



# The Fellowship Chronicles

August 2025



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2-15-2009 — Nq-on Kar

**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: Nov. 1, 2025**

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

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Grasping and holding can be very subtle. Because it is such a strong habit, it goes undetected most of the time. Even clinging to spiritual truths and practices can be a form of grasping, if one becomes inflexible about them.

Letting all things, desires, emotions, situations, appearances flow in and out of your experiences without clinging to them, and then being happy in the moment, liberates one from attachments that trap the mind in endless concerns. All things, both pleasures and pain, come to pass.

Observe what is presented to you, discern your patterns of thought, learn from this and then let it go to make room for the next experience with a joyful, grateful attitude. Soon you will discover that wisdom, love, and happiness are your traveling companions; and freedom is the environment in which you dwell.

# Calendar of Events

## AUGUST (\* via Zoom)

- **Monday, August 25 at 7:30 p.m. EDT - Mother Earth Meditation\*** of about 15-20 minutes with Kathryn Romani. A link will be sent to all members. Open to non-members, too, so invite your friends.

## SEPTEMBER (\* via Zoom)

**Note:** Future dates for activities will be posted on the SGF website.

- **Tuesday, September 9 at 7:00 p.m. EDT Spiritual Lessons\*, Class #1** - Don Gilbert shares hitherto unpublished lessons by various Master Teachers. Cost: \$20. Please register at the SGF website.
- **Thursday, September 11 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.
- **Thursday, September 25 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.
- **Saturday, September 27 at 11:00 a.m. EDT "Feel Joy"\*** 2-hr webinar with Kathryn Romani. Cost: \$25. Please register on the SGF website. (See at right)
- **Monday, September 29 at 7:30 p.m. EDT - Mother Earth Meditation\*** 15—20 minutes with Kathryn Romani. A link will be sent to all.
- **Tuesday, September 30 at 7:00 p.m. EDT Spiritual Lessons\*, Class #2** - Don Gilbert shares with us hitherto unpublished lessons by various Master Teachers. Cost: \$20. Please register at the SGF website.

## OCTOBER (\* via Zoom)

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

- **Saturday, October 18 at 11:00 a.m. EST Community Healing\*** with Don Gilbert. A zoom link will be sent to all. Invite your friends to attend.
- **Tuesday, October 21 at 7:00 p.m. EST Spiritual Lessons\*, Class #1** - Don Gilbert shares with us hitherto unpublished lessons by various Master Teachers. Cost: \$20. Please register at the SGF website.
- **Monday, October 27 at 7:30 p.m. EDT Mother Earth Meditation\*** with Kathryn Romani. A link will be sent to all members. Open to non-members.



## New Class

### "FEEL JOY" Webinar

**Date:** Saturday, September 27, 2025

**Time:** 11:00 EDT

**Cost:** \$25.00

**Register:** Go to the SGF Website

Here's a new class that may appeal to folks who want to fully experience, first-hand all three of the gifts of God: Peace, Love and Joy. Most Spiritual Seekers know what it feels like to experience Peace and Love, but we don't really understand how to FEEL Joy. Except for a few moments now and then, feeling joy is not a part of our life. This class can change all that!

This two-hour class will present:

- An in-depth examination of Joy, from the Gabriel teachings;
- The key to understanding and reconnecting with your innate Joy;
- A tried-and-true technique to release barriers to experiencing Joy; and
- Ways to physically FEEL greater Joy!

A few days before the class, participants will receive an email with a link to the Zoom class. The class will be recorded, so that note-taking will not be necessary. After the class, participants will receive a link to the recording, as well as pertinent documents shared during the class. Please join us and welcome Greater JOY!

## WEATHERVANE

By Steve Rudnick

Are you a weathervane? Your response may be; “What is this guy going on about now?”

Well let’s take a second and think of a weathervane on top of a house or barn. It spins and points to whichever way the wind blows. It doesn’t choose a direction—it just reacts. In our worldly existence, we can frequently act like a weathervane. Life will throw stuff at us— stress, drama, illness, disappointment—and we just go with it, letting it steer our mood, our mindset, and even our actions. The question is... Does reacting to life like that really help us grow spiritually, feel peace, or stay grounded? Does it serve us?

You’ve probably heard the phrase “woke up on the wrong side of the bed.” That’s weathervaning in action! Sure, we all can have a rough morning, but who says you have to stay with that mood all day?

Here’s a powerful shift that I use, I hope it’s helpful! First thing in the morning, even before I get out of bed, **set my intention** for the day—on purpose, before anything else grabs my attention. Before the emails, before social media, before any chaos, I take a breath and say something like this: “I am going to have a positive day. I choose to love and appreciate the people I meet. I am going to enjoy my day. I’m skipping the drama. I’m curbing fear. I’m stopping to smell the roses. I’m accepting myself exactly as I am. I’m going to accept others the way they are. This is going to be, a good day.”

Personally, I like to also do this at night before sleep. I say something like: “I release the experiences of my day. I take this time to rest, restore, and heal. I let go of my mind. As I fall off to sleep I create, peace, peace, peace.” I believe you will be surprised how fast this practice will start working for you.

We have all learned so many teachings over the years, I believe little awarenesses like this can be indispensable in helping us keep spiritually centered as we continue to grow.

## INSPIRATION

Now, inspiration is a truth that is brought into the vibratory rate of the person to whom it is coming, and it will fit into the nooks and crannies of that person’s abilities and usefulness of what is being given. ...Have you not had it be so that you were puzzled about something... and then a little bit later, all of a sudden...it’s very clear? You know it, you understand it, you can grasp it, and it’s as though it just *happened* for you.

Now, that is inspiration, and the reason it comes in that manner is because it doesn’t have to depend upon *your thinking*. Ideas do depend upon your thought process, but inspiration by-passes all of that and comes directly into your awareness from the Spirit Self of you.

Now, the Spirit of you... is not bound by what you think of how you feel or what others say to you or how they influence you. The Spirit of you remains very much *unaware of anything* of a negative nature.

How does one get inspired? On the wings of *enthusiasm*. People who are very enthusiastic by nature, who use their enthusiasm, are the ones who receive most of the inspiration, only because the same vibratory rate of enthusiasm is also the wavelength in which inspiration works...

So we would have here the human being with their enthusiasm, with that vibratory rate, and in that vibratory rate there goes out into the ethers this invitation for that which is of a higher nature, that which is more, that which is not bound or limited to earthly concepts. As the vibration goes out, in comes inspiration...

When you go with enthusiasm, with the *joy of your Spirit* in something, you have got to succeed because you are bringing in every kind of a support that you could possibly require—you have enthusiasm, you have trust... you have Divine inspiration. You have everything you need to bring forth that which you desire.

Taken from the book *MANIFESTING* by Archangel Gabriel

***Enthusiasm begets Inspiration***

# Finding Silence: How to Cope with Too Much Noise

*By Ayana Meherali*

Listening to our inner guidance is really difficult these days because the world has become infinitely louder. There is more clamoring for our attention, more noise coming from all sources. We are weighed down in information overload.

On top of that, our technological devices are working to keep us tethered and dependent upon them, so even when we know we should take a tech break, we cannot.

This is why we must be conscious, awake, and determined enough to say 'No' to the noise. No one is going to do this for us. We need the willingness to take the first step.

How can we hear our inner guidance if we have constant feedback and information from the outside bombarding us?

The shift always comes from within. That means, we have to connect to our inner determination to say, I'm unplugging now. I'm putting my technology in a different room. I'm putting it on airplane mode. I'm turning off 99% of my notifications. I'm not going to mindlessly scroll. I'm not going to watch just one more show or video, listen to one more podcast or audiobook, or read just one more headline or social media thread.

I know for many of you, this may sound good and easy in theory. But don't forget, psychologists and technological companies have purposefully made our consumption addictive. So, like most addictions, we first need to recognize there is a problem and that there is a gentle and loving way for us to wean ourselves off.

Technology aside, if you are someone who has had a difficult time trusting yourself lately, instead of finding an outer voice in the form of a video, a book, a podcast, or even a psychic, why not just allow more silence to filter in?

Allow yourself to connect to an inner stillness. It might feel really difficult or even scary, or abnormal. But stay with it. Allow your nervous system to settle down. After all, it gets heavily stimulated by outside noise, too. It goes into a state known as 'sympathetic', which is one of alert and

adrenaline, typically associated with fight/flight responses. So, we want to calm our system down, and to not bombard our senses--our eyes and ears especially--with more content and information to process.

If you are also someone who experiences attention deficit, and many of us are experiencing this as our attention-spans rapidly diminish, it is especially important to take conscious breaks. This includes technology, and also information that is filtered in through other sources, be it newspaper, radio, even educational or self-development workshops and meetings.

We need to become discerning about what we consume and how much we consume; remember to take breaks.

If we don't take conscious breaks, we run the risk of thinking that the outer world is responsible for why we feel so badly. And there seems to be a lot of 'evidence' to indicate how bad it is 'out there'.

We also unconsciously give the outer world permission to tell us if we're okay. Giving our power to the external is a sure way to feel power-less.

But once we realize our world actually begins in our inner mind, and that we have far more power than we realize, we can make great shifts and strides to taking back agency over our lives.

This may sound counter-intuitive but I assure you, this has merit. Go ahead and get quiet. Create 'silence pockets' for yourself throughout the day.

Start making it a habit to check-in with your inner guidance. If you don't know what your inner guidance feels or sounds like, just start by getting curious, calm, and open to it. Befriend the idea that there is innate wisdom in you, and that it is a peaceful, loving voice.

Then, just listen. You will feel immense relief in the peace and quiet.







## Welcome New Board Member Lynne Van Hauter

The SGF Board of Directors is pleased to welcome Lynne VanHauter of Millsboro, DE to the Board. As a lifelong Spiritual Seeker, Lynne's journey has included many various sources of spiritual teachings as well as studying with SGF. She has worked in a hospital office, as well as teaching dance classes and dance culture. She has been engaged in Native American cultural training over the past 3 years and serves on the boards of her HOA and COA. As the mother of two handicapped children, she has acquired decades of special and autism education. *Namaste, Lynne.*

## Spirit and God Together

By Mary Lee

Each day, I do my best to somehow see myself as Spirit (my Higher Self Oneness with God) enervating this body. When I brush my teeth, I imagine the Spirit of me is sending me energy to move my hands and my mouth to effortlessly maintain perfect health of the mechanism that symbolizes my ability to break down Truth into easily digestible pieces.

When I cut into a peach and separate slices off the pit, I imagine Spirit moving the knife in such a way as to keep all fingers intact while I twist each slice off the pit, and so, to sweetly nourish the form.

At some point before going into dance class, I ask Spirit to cause me to be aware of movements so that I do not injure this form. Afterwards, I think about how the Spirit of me sent energy to this form and moved it in the way it did.

While I'm driving on I-95 and practicing my awareness of the statement, "Thank you Father for being One with me." I imagine the Mother/Father energy intertwined and interwoven with me in such a way that we together are creating what I see, hear, and do.

And as I am driving on the highway, I see not the road I "know", and have become familiar with, but rather an unveiling of images as they come into my view.

And now at this moment, as I am writing this, I am thinking of my next task to complete - my daily workout. As such, when I do my workout, I bring into my awareness of the Spirit of me placing one foot, with certainty and stability, in front of the other.

And so it is, Spirit-and-God does all these little things for me as long as I get out of the way. Hah!

## New Inspirational Column For Spiritual Seekers

Mary Lee had a great concept and this column — which will become a regular in this newsletter — is in response to her idea! She was inspired by certain music and videos and so she wondered if members would want to share in this newsletter a song, movie or video that inspired them along their spiritual journey.

Although a "link" cannot be shared due to copyright rules, the name of the media will be featured for folks to find it on their computer or phone. So, please send the editor the names of songs or music that have inspired you and movies or videos that "moved you" so they can be shared in this new column. Send to: [kathryn@sacredgardenfellowship.org](mailto:kathryn@sacredgardenfellowship.org).

**SONGS FOR SPIRITUAL SEEKERS**—To that end, Mary wrote, I remember hearing for the first time **Josh Groban's song "You Raise Me Up"** while I was grocery shopping. I hunted high and low to find out the name of that beautiful, uplifting song. The editor's heart was also opened by that interjective song.

Songs that inspired Kathryn Romani are by **Andrea Bocelli**. His **"Sogno"** is so beautiful that its melody brings me to tears. I don't know what the Italian song is about - and I like it that way - because I can pretend that it is me singing to God or anything I want it to be! His **"The Prayer"** with **Celine Dion** is also uplifting.

**SOUL MOVING MOVIES**—In a similar vein, Mary wrote: I just watched a **Netflix** series called **"Heavenly Ever After."** I thought it would just be another Korean romance-drama. But it was much meatier than that. I found that many of the teachings that Gabriel gave us about the afterlife were dramatized here. Not only that, it gave me considerable pause about how I am living my life now. Gabriel did say that when we pass over, we retain the same personality type we had on Earth and that unresolved issues go with us.

Watching this series made me look at my life and some of my error perceptions and beliefs about my life and myself. As a result, I think I am even more determined than ever to unearth unresolved issues. I certainly don't want to take them with me into the afterlife! Anyway, others may also find value in watching this series.

On a lighter note, this series dramatizes the reunion of humans with their beloved dogs, who have crossed over and were waiting for their masters. Very touching. The series also has a comic portrayal of what hell might be like and different types of hell for various personality types. I found some of it amusing.

All in all, I would watch it again because the various lessons presented during the series - about unresolved issues and how they might to be resolved - is worthy of watching more than once.—Mary Lee

## Re-union

By Ayana Meherali

You always felt not welcome here,  
Little Being.

They didn't want you,  
You understood.

Whisked away you were  
To parts and places unknown.

In your consciousness you sensed  
What was safe, what was not.

Swaddled you were in a blanket.  
Not out of comfort but to keep you:  
Still.  
Quiet.  
Subdued.

Hush, Little Being,  
Don't make a sound.

This place is not safe.  
You are alone.

That is what she internalized.

*I don't want to be here.  
Can you help me out?*

Hush, Little Being,  
No one is around.  
To hold you,  
Caress you.

Tender, they are not.  
Forceful, rough, in their touch.

Hush, Little One,  
You best not say,  
What you need through your cries.

No one is here,  
To dry your eyes.  
She goes inward to a place  
Where she cannot be hurt.  
Confusion fills her little mind

And weighs heavy on her heart.

*Why am I here?*  
No one can say.

She goes inward,  
Unable to play.

Then one afternoon a vision appears.

She recognizes the Figure  
But it is not entirely clear,  
What she is doing, or  
What she wants.

Better stay safe  
And not make a sound.

The Figure approaches,  
With kind eyes and a touch.

She peers in and wants so much  
To hold this Little One  
All alone.

But the Little Being  
Is not ready to Trust.

The figure says, *Take your time  
Precious one.  
I Am Here and you are safe now.*

Not knowing how to respond,  
The Little Being makes no sound.

She looks at this Figure  
Who has come,

To take her out if she wants,  
With Love.  
*It's too soon,* Little Being says.

*Won't you hear me a little, first?  
I believe I'm ready to share,  
If you're willing to listen and care.*

The Figure says,  
*Of course, Little Being,*

*Tell me anything you need,  
So, I can understand and take heed,  
Of what has caused you so much  
Confusion and pain.*

*Tell me everything,  
So, it will never happen again,  
Not on my watch,  
For I Am Here for you now.*

*I have come,  
To be One.*

Little Being looks to this Figure  
With more recognition now.

It's not how she looks  
But it's the Love somehow.  
*You have come.  
It's been hard to be here,  
So all alone.*

There have been unkindnesses,  
Rough behavior, too.  
Shouting and chaos, and too much to  
understand.

The Figure turns to the Little Being,  
and lays her hand on her heart.

Little Being breathes more deeply,  
The synchronization starts.

Deep inhales and exhales,  
They breathe together as One.

Little Being feels more alive,  
Kicks off her blanket.  
Her chubby arms and little legs  
Move for the first time in rhythm and  
play.

She is being given life force  
Through touch and her own vitality.

Healing pours from the Figure's hand  
Unto the Little Being's heart, which is  
opening now.

Light enters the room from the ceiling  
above,  
Light enters from the Angelic presence,  
filling the air.

Rainbow light descends, too.  
A room full of warmth with Loving  
figures aglow.

We shall be together, Knows Little  
Being.  
We will continue to grow.

We are One now.  
No separation:

*I do not need to stay here  
Because it is not my home.*

*Your Home is with me,* the Figure says.  
The Figure is not outside because she is  
my Self.

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## SGF Member Survey

In order to make SGF programs available to the greatest number of members, we would like your input about the following activities. **When would be the best day and time for you to attend the following activities?**

1. Community Healing
2. Spiritual Lessons
3. Mother Earth Meditation
4. Webinars

List your answers 1 thru 4 and send an email to the editor:  
**kathryn@sacredgardenfellowship.org**

## Reflections on Mercury Retrograde

*By Margaret Lassiter, Astrologer*

As an astrologer I was led to comment on this topic. I was going to say compelled, but the stars impel, they don't compel!

All planets have retrograde periods – some longer than others, and some we notice more depending on how they are impacting our natal charts. Mercury is, by far, the most famous. He has three retrograde periods each year, lasting about two weeks – no, not forever! Mercury rules communication of all sorts, and he was the only one in the pantheon of the Greek/Roman gods who could go from Olympus to the earth to the Underworld and back again. Ordinarily his energy is flighty, flitting from one thing to another, endless curiosity and always on the move.

So, what to do when he goes “backwards,” by our perception? It's a challenge in our go-go-go society, bombarded as we are by information and stimulation. When Mercury is retrograde things slow down, get confused, don't always work the way they should. I've found the most productive way to use these two-week periods is to do anything with “re” in front of it, such as re-treat, re-lax, re-group, re-think, re-pose. It's a great time to slow down, to not force the river, but to go with the flow of the energy. It's really about the law of Action and Repose. I know I'm pretty good with the *Action* part. The *Repose* I have to work at more. But I recognize the cycle, most often during a Mercury retrograde.

It is said not to sign any contracts during a Mercury retrograde. If you can wait, it's probably a good idea, but if not, just be sure you read the fine print. Remember – the stars impel, they don't compel. We are in charge, even though sometimes it doesn't seem that way!

And one more tidbit – those with Mercury retrograde in their natal charts seem to be less bothered by his retrograde periods. Perhaps they are more introspective naturally.

So, re-lax, re-pose, and enjoy the Mercury retrogrades.

## Handling Mercury Retrograde

*By Brandon Jopko*

Mercury Retrograde can be very emotional. If you're not familiar with it, it's when the planet Mercury appears to change its position and move backward. During this time, I notice that there are chaotic energies present within me or I notice them around me in others; there might be difficulties making decisions or with communicating clearly to others. It's not a fun time. Lately, I've been treating it not as a negative thing to avoid, but to welcome and be curious about underlying emotions that surface. It's a time to observe what's coming up for me.

During last May's retrograde period, I recall noticing different times where it seemed like I was choosing anger and resentment instead of being happy or content. I was curious why I was choosing this as opposed to the latter. It helped when I remembered that anything occurring in the present is temporary. This too shall pass, as they say. It was also incredibly helpful to revisit this quote from Archangel Gabriel who said, *“The Will of God for you is every kind of happiness and joy. The Will of God for you is perfect health, perfect love, perfect companionship, perfect abundance, perfect peace of mind. That is God's Will for you. However, you don't listen to God's Will because you are used to listening to the ego.”* Surrendering these difficult emotions unto the Father and accepting His Will was very powerful.

Lately, in this month's retrograde, I have feelings of unworthiness and inner child parts within me that feel a deep sadness. Often, these inner parts tend to soften simply by acknowledging them with respect to what they're feeling. By doing that, I feel a greater grounding into Self. Working with an Internal Family Systems therapist has also been hugely beneficial because with their guidance, I can go back in time to when these inner parts first felt these feelings and work with them on that level. Through this work, I've been able to release these emotions, and most importantly establish a relationship with these inner parts from my Higher Self, so they don't feel all alone.

Lastly, A Course of Love (Chapter 30 on Being Present) reminds me to, *“be like little children and inhale each experience.”* Again, this is powerful for me because it's about being in relationship to the present moment and whatever is arising, instead of rejecting or separating from what I don't want to feel. It's really a decision about not choosing fear. Instead, I can accept and embrace all. Amen.





### **A Prayer by Rev. Penny Donovan**

(@1991)

Now, at this moment,  
The divine light of our higher  
consciousness  
Infiltrates, permeates, uplifts,  
Molds, and expresses through,  
And brings into manifestation  
That divine peace which passes the  
understanding of the earth.

At this moment now,  
The power of unspeakable love  
Surrounds the earth and all of its  
people,  
All of its inhabitants in every form.  
The manifestation of that which is holy  
Is taking place now, this moment,  
And everything is transformed before it.  
And so it is.



## **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](mailto:dfgilbertjr46@gmail.com)

**Brandon Jopko, Vice Chair**

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

**Tim McCarthy, Treasurer**

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