



Sacred Garden Fellowship
www.sacredgardenfellowship.org

The Fellowship Chronicles

May 2021



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Next Newsletter: August Submissions:

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

Deadline: Aug. 1, 2021.

Email:
kathryn@sacredgarden-fellowship.org

(without the hyphen)

Guided Meditation by Archangel Gabriel

Lives have changed as a result of Covid-19. Everyone's life has been touched by it in one way or another; thus, many people feel dismayed and out of sorts as they try to redefine their everyday life. Taken from the book "Healing" (p. 100-102), as part of the lesson "Healing in the World" on March 29, 1998, Archangel Gabriel led the following Guided Meditation which leads participants back to their Source, to experience at-onement with God. Surely such an experience can be of great benefit to everyone during these baffling times.

Put yourself inside an elevator. The door closes and you feel yourself going up. As you go up, you feel a lightness in your being. It's as though everything of the earth is falling away and you are becoming lighter and lighter. You feel every concern that you have ever had fall away from your mind, every emotional disturbance is gone from your emotional body.

You are becoming light, becoming light, becoming light and you realize that you are light and that light fills the inside of the elevator. You feel the elevator stop, the doors open, and you step out into the vastness of forever. Around about you is every conceivable scene of beauty and light and you are a part of that light.

You feel yourself going forward. Before you there stands a figure – glorious, radiant figure – and as you approach, it holds out its arms to you for an embrace, and it embraces you and as you look up into its face, you see yourself. The radiance and the power of it seems to wrap around you and you recognize that you are one with it.

And as you are enfolded in its embrace, you feel yourself becoming consumed in it, a part of it, until there is nothing that separates the two of you. You have become one. You feel that oneness. You sense it in every part of your being.

You feel yourself being drawn back to the elevator. You and your Spirit Self remain unified together. You step into the elevator, the door closes, and you are still in this great and wondrous light, and you feel the elevator going down but the light does not diminish. Downward... The light still bright and pulsating. Downward... The light still bright, still filling your being. The elevator stops and you step off and you are this beautiful light being. You come over and you sit back down in your seat, still radiant light. (Continued on page 4)

2021 Calendar of Events

MAY (* via Zoom)

- May 10 at 7 p.m. EDT - **SGF Board Meeting*** To attend contact sacredgf@gmail.com ahead of time to receive the Zoom link by email.
- May 18 at 7 p.m. EDT—**Spiritual Lessons with the Master Teachers** with Don Gilbert* \$20 for 5/18 class only; \$30 for both 5/18 and 6/15 classes.
- May 22 - **One-day Healing Retreat "Be Still and Know,"** Loganton, PA with Don Gilbert & Sherry Snook; \$90. To register, call Sherry 570-295-9134.

JUNE

- June 4-6 - **In-Person Weekend Healing Retreat** at White Eagle, Hamilton, NY. Fri. 5 p.m. to Sun. 2 p.m. Cost and registration information forthcoming soon.
- June 10 at 7 p.m. EDT - **Sharing & Growing Together Spiritually*** with Don Gilbert & Mary Lee; free.
- June 14 at 7 p.m. EDT - **SGF Board Meeting*** To attend, contact sacredgf@gmail.com ahead of time to receive the Zoom link by email.
- June 15 at 7 p.m. EDT—**Spiritual Lessons from the Master Teachers** with Don Gilbert* \$20 for 6/15 class only; \$30 for 5/18 lessons and 6/15 class.
- June 24 at 7 p.m. EDT - **Sharing & Growing Together Spiritually** with Don Gilbert & Mary Lee*; free.
- June 26 at 7 p.m. EDT—**Virtual Community Healing Event***; free, open to all.

JULY

- July 20 at 7 p.m. EDT - **Spiritual Lessons from the Master Teachers** with Don Gilbert* \$20 for 7/20 class only; \$30 for both 7/20 and 8/24 classes.

AUGUST

- August 13-15 - **In-Person Weekend Healing Retreat** at White Eagle, Hamilton, NY, Fri. 5 p.m. to Sun. 2 p.m. More information available in July.
- August 24 at 7 p.m. EDT - **Spiritual Lessons from the Master Teachers** with Don Gilbert* \$20 for 8/24 class only; \$30 for 7/20 lessons and 8/24 class.
- August 28 at 7 p.m. EDT - **Virtual Community Healing Event***; free.

NOVEMBER

- November 5-7 - **In-Person Weekend Healing Retreat** at White Eagle, Hamilton, NY. More information available in the Autumn.

Rev. Penny Donovan Memorial Service on June 6 at White Eagle



Rev. Penny Donovan

All SGF members and friends are invited to attend a Memorial Service in honor of SGF's beloved foundress, the late Rev. Penny Donovan. From 1987 to 2020, she opened herself to receive spiritual truths from an array of Master Teachers, so that we could benefit from their profound spiritual lessons. Rev. Penny transitioned on June 24, 2020, however, due to Covid restrictions, this is the first time that SGF has had to celebrate her life. Her family has been invited and the service is open to everyone. Participants will have an opportunity to share their precious memories of and interactions with Rev. Penny. Please join us.

The Memorial will be held on the last day of the June Retreat, Sunday, June 6, at 11:00 a.m. at White Eagle, 2910 Lake Moraine Road, Hamilton, NY. Lunch will follow; guests coming only for the Memorial can join us for lunch—cost \$14 - please RSVP for lunch only to: 315-824-6700. Payment instructions will be forthcoming soon.

SGF Board of Directors

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 a Board Meeting. Board member contact information is 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

SHARING & GROWING TOGETHER SPIRITUALLY

Sacred Garden Fellowship is pleased to announce a new initiative on Zoom for its members: “Sharing and Growing Together Spiritually.” The purpose of this meeting is to give you the opportunity to share your experiences on the spiritual path with like-minded people, who totally understand what you’re talking about. This group meeting is free-of-charge.

This is not a class. This is a chance to talk about your recent experiences with applying spiritual truths—both your triumphs and your challenges. By sharing what you have learned and how it has effected you, all participants will benefit from your sharing and grow as a result of it.

These meetings will be confidential. They will provide an unconditionally loving, non-judgmental environment where you can feel safe to express yourself freely. Be assured that you will only receive feedback if you request it.

The meetings will be held via Zoom on the following schedule:

Thursday, June 10, 2021 7-8 pm EDT

Thursday, June 24, 2021 7-8 pm EDT

A schedule for any additional meetings beyond June will be emailed to all SGF members.

The format will be as follows: co-facilitators for the initial four scheduled meetings will be Don Gilbert and Mary Lee. Other members are invited to volunteer as a facilitator for future meetings.

The meeting is open to all members interested in attending and sharing and will last for one hour. It will start with an Opening Prayer, followed by ground rules and logistics.

You can share, for example, your own observations of the experiences you are currently going through on your spiritual journey, what you are grappling with, what you have learned, what you need at the present time and what you are open to learning, etc. in a safe space.

Zoom’s “Raise Hand” feature will be used to indicate which member is ready to share. Members can request feedback from the group, if desired. After all have shared, the meeting will close with a prayer.

All members will receive the link in an email in case you feel called to attend.

New SGF Website with Quote of the Day & Lessons

Exciting things are happening at Sacred Garden Fellowship because it is actively engaged in expanding its social media presence. In April, a professional was hired to develop a new SGF website, which will make it easier to navigate through the various sections to find the information that is sought. The grand opening of the new website will be announced to members in an email.

In addition to this, a proposal by the Publicity and Marketing Committee was approved at the April Board Meeting for the establishment of a Blog addition to the new SGF website.

FYI: A Blog is an informational section of a website where written material is posted to disseminate information on specific topics. Posts are made by the Blogger on a regular schedule. A Blog is also

used to create a community where readers who have comments or questions can interact with Blog personnel

The SGF Blog will offer a “Quote of the Day” taken from the messages of Archangel Gabriel, Yeshua and other Master Teachers, who channeled through Rev. Penny Donovan.

Each Sunday, the Blog will also post a “Featured Lesson” taken from the SGF archives, many of which have not yet been published. This will make these valuable channeled lessons available to the public for free, so that all can benefit from the profound spiritual wisdom of these teachers. Questions and comments regarding the quotes and/or lessons will be answered by SGF members Kathryn Romani and/or Steven Rudnick.

Guided Meditation by Archangel Gabriel (Cont.)

(Continued from page 1)

When I count to three, you will open your eyes, still being radiant light. One. Two. Three.

My how bright you are! Is there anyone here who didn't feel themselves becoming light? That, beloveds, is how you connect to your God Self. It's as simple as going upwards, meeting that God Self, and recognizing that At-one-ment between you.

I want you to do this every day. It would be good if you did it upon arising in the morn and sometime through your evening hour before you get sleepy and noddy. Just do this exercise until after a bit, you won't need the elevator. You will simply close your eyes and you'll feel yourself going up and making that connection.

Now, before you do healing, you should do this. You should go up to your higher self, make that connection, and come back as your higher self because that is when you will begin to experience your sacred space, the field of energy that is around you. You will begin to feel it. Some of you may even see it. Then you will do your healing.

It only takes a moment. The more you do it, the more rapidly it comes to you 'til after a bit, you can simply close your eyes and you're there.



Northern Lights photo by eco and northern lights tour guide Markus Varik taken in Tromsø, Norway; www.facebook.com/greenlandertromso and www.greenlander.no

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Feedback from the Community Healing Event...

Sacred Garden Fellowship's first Virtual Healing Event was held in March. When this on-line event was first suggested, no one knew if a healing session via Zoom would have merit. We were taught by Archangel Gabriel that energy—which is bound by neither time nor space—goes where our intent is focused. So there was no question about whether the healing could be done long distance. But would participants FEEL the unity, the camaraderie, the love, as intensely as they do during in-person healing sessions?

The first session was well-attended and participants spoke about how they visualized a unifying net over the United States and Canada, that tied us together in our healing intent with love. Some imagined the participants as lights brightly shining along the net. There was definitely an uplifted atmosphere of peace that was created by the group and felt by all.

The second Community Healing Event, led by Don Gilbert, was held via Zoom on Saturday, April 24, with about eighteen participants in attendance from many different states plus Canada. The first Healing Event was excellent, however, the second Healing Event was even more inspirational. The heartfelt love that the group shared brought many participants to tears and left other normally-articulate participants either tongue-tied or speechless. The energy of unity was palpable.

Thanks are extended to the participants who graciously shared the following remarks about the April event:

I had a very profound healing this day. Don led us beautifully in reciting Gabriel's Elevator Meditation from the "Healing" book - you know the one where we come face-to-face with our Higher Self - I felt a line of flame go up my body shattering that which I needed to be rid of. I knew the intent of my healing was accomplished. This event was incredible; despite being online via Zoom, I felt a connection with everyone as we energetically formed a web uniting us all. I couldn't be more grateful.

- Brandon Jopko

From the first moments of everyone gathering, to the last moments when participants were deeply moved by the meditation and healings, last week's Healing Event was extraordinary. I could feel the elevated energy after the visualization exercise where we imagined ourselves transforming into pure light. It was beautiful, powerful and humbling to have all of the participants offering healing to each individual as we went around the group. Toward the end, hearing a few individuals speaking about what a gift it is to be able to share spiritual lessons, insights and development with their children, who were also in the group, was incredibly touching. The notion of passing down spiritual benefits added another sacred dimension to the gathering. "Energized" and "connected" are the two ways I would describe the session.

- Ella Miller

Kudos to Brandon Jopko



Brandon Jopko

For the last five years, since the inception of the The Fellowship Chronicles Newsletter, Brandon Jopko of Toronto, Canada, has graciously volunteered as its editor. He has done an outstanding job keeping members informed about SGF activities, as well as expanding our horizons with essays, poems, and light-hearted humor from members.

Over the past five years, Brandon has gradually taken on greater responsibilities at SGF. In 2020, he was elected as Vice-Chair of the Board of Directors. He is also Chair of the Tech Committee, Chair of the Membership Committee, and a member of the Social Media Committee, Programming Committee and Publications Committee.

On behalf of all of the members of Sacred Garden Fellowship, multiple kudos are extended to Brandon for all of the excellent work he has done on the newsletter. He has most certainly earned our respect and gratitude for lifting us up with his God-given talents, creativity and writing ability. Thank you, Brandon, for a job well-done.

Comments about Brandon Jopko's Webinar "Using the Power of Our Spirit"

On January 30, 2021, Brandon Jopko presented a webinar for SGF members entitled "Using the Power of Our Spirit." The webinar was well-attended and well-received. It reminded one and all that we are ever connected to God, as we choose to do His Will by living our truth. These comment are about his webinar:

Brandon's webinar was well presented, well-paced, interactive, personal and relevant. It refreshed my memory of the teachings and strengthened my spiritual practice. The aspect that made his webinar different was his heartfelt and courageous ability to share his personal experiences with applying his spiritual tools, if you will. I could relate to many of his experiences. Many of us know the spiritual truths. It's the application of these truths that sometimes can be a bit tricky. So, having a webinar where we are succinctly reminded of those truths and shown how they were applied in real life situations is priceless. Good job, Brandon!

- Mary Lee

*"From out of the darkness
I brought you into light,
from out of the silence
I opened your ears to the
harmonies of the universes,
in your heart I placed my love,
in your spirit my life."*

**From the silent voice that Penny
received in July 2003.**

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Welcome New Board Member



Tammy Roupp

At the April Sacred Garden Fellowship Board meeting, Tammy Roupp, from Central Pennsylvania, was unanimously elected as a member of the Board of Directors.

Congratulations, Tammy!

She has been a SGF member for about 10 years. In the opinion of this editor, Tammy is a humble healer who refrains from the limelight. Yet, like a fine diamond, she has many shining facets: a SGF certified spiritual energy healer; a minister of spiritual healing with the Church of Sacred Healing; a Reverend through Pathways of Light; an "I Am" magnified healer; reiki master; teacher of spiritual energy; aromatherapist, an Intuitive healer through touch, sound and the presence of being. Humbly, she is a child of God—one who does God's work through her hands, in her words, as well as her deeds. Tammy has an office in Williamsport, PA. Indeed, her participation will surely be an asset to Sacred Garden Fellowship and all of us.

Embodying the Divine Feminine

As our world shifts to embody the Divine Feminine in all institutions and systems, I turned the lens inward to examine what aspects of this vibration needs healing within me. This is the poem which arose one morning in meditation.

Matrilineal Healing

By Tehmina Meherali

As I sit, grasping the fallen strands of hair from my head,
I feel in its DNA the blood, toil, forgotten whispers of my female ancestors.

They are calling, beckoning in their hallowed whispers:

Do not forget us.
Do not pretend we do not exist.

Your bones are fashioned from ours.
Your legacy is unfinished.

We are not in the shadows to torment
But to remind you of what you set out to do in this life-time.

Done with it, you are not.

But we acknowledge all you are tending to
From the depths of your soul,
To clear, balance, and restore
The fullness of who are you.

Woman.
The Divine Feminine, Rising.

You think you are alone in this
But if only you knew how close we are.

Like a lightning rod
We ignite in you,
Your courage, strength, and determination
To see this through.

Lost in the struggle you may become at times.
But you are never alone.

We surround you in loving arms,
Ready to pick you up,
To hold you
In the Circle of Womanhood.

Encircled we are around you,
This band of Feminine Beings,
A chalice ready to hold.

We fill your cup with the sweetness of your nectar,
Nourishment that sustains you,
And will always.

We are many,
Women,
and their little girls.
Daughters
and their little girls.

And your Little Girl is
not afraid.

And your Little Girl is in awe of all her playmates.

So go forth and do what you have come to do.
The mother in you joins with the mother in all.

This is ancestral healing.
The loving heartbeat of your innate Love Song,
Ready to be sung back to you through infinity.

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Be Still and Know 1-Day Healing Retreat



Sherry Snook

On Saturday, May 22, a One-Day Healing Retreat will be held in beautiful rural Loganton, PA, with Don Gilbert, MSW and Rev. Sherry Snook. Entitled “Be Still and Know” the event will focus upon the importance of being still. It will emphasize gaining a deeper understanding of the oneness of self, union with the Creator, love of self and love for all of creation. Tools will be presented to guide everyone into letting go of the ego/personality, learning the importance of just “being” and ways to accomplish this.

Through SGF, Don and Sherry have joined their talents as healers and spiritual teachers to serve others and to further their purpose to encourage and empower all people to awaken and live from their “God-Self”.

The Retreat will take place at 1278 Rockey Rd., Loganton, PA 17747 from 10:00 a.m. to 4:00 p.m.; lunch, snacks and beverages are included. Fee: \$90.00. Reserve your place at the retreat by phoning Rev. Sherry Snook at 570-295-9134.



Don Gilbert