



Sacred Garden Fellowship
www.sacredgardenfellowship.org

The Fellowship Chronicles

August 2023



Inside this issue:

Calendar of Events	2
Upcoming Retreats	2
Gabriel 101	3
Autumn Fires	3
What If...	4
Board of Directors	5
Breath of God Follow-Up	5

PRAYER FOR DELIVERANCE

Internal Christ, how long must You be with us before we stop fearing You? How long do You wait for us to turn our faces and look upon You? When does the shroud he wears stop telling the man how to think and what to believe?

Deep within the recesses of our souls the songs of praise for You wait to be sung, and yet our lips are silent. Softly You call like a sigh, never loud or intruding, soft, patient. Can we hear You above the clatter of the false importance of our busyness, a busyness that hides our fear of You?

Yet we breathe You, we are immersed in You, and still we seek to hide from You. Wash us clean of our fears and cause us to see You no matter where we look. Cause us to hear Your Voice and let all else be silent before it. Let us feel You in the fiber of our being so we cannot deny Your Presence there.

Clasp our faces in Your Hands and make us look full into Your Face, full into the Eyes of Love, that we may fear no more.

*Rev. Penny Donovan
2/23/2006, 2:45 a.m. My prayer.*

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

Deadline: November 1, 2023

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

Newsletter material is copyrighted. All rights reserved.

Board of Director Changes



Margaret Lassiter

The SGF Board of Directors reports the election of two new officers. Welcome to the new Secretary of the Board Ann Wahl. Heartfelt thanks go to Margaret Lassiter for the many years of service that she so graciously devoted to Sacred Garden Fellowship as Secretary of the Board of Directors. Her dedication and valued input are much appreciated.

Welcome to the new Treasurer of the Board Timothy McCarthy.

It is with much gratitude that the Board also thanks Steve Rudnick for his loyal service in keeping the books as Treasurer of the SGF Board of Directors. His time, effort and energy are much appreciated. He will continue on the Board as a member.



Steve Rudnick

2023 Calendar of Events

SEPTEMBER (* via Zoom)

- **Note: Relaxation and Healing Meditation*** - Steve will return for another series of Relaxation and Healing Sessions around the end of September or the beginning of October. Please check the SGF website and check your emails for exact times and dates.
- **Thursday, September 7 at 7:00 p.m. EDT Sharing & Growing Spiritually Together*** with Mary Lee for SGF members only. A zoom link will be sent to all members a day prior to the event.
- **Tuesday, September 19 at 7:00 p.m. EDT - Spiritual Lessons from the Master Teachers* Lesson #1** with Don Gilbert \$20 per lesson. Discussing our experience of the lesson, which will be emailed to you with the link. Register on the SGF website.
- **Thursday, September 21 at 7:00 p.m. EDT Sharing & Growing Spiritually Together*** with Mary Lee for SGF members only. A zoom link will be sent to all members a day prior to the event.
- **Saturday, September 23 at 11 a.m. EDT - Virtual Community Healing*** with Don Gilbert. Free. A Zoom link will be sent to all members the day prior to the event. No registration is needed.
- **Friday, September 29, 6 p.m. to Sunday, October 1, 1 p.m. EDT Gabriel 101 Retreat** at Harvest House, 1558 NY Rt. 51, Gilbertsville, NY. (See details on page 5.)

OCTOBER (* via Zoom)

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

- **Tuesday, October 17 at 7:00 p.m. EST - Spiritual Lessons from the Master Teachers* Lesson #2** with Don Gilbert \$20 per lesson. Discussing our experience of the lesson, which will be emailed to you with the link. Register on the SGF website.
- **Friday, October 20 at 6 p.m. to Sunday, October 22 at 1 p.m. EST Wholehearted Spiritual Living Group Annual Retreat**—Members of this group are invited to attend this retreat which will be held at Harvest House, 1558 NY Rt. 51, Gilbertsville, NY. (See details to the right.)

NOVEMBER

- **Friday, November 10 at 6 p.m. to Sunday, November 12 at 1 p.m. Healing Retreat**—Everyone is invited to attend this retreat which will be held at Harvest House, 1558 NY Rt. 51, Gilbertsville, NY. (See details to the right.)
- **Saturday, November 18 at 11 a.m. EDT - Virtual Community Healing*** with Don Gilbert. Free. A zoom link will be sent to all members the day prior to the event. No registration is needed.

Retreat for Members of the Wholehearted Spiritual Living Group October 20-22, 2023

This annual retreat is open to WSL members. The retreat provides members of this group with time to fraternize with fellow members, share spiritual experiences, learn new lessons, discuss spiritual principles and so much more. Surely this retreat will rekindle old friendships, uplift participants in the Love and the Light of the Lord and refuel our enthusiasm for the precious teachings disseminated through SGF. This retreat will be held at Harvest House, 1558 NY Rt. 51, Gilbertsville, NY. Registration will be available soon at:

www.sacredgardenfellowship.org

Healing Retreat November 10-12, 2023

This retreat presents an opportunity for participants to mingle with like-minded people, share in the spiritual teachings of Archangel Gabriel and various Masters that Sacred Garden Fellowship is so honored to have received, thanks to the channeling of Rev. Penny Donovan. This retreat will be held at Harvest House, 1558 NY Rt. 51, Gilbertsville, NY. Registration will be available soon at:

www.sacredgardenfellowship.org

GABRIEL 101 RETREAT AND COURSE



September 29th to October 1st 2023

Gabriel 101 is also known as the **Introduction to Practical Spirituality** course.

Everyone is invited to attend the Gabriel 101 Course, either to obtain an in-depth understanding of *Introduction to Practical Spirituality* for yourself or to learn how to teach this course as a way of introducing the Archangel Gabriel teachings to others. This weekend retreat will start this course with an immersion into the early teachings of Archangel Gabriel. In addition to exploring those teachings, the course is also intended to help prospective teachers to prepare to teach the Practical Spirituality course. The course requires a commitment of 9 months of study.

Don Gilbert, the developer of the course, and Sherry Snook will facilitate the retreat weekend, as well as future Zoom sessions as a follow-up to support the participants. The facilitators will also be available to participants for consultation and support throughout the course. A final weekend retreat workshop will be scheduled in May 2024.

Participants will be given a course outline, course materials, and a DVD. This retreat will be a supportive and joyful learning/teaching experience. People at all levels of spiritual experience are invited to attend the course and enjoy learning from the Great Archangel.

Participants who wish to teach the course, after completion of the first workshop and Zoom sessions, will be required to attend the final workshop in May 2024. Those who do not intend to teach this course may elect to attend that final retreat.

Both retreats will be held at Harvest House, 1558 State Highway 51, Gilbertsville, NY. Please register on the Sacred Garden Fellowship website. Questions? Contact Donald at 518-339-6886 or Sherry 570-665-8444. Cost for the first weekend retreat will be \$415.00 which includes all the materials, workshop, room and food.

Happy Harvesttime

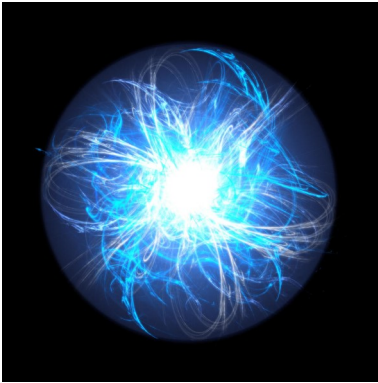


Autumn Fires

Robert Louis Stevenson (1885)

"In the other gardens
And all up the vale,
From the autumn bonfires
See the smoke trail!
Pleasant summer over
And all the summer flowers,
The red fire blazes,
The grey smoke towers.
Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!"

WHAT IF...



Tesla plasma

- Energy Ball by Bunny 177 on DeviantArt

A one-act play

Annabel: What do you mean like a tesla ball?

M: Gabriel had said that “electricity is the closest thing that you have in your understanding to life.” (from the seminar “Seven Rays 1-3” 4/8/1989)

If the closest we can understand of life is like electricity, suppose we actually looked something like tesla electricity. Suppose we can imagine ourselves as electricity.

Annabel: Oh-kaay...

M: For a while now I’ve been practicing the meditation “From Experiencing to Being” (from the book “Sitting in God’s Lap” pg. 15).

In the meditation are the phrases “I am eternal,” “I am joy,” “I am peace,” and “I am love.”

As I was practicing the meditation, I felt like saying I am eternal, I am joyful, I am peaceful, I am loved. But I stayed with the way Gabriel said it to practice it. Then one day, the question came into my head, “What if the word that follows I am is supposed to be a noun and not an adjective?”

What if I’m not peaceful, but I am peace? ... that the nature of peace is what I am. What if I’m not joyful but joy itself, the very essence that makes the energy of joy feel joyful?

Annabel: Keep going...

M: Well, let’s take joy for example. I am joyful describes how I am feeling. On the other hand, I am joy states that I am the joy energy. So if I were to imagine myself as something other than a body, then maybe I can imagine myself as an energy ball of joy, or peace, or love, or anything else I can imagine my energy ball

as, such as: perfect health, wealth, abundance... anything!

Annabel: I’m with you...

M: Know how you can feel the energy in a room? I remember the first time I walked into Rev. Penny Donovan’s Trinity Temple. The moment I stepped across the threshold into that little temple, I felt enveloped with something warm and inviting. I think some people call it love. I didn’t know love at the time.

Nonetheless, the feeling was palpable and unmistakable. The energy in that temple was solid and true.

If I am that solid and true energy of peace, love, joy, then it must be that as I walk around in my daily life, it is possible for people to feel that energy of peace, love, and joy when they encounter my energy field.

Annabel: Yes, makes sense. But how do you...

M: This is where the tesla ball comes in. Know how the tesla ball has all those lightning bolts of energy inside it? Well, whenever I feel pulled into the drama of daily life, if I just call to mind that tesla ball and imagine me looking like that for whatever I need at that moment, be it love, peace, or joy or whatever, I notice my whole demeanor to the drama changes. It’s a bit weird but it’s worked.

As an example, I was riding with a very Nervous-Nellie driver. And I was getting very judgmental and anxious about being in the car with this person. I took a moment and imagined myself as that ball of energy of peace. And Voila! Peace. Huh! It worked!

Annabel: Hahaha! I think I might just try it. I’ll let you know how it goes. But wait... how did your ball of peace energy affect the driver?

M: Dunno. I was too taken with the fact that it worked on me, I didn’t take note. I’ll let you know how it is the next time I use this technique. LOL (Laugh out loud.) Enjoy!

Annabel: Thanks!

By Mary Lee

Feedback From Members

"I derive great value from the blog messages you send. I look for them each day. Your blog presents the many aspects and nuances of Gabriel's teachings in easily digestible snippets. Thank you for all your efforts in helping us stay on our path and achieve the goal of Living the Truth of Who We Are."
- Mary Lee

SGF Board of Directors Contact Information

A Zoom SGF Board Meeting is held on the 2nd Monday of each month. Readers with suggestions, comments or questions can contact any of the board members via the emails listed below.

Don Gilbert, Board Chair

dfgilbertjr46@gmail.com

Brandon Jopko, Vice Chair

brandon@sacredgardenfellowship.org

Tim McCarthy, Treasurer

tim@sacredgardenfellowship.org

Ann Wahl, Secretary

awahlosu@aol.com

Randee Hartz, Board Member

randee@sacredgardenfellowship.org

Tammy Roupp, Board Member

tammy@sacredgardenfellowship.org

Steve Rudnick, Board Member

steve@sacredgardenfellowship.org

Sherry Snook, Board Member

sherry@sacredgardenfellowship.org

Follow-Up to "Breath of God" in the February 2023 Newsletter

By Kathryn Romani

In the February Newsletter, I wrote about the wonderful healing that I received which eliminated the debilitating arthritic pain that my knees had experienced for over 20 years.

Since then, quite a few people have inquired: "How do you feel now? Has the healing remained?" I am overjoyed to report that the healing was complete. My knees continue to be free of the pain that had caused me to need to take 1200 mg. of Tylenol every 4 hours every day and night for months!

One concept that I mentioned in the February article, but did not emphasize enough was the surrender. As Archangel Gabriel said: "You get to a point where after a bit, you give up. If you were to switch that attitude from 'I give up' to 'I surrender,' then you may rest, for if you will note the next step after surrender is repose. After you have surrendered the situation totally unto its highest good, which is Divine Mind, God... you have given it out into that vibration. and only good can come."

I feel that my SURRENDER was KEY to initiating the healing. Very honestly, I was out of options. I had tried creams, pain pills, knee braces, chiropractors, doctors, reiki, acupuncture, SGF healings - everything I knew, and nothing worked.

I felt overcome, walloped, crushed, flattened, finished! I cried hysterically, laying with my head down and with arms outstretched on my desk in total defeat. I had totally succumbed to the fact that I could DO no more. I could DO NO MORE! I was scraping the bottom of the barrel. It was time to give up my perception that I could do something to alleviate the pain. I had to STOP trying to be in charge. STOP trying to be in control. It was time to SURRENDER all control over the matter to one who could do something about it - the Holy Spirit.

So much that we were taught in the Gabriel lessons was involved in my surrender:

- 1) The ego saying 'I know what I need; I can solve this.'
- 2) 'It's my body, so I'm in charge';
- 3) 'I'm a rational person so I can control the situation.'

These illusions had to go! It was difficult for me to admit defeat, which is why it took so long for me to give up. I **always equated "Giving Up" as being a bad thing, a cowardly thing to do.** This perception is what held me back from relinquishing the pain to the Holy Spirit.

I hope that by sharing this surrendering process with you, you may be encouraged to yield your 'situation' to the Holy Spirit.