



# The Fellowship Chronicles

February 2021



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## Next Newsletter: May

### Submissions:

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

**Deadline: May 1, 2021.**

### Email:

**romanikathryn@gmail.com**

## Using the Power of Our Spirit

On January 30th, Brandon Jopko hosted an online class on "Using the Power of Our Spirit." Brandon did an excellent job of presenting the material and interspersing it with true examples of how the lessons were applied in his own life. This lesson "Building Spiritual Power" by Gabriel in 1992, is a timeless teaching, therefore, it is being presented here to benefit everyone. Other lessons were also part of Brandon's class.

*Here is what I am going to tell you to do. In your meditations - and I ask you to do this every morning and every evening when you awaken and when you go to sleep - I want you to picture that beam of light that is the cross. I want you to picture it in the center of you. I want you to acknowledge it as the connecting link between the Divine Essence of you and your mind, and I want you to envision it pouring itself into your intellect, into your knowingness.*

*The flow of it should be consistent, gentle, never faltering. Do not picture it rushing head-long, for you will defeat your purpose, but a consistent*

*flowing, flowing, flowing unhindered. As you do this, I want you to feel these words as you say them. If you can say them aloud, is better. "Praise God for my perfect mind." I want you to say that three times with feeling. I want you to feel those words.*

*Now, I want you to envision that same beam of light pouring from the mind of you, which is perfect, into the feeling nature of you. You can envision your astral body if you choose - what-ever envisioning is easy for you to do - and as you do that, again, I want you to feel it with great joy and again proclaim, "Thank God for my perfect intuition, my perfect feelings. Praise God for my perfect intuition and my perfect feelings." Each time that you say it, let the feeling of it permeate your being.*

*When you have done that, envision it with your physical form the same way, "Thank God for the perfect manifestation of physical form," three times with feeling.*

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## 2021 Calendar of Events

### FEBRUARY

- Feb. 8 at 7 p.m. EST - SGF Board Meeting via Zoom\*
- Feb. 11 at 7 p.m. EST—SGF Town Hall Meeting via Zoom. Link will be emailed to all members.
- Feb. 16 at 7 p.m. EST—Spiritual Lessons with the Master Teachers via Zoom with Don Gilbert
- Feb. 27 at 7 p.m. EST— Virtual Community Healing Event via Zoom

### MARCH

- March 8 at 7 p.m. EST— SGF Board Meeting via Zoom\*
- March 13 at time TBA—Spiritual Webinar with Randee Hartz and Jessica Gilbert
- March 16 at 7 p.m. EST—Spiritual Lessons with the Master Teachers via Zoom with Don Gilbert (Part 1 of 2)
- March 26-28— Weekend Healing Retreat at White Eagle, Hamilton, NY (Please register online: [www.sacredgardenfellowship.org](http://www.sacredgardenfellowship.org))

### APRIL

- April 12 at 7 p.m. EST - SGF Board Meeting via Zoom\*
- April 24 at 7 pm EST—Virtual Community Healing Event via Zoom
- April 27 at 7 p.m. EST—Spiritual Lessons with the Master Teachers via Zoom with Don Gilbert (Part 2 of 2)

### MAY

- May 10 at 7 p.m. EST - SGF Board Meeting via Zoom\*

- May 18 at 7 p.m. EST—Spiritual Lessons with the Master Teachers via Zoom with Don Gilbert

### JUNE

- June 14 at 7 p.m. EST - SGF Board Meeting via Zoom\*
- June 15 at 7 p.m. EST—Spiritual Lessons with the Master Teachers via Zoom—with Don Gilbert
- June 27 at 7 p.m. EST— Virtual Community Healing Event via Zoom

*\* If you are interested in attending the Board Meeting, please contact [sacredqf@gmail.com](mailto:sacredqf@gmail.com) ahead of time to receive the link by email.*

### SGF Board of Directors

Our readers are encourage to contact board members directly if you have comments or questions. Board member contact information is listed below:

**Don Gilbert, Board Chair**

[dfgilbertjr46@gmail.com](mailto:dfgilbertjr46@gmail.com)

**Brandon Jopko, Vice Chair**

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

**Steve Rudnick, Treasurer**

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

**Margaret Lassiter, Secretary**

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

**Jessica Gilbert, Board Member**

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

**Sherry Snook, Board Member**

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

**Randee Hartz, Board Member**

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**Dot McCarthy, Board Member**

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## WHY DO TREES LOSE THEIR LEAVES?

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By Barbara Waldeisen

Several years ago I held an 'Elemental' retreat outside of Williamsport, PA. We walked along the banks beside

a watershed that is part of the Loyalsock Trail, a path few people ventured. It offered the best opportunity to feel the subtle energies between the woods and watershed's banks. We were pulled to various areas of the woods or stream, to simply sit and be in the experience. A rhododendron tunnel that enclosed the trail leading to the watershed seemed magical! Some were drawn to photograph the beauty around them, capturing elemental orbs or fairy lights that were present among us as validating reality.

It was late that evening when I closed my bedroom door in the cabin. Climbing into bed, with the lights off, my eyes stared out into the room's darkness. I felt grateful for the events of the day. Suddenly two huge brilliant lights entered the room! Before taking my next breath, I was consciously whisked away into another dimension! Instinctively I knew I was back at the watershed! The first thing I was shown was a deep green vibrating mass of color! It was as if it was breathing, each movement revealed incredible tones that I have never seen!

I was instructed by the light to focus, focus 'hard' into the mass and tell them what it was. "Focus woman, focus with your eyes ...squint hard!"

"Well..." I began, as I squinted into the energy, watching a more concentrated form move into shiny outlines of leaves! "It's...it's a rhododendron brush! We're at the watershed?" I stated, more as a question than a confident answer. "Yes!" I was deep beneath the stream. My vision went to the bottom of the stream where sunken logs had settled

against its bouldered foundations. I was in awe at the rich brown tones which layered its floor! All around me were amazing hues of aqua, the color of the water, yet I remained completely dry! Embedded in the stream's floor, between crevice and rock, lay hardened, striated shell-like fungus which often forms on fallen trees. Here they collected like a treasure trove of colorful seashells!

Suddenly I became an observer at the stream's bank witnessing dainty fairies, in all their graceful beauty and delight, gleefully sliding down the stream's rocky waterfalls on leaf-style slides! Tiny acorn buckets were used to splash water here and there onto the bank's ground cover. Sitting on leaves of myrtle, fairies combed out each other's hair with the spines of pine cones.

The very next moment I found myself looking down at what seemed like two black caldrons filled with gold spilling out over the sides! As I firmed my focus, the golden energy seemed to form edges, somewhat circular like coins...as the second question came to my awareness, "What 's this?" I squinted and fought with my thoughts to find some satisfying answer, not wishing to disappoint..."squint hard, woman, look!" But, to my amazement, I could think only one thought. I could not stop it or prevent it from being revealed! 'Oh! They really DO have pots of gold!' *(Continued on page 4)*



## Why Do Trees Lose Their Leaves? (Cont.)

(Cont. from page 3) And with that, I was banished to my bed with a thud! I was back in the cabin. Amazed, I reviewed every last detail! I pinched myself to be certain my experience wasn't a dream and then laid there wondering: What just happened?

The next morning, I felt nauseous in my Solar Plexus—a medium often feels this just prior to a 'reading', but it was more so. It was during group meditation that I fought with something - someone pushing to speak beyond my consciousness. As if being pushed aside, I 'heard' from a far away tunnel, a little spirit named 'Hurried' delivered a humorous teaching on how we humans "'Hurry', here, there and everywhere on our way to nowhere... Never in the present moment!" His message was on humanity's practice of 'routines', including the routine worship of past events in our minds. He observed humanity not participating, in real 'relationships' with Earth's wonders, or each other, living only in what our minds create. It was my first and last channeled experience.

About two weeks later, when I was hiking with my dog Allie on Tussey Mountain, I came to a path covered with brilliantly colored gold leaves, casting hues of yellow everywhere. A bit bewildered by their freshly fallen appearance, still perfect in color and huge in form, they must have fallen recently from a towering Sycamore. I breathed in their rich earthy fragrance, remembering the amazing vibrating tones of gold in the black cauldrons. Of course! I realized then, the cauldrons contained golden leaves! And with that, the wind picked up, lifting my gaze. I spied a lone leaf way up top of the Sycamore's towering height. The leaf just hung there holding tight to dear life, way above all of the other empty branches. It seemed to be 'waving' back and forth at me! As the leaf held my gaze, I heard my dog's whimper, and felt her sit motionless at my side. I noted she was staring past me as her tail made excited but controlled wags against the golden floor. "Who's she staring at?" I wondered.

Quite suddenly the two brilliant lights from the watershed appeared! They transformed instantaneously into two tiny gnomes! Striped socks and little green caps... in all! But tiny they did not remain, I soon was eye-to-eye with them. "Why, beloved woman, do trees lose their leaves?" Without warning or preparation for this test, my confidence wavered while I searched for the right answer, not wanting to disappoint! All the while I was taking in their appearance as my mind snagged on each detail of their costumes! "Think Woman!" I heard, pulling me back. "Think!" - the voice implored firmly! I realized he was communicating with me telepathically between dimensions. My feet were in the 3rd, my mind in the 4th, and my eyes were transfixed on the thinnest willow twigs forming the fringe on the end of their green caps!

Oh, if only Walt Disney was here! And with a loud sigh that I distinctively heard, I felt their disappointment with all of humanity represented by me! "THINK!" "Ugh - I don't know!" I confessed feeling more than idiotic!

"With the winter, the tree is in repose, storing its energies for the full potential of the coming spring. With spring, a tree's energy 'springs' enthusiastically forth, joyful to push energy out to every last bud on its twigs. It buds out, as if to S-T-R-etch awake from a long winter's nap! Each branch becomes the fullest expression of it's Spirit. In the season of its summer, it'll experience itself through the test of weather and winds, the sun and shade. All the while the tree grows stronger, more robust in its livingness!" He continued, "As Autumn comes the tree begins to withdraw its energies in gratitude. Leaves change color celebrating in all its glory, the experience! To a human's way of thought, Autumn's transformation is likened to a song's crescendo." "Crescendo" the other gnome echoed. "Cre...scen...do!", singing out its syllables. "A crescendo to its experience. At this heightened stage of gratitude the tree lets go, (Cont. on page 6)



## Now You Can Donate to SGF as You Shop on Amazon



Sacred Garden Fellowship is pleased to announce that it is now eligible to receive a percentage (0.5%) of your sales total for purchases made on Amazon Smile.

In order to do this, when you do your shopping at Amazon, instead of going to the usual **amazon.com** website, go to: **smile.amazon.com**. Initially, you will be asked to select the organization that you want to receive the Amazon donation. You can search for **SacredGarden Fellowship.org** and designate it as your preferred organization. From then on, each time you shop at Amazon, just start your shopping from: **smile. amazon.com**.

The donation money comes from Amazon, so there is no cost to you. You will be notified by email from time to time about how much money has been donated to SGF thanks to your shopping.

If you already participate in this program, you can change your designated charity to Sacred Garden Fellowship. Thank you for your cooperation.

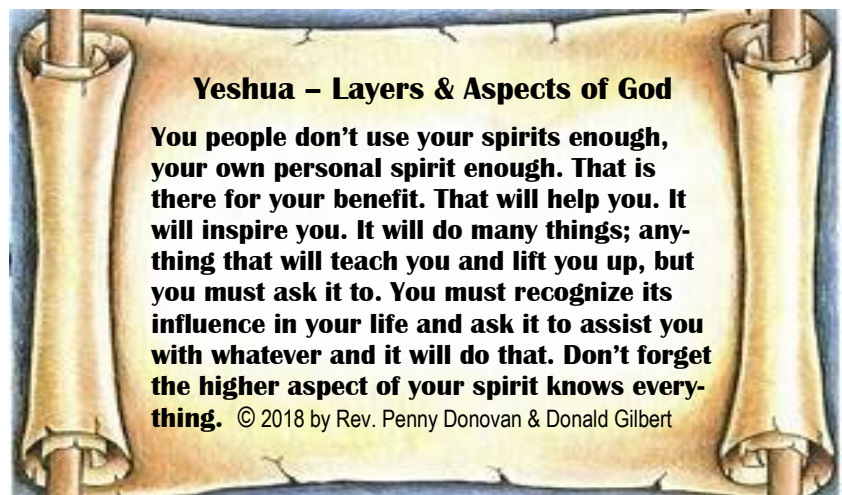


## A Picture Worth 1,000 Words



Barbara Cove submitted this image and message because it captures such spiritual truth, love and joy. SGF has been sending so much healing for the governance of the U.S.A., therefore this picture is appropriate and so very relevant at this time.

We, as well as all living beings, have SO much help from those benevolent spirits who love, guide and inspire us. This image beautifully says it all. Words can be so limiting... and images can cause us to feel to such a degree of depth where the heart mind is healed, and the soul rejoices, as it evolves ever upward. This is such a powerful message.



(Continued from page 4) detaches from ALL that the summer had offered in its 'becoming'."

"As branches withdraw their energy, so goes the twig's grip from the leaves. And with them, a million different interruptions of each leaf's experience. The leaf is now able to fall freely. Some let go with a great gust of wind, some release gently on a whispered draft. Yet it's the wind that once tugged and pulled at their strength that now eases their fall to the forest floor."

"The tree's roots drink in the energy of its adventures. It is the gratifying vibration in the energy that feeds the roots beneath the forest floor! Good energy, to be stored until the nudge of spring, when once again, the energy flows upward, renewing life into the tenderest of newborn twigs. Each season, the tree becomes taller, wider, stronger. It's the process of life in all of nature, the 'becoming more' than before!"

"Except...you, beloved woman. You hold on to all of your experiences without seeing the blessings as opportunities for you to grow taller. Let them go, as they hold no treasure, only sorrow. And you must change your perceptions. See the potential growth life brought!"

Our cauldrons don't hold gold coins... but spent energies. This is the sacred process of transforming energy from what has been into what is yet to be!"

"Yep!", the other nodded, "if trees can let go, you should, too, woman. How else are you going to grow anew, holding on to all those old rotting leaves you keep as hurts? Let them go."

With that came a tipping of their caps and introductions: Snarly, was the more philosophical gnome who had the snarly, weathered nose. Stubby, a boyish gnome, had a shorter, flatter nose. A flood of love washed over me as if embraced from all sides! Just like that, Allie jumped up as if released from her obedience. Turning to go, Stubby said, "Dogs...you know, see into the 4th dimension. We don't like being chased by them.

She's a good dog, but loves to give chase! Don't let her..." and poof, they were gone! I was left pinching myself wondering what just happened?

I took Allie and found the nearest log to sit myself down upon. I had much to reconsider. The visitation came at a time in my life when I had moved from comprehending Gabriel concepts, taught during Educators, into the next phase of feeling through application of the teachings—an internal phase of learning where repeated opportunities are offered to understand the personality's attachments, to willingly break habitual patterns by choosing and trusting a different way of processing daily events. A spiritual way of becoming through feeling. It came at a time when mediumship was very new to me. Only a few years earlier had I come to realize my ability to tap into this gift.

It came as a shock, along with uncertainty, as my ego became heightened for survival, and just prior to my invitation into Educators! In short, it was time to forgive myself, time to choose to trust and apply the teachings I had been so privileged to learn. It was the most challenging, sorrowful time of my life. Yet, as Revelations explains, in the darkness the light is realized. It heralded the most illuminated, joyful days of my life.

Barbara Waldeisen—*Whisperingangelmedium.com*

## Note from the Editor

*Good Tidings to my Brothers and Sisters at Sacred Garden Fellowship! It is truly my honor and privilege to serve as your new newsletter editor. I'd like to thank Brandon Jopko for his excellent services as previous newsletter editor. Bravo!*

*Although he will be a hard act to follow, I did work for 25 years as executive editor of a national ethnic newspaper, so rest assured the newsletter is in good hands. I promise to do my best to keep you up-to-date with SGF news and views. I invite you to please share your insights and experiences for publication. Email: [romanikathryn@gmail.com](mailto:romanikathryn@gmail.com)*