the beauty and joy of a Life filled with loving experiences left untouched.

Look deep within your Self and see the magnitude of possibilities that await the fearless adventurer who has the trust to step forth and be all that is in the spirit, all that is in the intention of the Father/Mother who brought it forth in unspeakable love. The treasure of Life is in the living of every moment in perfect trust that the only lesson to be learned is love of Life itself as the expression of all that is sacred. The Holy Grail of Being is ever within your reach.

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Next Newsletter:

February

Submissions to this newsletter are always welcome. Please consider sharing your stories, poems and insights with the fellowship in the next edition.

Deadline: Feb. 1, 2022

Email:

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

2021 Calendar of Events

NOTE: Spiritual Lessons from the Master Teachers* with Don Gilbert will continue in the New Year. Dates will be emailed to members. Register on the SGF website under Events and Programs.

NOVEMBER (* via Zoom)

- Wednesday, Nov. 24 at 7 p.m. EDT - **Sharing & Growing Together Spiritually*** with Don Gilbert and Mary Lee; free for members.

DECEMBER

- **Note:** Dates for the December **Sharing & Growing Together Spiritually*** forums will be posted on the SGF website in early December.
- Dec. 11 at 7 p.m. EDT - **Virtual Community Healing Event***; free. Please register on the SGF website.



JANUARY

Note: Spiritual Lessons from the Master Teachers with Don Gilbert will continue in the New Year. Dates will be emailed to members and you can register on the SGF website.

FEBRUARY

- Friday, February 18th to Sunday, February 20th - **Weekend Healing Retreat** at White Eagle Conference Center in Hamilton, NY. During weekend healing retreats, participants have the chance to look inside, beyond the ego-self, to see the truth of their being. This uplifting experience can help to create a stronger bond with the Higher Self. Fee includes retreat group meetings, all meals from dinner on Friday through Sunday lunch, beverages in meeting room and lodging in an individual or shared cabin on the shore of beautiful Lake Moraine.

Letter to the Editor

Hi Kathryn,

I wanted to let you know that the Healing Retreat that was held this past weekend (10/1-10/3) was extraordinarily wonderful! When we attendees at the March 2021 Healing Retreat decided we wanted to have a reunion in six months to be with each other again and to see how we had progressed, little did I know how powerful and special the Reunion Retreat would be.

Having just arrived in Delaware from New York two weeks ago - and still reeling from the intense process of relocating - I was only semi-enthused about attending the retreat. Nonetheless, I knew I wanted to be there. The retreat would be good regardless of how I felt. They were always good.

It wasn't until a few days after returning home that I realized what made this retreat so special. It wasn't because of the spiritual lessons from the Master Teachers that Don Gilbert presented, nor was it because of the healings that occurred, both of which are very significant at any Healing Retreat. What made this Healing Retreat especially wonderful was *because* of the attendees.

Somehow, when we saw each other for the first time in six months that Friday evening, it was as though no time had passed. It felt like coming home. We knew each other. We picked up where we left off. By the time Sunday lunch came around, we knew our lives had been changed forever. We would never be the same, to anyone. But to each other we knew who we were and who we are.

What happened? Was it the familiarity? Was it that we knew and felt what the other was going through? Had we truly walked a mile in the other's shoes? Could it be that we felt safe with each other? A safety that gave each of us the courage to walk out onto those skinny little branches and still know that there would be someone to catch us? Someone has our backs. We are safe. Safe to look at the things we dared not look at, until now. Safe to let another see the dusty crusty self we dared not allow anyone to see, ever. Could it be that we were willing to let the crusty shell go because we gave each other the courage to see the true Self that we are? Did we unexpectedly strongly bond in a way that we could not have imagined? Was it Unity and Relationship that we experienced with each other? Maybe.

Whatever the reason, every retreat goer should consider a reunion, a reunion where we get to truly see ourselves and each other, to know and to be known for who we truly are.

Peace,
Mary Lee



The Christ—It is important for you, in your evolvment, to understand where you are in Christ, and I am not talking about a Christian religion. I am not talking about any kind of... Religion is man's concept of God. Spirituality is what God is and you are. So this has nothing to do with whether you are a Christian or not. This has to do with understanding what the Christ is and whether... whatever religious concepts you follow doesn't change the fact that you have within you the Christ.

The Christ is an energy. It is not particular to a man, although there was a man, Jesus, who came and lived it as an example to you to understand the power thereof. But the Christ is of God and it has nothing, absolutely nothing to do with religion.

The Christian religion is a product of Paul and Peter. They began the Christian religion. It was not the Master Jesus' intent to start a new religion. He was a good Jew. His intent was to show people how to live from the God Self, and it never entered his mind to begin a church, never entered his mind to begin anything excepting the opening of the Christ center in the heart of mankind. That was his purpose.

And it is important for people to understand that what you see upon the earth today as Christianity is quite removed, in truth, from what the life of Jesus represented. The Christ is an energy. It is the love of God brought into form, if you will, and the purpose of it within the human aspect is to give you the ability to love unconditionally.

Every human being has the ability to love unconditionally. However, every human being does not love unconditionally because you make judgements and you accept and reject and so forth. The Christ love is *totally* encompassing. It excludes no one. It is a power that is transformative, uplifting, healing, whole. This is how the Master Jesus did the healings he did. This is how he raised the dead... was through the Christ energy. He was no different than you.

He knew how to live from the God Self of him. He knew how to live the Christ and that's what he did. And that's why when he laid his hand upon a corpse, he could call life into it. It was the love—the Christ power of perfect love—and you all have that lying dormant within you. This is why he came. He didn't come to save you from your sins. He didn't come to take upon himself the sins of the world and be crucified upon the cross and all that sort of thing. He was up there only a few minutes and he realized he made a big mistake. (Laughter) And that's a grand truth.

The point is that *because* he could live from that Christ, that's how he could do what he did. That's how he could go

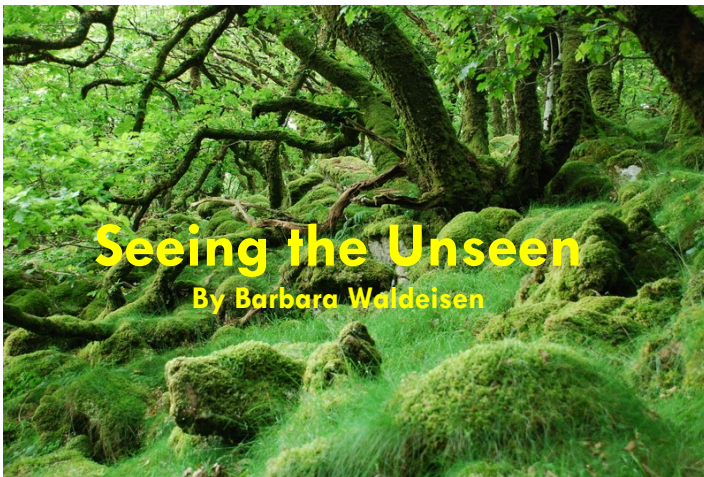
through the crucifixion... was because he could take himself out of the illusion of the pain and out of the illusion of everything that the crucifixion represented and into the truth of his beingness in God.

That same ability lies within *you*. That's something that you all have and it doesn't matter what religious concepts you hold or practice. That has nothing to do with it. As a matter of fact—I'd better not say that; it would be greatly misconstrued. However, the point I want to make with you is that to live from the Christ within you simply means that you are willing to let go of the old error perceptions that you hold of limitation, of poverty, of pain, of anything of a negative nature, and allow that all-consuming love to come *into* you, be *active* in you, and to flow out *from* you—to live in a state of beingness that is so completely *in* God that you have the power that the Master Jesus had over life and death.

He was so confident, absolutely confident, of what God could and would do with and for him and through him. When he went to raise Lazarus, he didn't go there saying, "Dear God, *please* let this happen. If it doesn't, I am going to look like a fool." (Laughter) He did nothing of the kind. All the way there, he knew. He contacted Lazarus mentally and he said, "Lazarus, do you desire to remain in the physical body?" and Lazarus said, "My physical body has no life in it," and the Master said to him, "But Lazarus, we can bring life to it if you desire." And Lazarus said, "Yes, I desire to remain upon the earth. I have not finished." At first he said "No, no, no.," and Jesus said to him, "But you have not finished what you came to do," and Lazarus thought and he said, "I will come back."

Now when he got to the tomb—I want you to pay attention to this because there is a great, great lesson to this—when he got to the tomb he did not see a tomb with a *dead man* in it because if he had, that miracle would have *never* happened. Instead, he saw the opportunity to prove the power of God and life and so he said, "Father, I thank you that you have heard me and that you hear me always." He didn't say, "You hear me on Tuesdays and Thursdays. He said, "You hear me *always*." *Always!* Always is every single second, every particle of a second, every bit of your life, God hears you. He acknowledged that God heard him and that what was about to take place was truth, and then he called to Lazarus, "Come forth."

Now, every time you go to sleep, every time you are unconscious, whether you have anesthetic administered, you get bumped on the head, every time you go to sleep, you leave your body. You float up out of your body. (Cont. pg. 8)



Seeing the Unseen

By Barbara Waldeisen

As a child, I played under large spruce trees with the fairies. Sweeping green limbs draped our play room, curtaining whispered conversations where imaginary tea was served. Knotty old roots offered a comfy setting for my unseen guests. Angels and fairies were my playmates. I could discern their hierarchy and knew the distinct differences, feeling their appearance, as I gladly engaged in their spontaneous play. Still today, I see/feel their presence.

Angels flash their lights much like a flash from a camera. They are present at night when I lay in bed, or in the early mornings when I come out of meditation. It was not until my first Sacred Garden Fellowships' Healing Retreat that I literally saw angels in all their glory! Two huge angels entered the room, although the room couldn't contain their height! Glowing colors illuminated their robes and their wings where lit in golden light that expanded outwardly, engulfing the healers. Their faces' transcending brilliance left me in complete awe! Fairies are sensed as I walk through the woods, still feeling their pull to sit beneath a pines' curtained branches. I have captured a few in pictures with their wings opened and rainbow colors spread in the expansion.

As a child, I was aware of spirits standing at the foot of the bed. Vision ebbed and flowed, becoming less and less with age. My vision returned at age twelve with my mother's passing, while I sat in Williamsport's old Realto Movie Theater, waiting for the start of "A Hundred and One Dalmatians." The big blue clock inside the theatre walls showed 1:53 as a brilliant white light with blue shards captured my attention in the seat next to me — a previously empty seat. Shards of blue radiated from within a crystallized bubble, and within its light was the image of a much younger, happier version of my mother! She smiled at me, filling my heart in a sensation of love that I had never felt before. Within my mind, I heard her silent words tell me how much she loved me. I had waited a lifetime, within those twelve years, to hear her speak of love. And then, as suddenly as she had appeared, she, along with her light, were gone.

In September of 2000, a very different type of vision unfolded in my mind's eyes. This vision came with a growing loudness while we were staying on the 39th floor of the Millennium Hilton overlooking the World Trade Centers. What followed was the historic event that unfolded on that same date, a year later, which we now know as 9-11.

After 9-11, I began my spiritual path, seeking answers to the visions of the planes flying into the Trade Centers and the unbearable noise that accompanied them. How? Why? What? And, of course, Why me? My seeking took me to countless mediums who couldn't provide answers. One, instead, loaned me a Gabriel cassette, along with an opportunity to learn how to meditate! A few years later it was Gabriel who answered my questions! He shared how negative energy is set up in the ethers for just such an event, and within that energy is the noise-conflicting static.

It was when I was first learning meditation, that a vision was presented to me that captured my attention and, to this day, assures my faith during times of self-doubt. A native Indian, dressed in beautiful deerskins with an exquisite breast plate made out of turquoise beading, came to me in my meditation. His hair was long, auburn in color. His deep blue eyes, so tranquil, held mine for a still moment. Then he turned to lead me up onto a ridge looking out across the great divide of a canyon. It's hues amplified in tones ranging from orange to purple, and in between were the deep emotional colorations of humanity's despair. His hand reached out pulling me up from the last rocky 'foothold' onto the flat canyon ridge as he said something I would never forget: "I will lead you, as you will come to lead a great many others, out of the deserts and canyons of their own making, into the great abundant orchards and fertile fields of God's love. Silently, without fanfare, the landscape shifted before us from the canyon's breathtaking views to colorful meadows, and high mountainscapes! I was looking out over green, vibrant farm fields, to an orchard below. I remember it was a peach orchard accompanied by the sweetest smells. I was in heaven, I thought! And all without taking one step. "A journey without distance..." he said as if he knew my thoughts. "Remember, Little Lamb, your despairs, like the sorrows of those who will eventually come to you, are only the 'foothold' that propels one 'up and out' of despair, into the light and truth of God within them." And then I was back in the room I had been seated in all along. Stunned, I thought of my experience. It seemed so... real.

The following year, I enrolled in Fellowships of the Spirit in Lily Dale, NY, to begin my spiritual education as an ordained medium. It was late during a new moon one night, when my 'vision' returned. During our schooling, Lily Dale's historic hotel housed the Fellowships' (Cont. on page 5)

students for during the off season for their long weekend classes. And it was here, that I - with three other students - was called from bed late one night to the indigenous woods. The woods were forbidden late at night. Yet the pull to get out of bed, dress and break a rule that could risk being expelled didn't come lightly. Once outside, our whispers grasped to understand the insanity. Why we four stood in the chilly, moonless, pitch black darkness of the night was beyond coincidental! And without a flashlight between the four of us!

At the pitch black entrance of Lily Dale's indigenous woods, we secured our hands onto each other's coats, praying for permission, as well as guidance, to lead us down its darkened path. The darkness of the new moon created a black wall blocking confident steps onto the path. Suddenly the thicket bordering the path lit up! Little tiny green and orange lights, like helicopter spokes, lifted up from out of the shrubs, marking the path's edges. Then, a canopy formed above us of wee tiny, little white glowing lights! Their lights stretched ahead of our steps! Tiny blue lights sparked before us, as if hurrying us along. We felt so well cared for in our endeavor until all four of us stopped dead in our tracks!

There was an unexplained white light glowing, radiating from deep in the woods, leaving us quite puzzled. It was as if a huge spotlight was illuminating the entire right side of the woods! But what? How? There was no electricity here! And just as quickly as the light was on, it shut off! We froze in our tracks.

Over our shoulders we could hear heavy, hurried footsteps as the earth moved beneath this unseen great weight. The steps were coming fast towards us! We fought not to scream, clinching tight to each other. Then came a loud sniff-sniff from unseen nostrils. Whatever this was, it must have been 8-feet-tall! Awkwardly, it hovered over us, as an incredibly fowl smell permeated our senses, before it continued, hurriedly down the path! Bewildered, we questioned if this was some kind of spirit? Or a large elemental? We later came to learn that it was the huge guardian of the woods, an elemental named 'John'. Anyone who entered uninvited, beware!

Shaken, our faith had held up strong in the love of our intentions. As we recovered, our eyes witnessed the slowly rising light which rose from the forest floor again, as if reassuring us with its presence. And magically the glow became bigger and bigger and bigger as its core revealed an incredible lighted figure! Her arms and legs posed like a delicate ballerina, mesmerizing us with her graceful dance. Her golden hair tied high in a long ponytail. Our hearts sang out like an accompanying orchestra! Her light was huge! The whole right side of the woods glowed magnificently! And at the end of her performance, as if to recognize our overwhelming delight, she opened and closed her wings to us! Two wings opened on her shoulders, and two

wings opened at the hip! And, as the wings spread, every color of the rainbow spanning the distance in-between! We weren't in Kansas anymore!

As her presence diminished, another light further down, began to rise to the left of the woods! Swiftly, on tippy toes, we were drawn closer and closer to this magnificent huge light! Inside the unspeakable radiance, a tall ballerina fairy, the queen, we were told, danced for us! Her wings opened and closed with each leap, spraying rainbow colors before us! When she finished it was as if all the elementals of the woods stood with us! Her light embraced us! And in the moments that followed we were given the purpose for our invitation to the woods that night! Understanding filled each of our hearts without a spoken word. It took me weeks to wrap my head around what had been witnessed and the communication understood that night.

A few years later, while at our family's cabin, I awoke early. Grabbing a cup of coffee, I walked down to the creek's bank. The mist was just rising from the water, as a young fawn drank from the bank opposite me. It was a beautiful sight as I sat waiting for the clouds to lift from the neighboring mountain's tree line. From my peripheral vision something caught my eye. As I turned my head, there 'she' was! No words can explain what I saw. Maybe Walt Disney could draw her. A filmy, almost misty, majestic outline of pure white formed her image, like an exquisite bride cloaked in God's lacy Glory! A great lion was her escort. She was the embodiment of Mother Nature. Within the multitude of folds in her full-skirted gown, great creatures were revealed. With each of her steps they walked out from between the folds, then disappeared into 'poofs of mist.' Elephants charged, giraffes' heads stretched forward, apes swung freely, tigers and bears roared! From the white toe of her stardust shoes, squirrels, chipmunks, and bunnies tumbled out, running free before they, too, went 'poof' and disappeared. Puppies fell wobbling roly-poly from her hems! From her gown's train, a doe with her baby fawns peeked out! A Stag stood boldly behind her. Her lacy headpiece sat high upon what appeared to be dreadlocks, where serpents uncurred. Eagles held up her tiara by their talons. And sparrows lifted the folds of her veil. I was overwhelmed in an unspeakable embrace of love! Her slow, confident smile was the moon and sun shining down upon me.

My eyes turned just for a moment to readjust, to blink... to be grounded in some understanding of what I was witnessing, but in the blink of my eye and the turn of my head, she was gone!

(Cont. on page 6)

(Cont. from pg. 5) It was only a few months after this that I experienced the happiest day of my life when called into Gabriel Educators! The months that followed took our small group to Berne, NY, where one December morning we found ourselves sitting in the loft of a barn, greeted by the Master Jesus! Yeshua! "Hello, I'm Yeshua Bin Joseph," he stated and my more European concept of Jesus disappeared forever. It took months, once again, for me to find some way of comprehending this 'shared' experience. Within those months however Yeshua became our teacher. His presence began to merge into a very new shared reality.

Years later, the Spirit of the Native Americans who guarded the land of the White Eagle Lodge, where SGF retreats are held, taught me how to fly on Eagle wings. This was taught to me as a tool to go above the thoughts and behaviors of others. It happened



Illustration [87969884](#) / [Native American Eagle](#) © [Victoria Skorobogatskaya](#) | [Dreamstime.com](#)

one cold, frosty morning, just as dawn was coloring the horizon. I stood on my cabin's porch looking out across the lake. There I saw several Native Americans gather as they began walking towards me, across the not yet frozen lake, walking above the water! Within moments, I found myself looking out on the snowy landscape way down below! In front of my eyes was the feathery neck of an eagle. I was secure on his enormous back! His head turned towards me as he communicated, without words, how to call for him. With eyes closed, he carried me away, above the earth's thoughts, into silent wonder!

A few months later I asked Yeshua if my visions were 'real'. He confirmed the visions were real, more a recognition or an 'acknowledgment' of growth from the 'belief' in the unseen. More or less, it was the breaking down of barriers to construct a deeper spiritual understanding into what is.

I share this, for those who don't know to believe their eyes... or ears. Those, much like myself, who have no one they can go to, to ask. With the advent of 9-11, like Alice in Wonderland, I, too, was thrust into a vast array of unbelievable experiences that seemed to be changing the very fiber of my reality. I had no one I could talk to or ask about them. This left me feeling quite alone, spiritually immature, without much confidence, fighting to find my way to reason.

Seeing the unseen is real. Trust that you are more than what your mind would have you think. Believe!

Barbara Waldeisen @ whisperingangelmedium.com



Photo [28775961](#) © [Kleoma](#) | [Dreamstime.com](#)

A Weekend Healing Retreat was held at White Eagle Conference Center in Hamilton, NY, on lovely Lake Moraine, from November 5 to 7, 2021, led by Don Gilbert. Twelve participants came, from near and far, on that lovely autumn weekend to learn, to heal, to be healed and to challenge themselves. They joined their spiritual energies, uplifting the entire group. This created a loving, accepting atmosphere where participants felt safe to share their spiritual journey and explore their full potential.

One of the new people in the group was Ken Class, who graciously agreed to write about his initial experience at a Sacred Garden Fellowship Retreat.

(See below.)

Notes from a Newbie...

Being a first-timer to a Sacred Garden Fellowship Weekend Retreat, I was a little nervous and apprehensive. I truly didn't know what to expect. Coming away, I could not have felt more welcomed, comfortable and safe among the lovely people that I met.

The weekend was filled with beautiful stories and sharing. The positive energy that enveloped us was cathartic. It was an amazing transformative experience for me. What a great group of people! So compassionate and loving. Looking so forward to being together again with my new friends.

- Ken Class

CHECK OUT OUR NEW SACRED GARDEN FELLOWSHIP WEBSITE



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WE WELCOME YOU TO TRAVEL THE SPIRITUAL PATH with an open mind and an open heart

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We are pleased to let our readership know that our new website is published and is now live! We've worked hard with Summum Marketing in Montreal on designing our new site and they've done a great job in making it clean and modern while keeping an eye on ease of navigation.

Notably, there is only one events page and people will be able to pay for events online, directly through the events registration page. There are four audio lessons of Archangel Gabriel on the website, available to [purchase and download](#) now - with more audio lessons coming soon. A Blog has been added, run by our very own Kathryn Romani, Newsletter Editor. You can sign-up online to receive the *Daily Quote* and weekly *Featured Lesson* Blog posts directly in your email.

We're very excited for this project to be ready and complete. We believe it will be of service to not only our members, but for new visitors to the website as well.

Blessings always, Brandon Jopko

Editor's Note:

It is appropriate to laud praise and kudos upon SGF members who go above and beyond in fulfilling their Committee duties. Both Technical Committee Chairman Brandon Jopko and his wife, Tehmina Meherali, a Committee member, are two such people. Brandon attends to the daily activities of maintaining the SGF website, as well as doing all of the other social media connections—a big responsibility indeed.

This year, when it was decided to create a new SGF website, he was also tasked with finding a website developer and working with him to create an improved website. Both Brandon and Tehmina spent a great deal of time, effort and energy coming up with the words and photographs on the website that would best represent the essence of SGF and its mission. Thanks go to both of these devoted members, as well as all of the other members who helped to make the new SGF website possible.

The Christ (Cont. from pg. 3) The difference in that and death is that in death, the connective cord, the silver cord, is severed. But when that cord is not severed, you return to your body. You're in and out. You doze off, you're out. You're awake, you are in, and back and forth.

Now, the cord between Lazarus and his body had thinned, had thinned out, but had not yet completely broken. In those days they did not have stethoscopes. They determined a person was dead by feeling at the neck and put their ear to the chest. If they heard no thump, thump, thump and nothing moving here, they were dead.

Jesus connected to Lazarus and he said, "Are you ready?" Lazarus said, "I am ready," and Jesus called in a mighty voice. Now, the mighty voice that he used was the *Christ love*. The Christ of Jesus calling to the Christ of Lazarus to come back and restore the body. And that is exactly what happened. Jesus, at no point, saw Lazarus as a corpse. At no point did he think, "Gee, this guy's been dead. Maybe I shouldn't try this." He did not think like that. He saw from the Christ in him into the wonderful Christ within Lazarus and that's what he connected with.

Now, in any life situation... how can I put this in your words? In any life situation, you have the illusion of the situation. You have the heavy blanket of falseness, of error perception, of trouble. Then you have the truth, which is the God in you, you as a Spirit being, you as a child of God, you as the Christ, and this truth transcends everything else. It makes that basket look like what it really is... nothing. And in the connectedness of the truth of you is your *power*. That is your power. That's where you pull things to you. That's where you command.

In any situation, you are more than that situation at any given point... I don't care, with no exception. You are more than what is happening around you or what you perceive to be happening to you,

Another thing... Remember, nothing can happen to you excepting that you take it in and say, "This is happening to me." You can say, "This is happening *around* me. I am observing that this action is happening out there. I, as a child of God, am not affected. Don't take in what you don't want. It's that simple.

The power of the Christ operates through the vibration of unconditional love. Now humans, by *their* choice, love conditionally. You love someone as long as they make you feel good. When they don't make you feel good any more, you don't love them. You don't want to be around them. You can say to someone, "Oh, I love you so much. I will love you all of my life," and two weeks down the road and they do something you don't like and you think, "Well, I'm out of here. This is the end of this relationship."

But when you love unconditionally, you say, "I don't like what they're doing or saying but I love them. Oh how I love them." And there is a difference, beloveds, in loving unconditionally and loving conditionally.

It is easy to love someone who loves you and makes you happy, but to love someone who constantly rankles you, that takes some stretching. And that's exactly why you invite

these people into your life. Whenever you need an area of your life stretched to include a betterment, there will be presented to you a person who will challenge you to that stretch. And they'll stay right in your face until you get the lesson and when you get the lesson, they miraculously disappear.

Every single thing that happens to you has a gift—*everything*—with no exception. There is the gift of the Christ within it and it is *your ability to stretch and take in that gift*.

I have to say this and the building will not fall down. Religions are man-made. This does not take away from the good they do. They certainly are gathering places for people of like beliefs. Wonderful, but they have nothing to do with your spirituality. Absolutely nothing. Some of the holiest people in the world never went to church. See, the building still stands.

And I am not condemning churches. Don't misunderstand me. If it were not for a church, I would not have gotten Beloved Woman's attention and I wouldn't be before you this day. But what I want you to do is to go *past* your limitations. Now, I'm not telling you not to attend church. I'm telling you to recognize that spirituality is not contained in a building. It's *in you*. It is your spiritual inheritance from God. It is from whence you cometh and has nothing to do with religions or churches or synagogues or temples or whatever.

Now, once you understand that, you go beyond the limitations of the teachings of your religion. Most of your religions are filled with "Thou shalt nots," That is the background that the Master Jesus came from. He had a Jewish parentage and the Jews lived in fear. Of course they did. What else did they know? They were beleaguered on every side. They were never a free people so of course they felt that way.

And everything in that religion taught him "Thou shalt not. Thou shalt not do this. Thou shalt not do that," and Jesus came with the attitude "*Why* not?" He did not come with an attitude of "Thou shalt not." He came with an attitude of "*Why* not?" and that's why he could do what he did. They came and they said to him, "You have healed on the Sabbath. You're not supposed to do that." God didn't designate days. You know who made up days? The Phoenicians. God has eternity. Does God know Sunday? Not a clue, excepting there's a whole bunch of prayers coming at him. (Laughter)

So what happens? When you expand yourself beyond your limitations, beyond your learned limitations, then you can begin to experience the Christ within you because now you are not putting it in a little slot of being a Lutheran, a Catholic, a Presbyterian, a Baptismal... Baptist... well, anyway. The point is that you are *Spirit* and it is from that point that you live, so take yourself beyond your limitations of your religious concepts. Go to church if you want to—that's wonderful—but don't be held and bound by the doctrines. Remember, doctrines are not of God, they are of man.

SGF Board of Directors



Merry Christmas to all of our members and friends! May this sacred season, marking Jesus' birth, bring us all closer to the Christ within.

The Board of Directors extends deep **Gratitude** to all of our SGF members and friends who contributed to the success of the organization's retreats, workshops, activities, programs, as well as its Zoom lessons and meetings throughout the year.

In the New Year 2022, we wish that all will experience the **Blessings of Perfect Health, Love, Happiness and Enlightenment.**

Readers are encourage to contact board members directly if you have comments or questions. Or send an email to Randee Hartz (see below) to request to **attend the Zoom Board Meeting on the 2nd Monday of each month at 7 p.m. EST.**

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



Oh Come Let Us Adore Him

True Worship

True worship requires the commitment of the whole person. Reverence for the divine means recognizing the presence of the divine everywhere—most importantly, recognizing its activity within oneself. Respect for life in the form and in the essence of its being makes one aware of the constancy of the divine. When this recognition gets to be a habit, then one is always aware of the divine and so is always worshiping, and in worshiping, coming more and more into communing with it in a way that makes one so familiar with the divine that oneness is the result. Soon, you cannot tell where the divine ends and you begin, and this is how it should be,

- Nq-on Kar, November 27, 2002

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