




# *UB Good News*

*Universal Brotherhood Movement, Inc.  
Newsletter ~ Winter Edition 2012-2013*




## *Profound Gratitude*


*Written by Rev. Dr. Karen Cosgrove*



*On this Earth plane I send out gratitude...deep gratitude for my being.  
Gratitude for being here at this auspicious time in humanity's evolution.  
I give thanks for those that have come before me to help prepare the way.  
I give thanks to all who have held space and shone light in any darkness of the past.  
I am grateful for the life force that is evolving into a light force.  
This light connects me to all life and the Oneness of all there is.*



*Joy flows from my heart, mind, soul as I sense my connection to the Divine Source.  
I feel the shift in my being. I see the shift in the eyes of my brothers and sisters.  
I rejoice in the Creator's vision of who we are becoming.  
I feel the love that is the essence of all humanity.  
I see that love prevailing through the eons of time.  
I now see this love expanding and reaching out to all life on this planet and beyond.*



*Gratitude flows through my being as I experience ever more wisdom and profound blessings.  
I trust that all beings have the capacity to tap into the love, light, wisdom and Oneness.*

*At this time in humanity's evolution things may appear to be falling apart.*



*Yes, the old is falling away to make way for the new.*

*A new era of light and beauty, peace and grace.*

*Welcome it in and integrate it into your being.*

*See it in others and celebrate this time of new birth, a new world, a sacred transformation.*

*My heart sings with joy and I am profoundly grateful for this precious gift!*





## *Herb Garden*

Rev. Theresa Rogers, Certified Iridologist  
Master Herbologist  
Owner of The Herb Garden



HERBAL LEGEND provides simple remedies for healthy bodies by keeping the immune system in perfect condition for warding off disease. With today's onslaught to our systems of viral, bacterial, biotoxins, irradiation, damages to food, pesticides, electromagnetic overloads, damage from cell towers, phones, computers, microwaves, electronics...no matter how we prepare, we cannot escape exposure. Environmental poisons are everywhere: in processed grains, water, air, x-rays, powerlines, cosmetics, hair dye, toothpaste...weakening our immune systems.

To survive these times the answer is a healthy immune system. To start, drink lots of pure water, exercise and have ample rest. A diet of whole organic food, fresh fruits and vegetables, lean proteins...avoiding sugar, which depresses the immune system, keeping white blood cells from fighting. Also avoid pasteurized or homogenized dairy products which encourages mucous buildup.

Hot baths and showers followed by a quick splash of cold water will kick in the immune system quickly. Keeping the bowels/colon cleansed, the liver healthy, the blood clean all aid with the body's systems in removing what shouldn't be there. A parasite cleanse regularly destroys viral/ bacterial infestations. Sucking on JUNIPER BERRIES when outside the home, keeping an antibiotic barrier around the nose/mouth and or dabbing ROSEMARY OIL to the moustache are mandatory to deter what we are coming in contact with.

ANTIVIRAL FOODS: grapefruit, blueberries, all berries, red and black currants, grapes, grapeseed extract, ginger, onion, garlic, maitake, shiitake and other mushrooms, fish, sea vegetables, romaine lettuce, spinach, kale, white and green lima beans, cauliflower, broccoli, celery carrots, peas, sweet potatoes, pau d' arco tea, oatmeal, brown rice, watermelon, parsley.

There are countless foods, supplements, herbs to stimulate the immune system: rosehips, chamomile, calendula, oregano, chaparral, white cedar, licorice root, osha root, super blue green algae, peppermint, spearmint, mullein, comfrey, acidophilus, royal jelly, food enzymes, silica, and on and on...nature providing the bounty needed.

Immunity is an expression of how and where we are living, a combination of relationships, health, emotional well-being, mental vision, vitality and spirituality. Try the simple gift of fragrance like LAVENDER or ROSEMARY to stimulate immunity while experiencing scented pleasure.

*Remember...Good health is a choice.*

For a complete copy of this article please contact the UBM, Inc. office 954-574-9904.

UBM, Inc. Website Directory

www.universalbrotherhood.org



If you are interested in posting your website on our DIRECTORY PAGE, you must meet the following four criteria:

1. You must be active.
2. You must include a back link from your website.
3. We must have a privacy form on file for you.
4. We will not list phone numbers or email addresses. (To prevent spam we will not list any email addresses or phone numbers here, so please do not send a listing that does not have a website associated with it.)

If you meet these requirements please send an email to:

Robin@universalbrotherhood.org

In the SUBJECT line please type DIRECTORY PAGE. The body of your email should include only the contact information you wish to share.

#### ARTICLE SUBMISSION

To submit an article for our newsletter:  
Email your poetry, article, recipe, blessing/prayers,  
shared thoughts and ideas to:

robin@universalbrotherhood.org

You can also send your articles to our office:  
Universal Brotherhood Movement, Inc.

P.O. Box 670278

Coral Springs, FL 33067

Please keep your articles between 500-700 words.



*Ceremonies For Life* is our beautiful UBM, Inc.

Ceremony Book. UBM Ministers have created ceremonies and services for our spiral bound ceremony book. This includes ceremonies for weddings, baby naming, house blessings, funerals and more.

You may order a copy of Ceremonies For Life through our webstore:

www.universalbrotherhood.org

Or call the office: 954-574-9904.

Love is a VAST Sea

Written by Rev. Dr. Jeni Prigmore

Love is a VAST sea

Unlimited  
Unless we,  
In our reticence or inexperience  
Limit it.

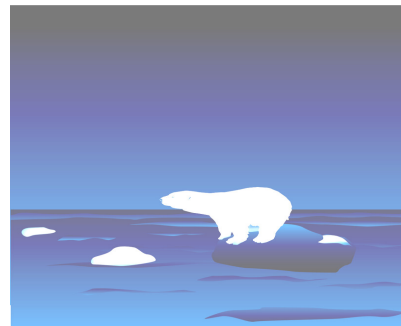
Waves, one after another  
Undulating,  
Full of power and beauty  
Present themselves  
To our awareness.

Each wave  
An individual  
Unless, in our fear,  
We must see all of it  
In a big piece...

And  
Even  
That  
Is  
Glorious~

It  
IS  
the Oneness,  
The God Force,  
In action.

Yet,  
Let us remember  
That each expression of love  
Is a new wave,  
Unique, eloquent, a gift.



Warm and Joyfilled Greetings from the  
Florida UB International  
Communications Office !



IMPORTANT REMINDERS  
for  
UBM, Inc Ministers

From our hearts to yours we send this “love note” to you. Throughout this busy and sometimes challenging year of 2012. We have continued to experience a wonderful year of growth, kindness, compassion, love, devotion and inspiration!

To Rev. Dr.s Rick and Jeni Prigmore, founders of Universal Brotherhood Movement, Inc., I wish to express my sincere gratitude for their insight, motivation, love and steadfastness to share their vision. In their unconditional love they created a place of brother/sisterhood for each and everyone of us. And we have continued to stand together in love, our vibrant light spreading around Earth Mother and far beyond!

Thank you to our Board of Directors for their continued dedication and service of love to UBM, Inc. This year we grieved the loss of our beloved secretary Rev. Linda Osborne, our love and compassion goes out to her dear family and friends.

Rhiannon and I wish each of you peace and joy in your hearts in this bright new year of 2013.



### CONTACT INFORMATION

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**Always remember to check with the guidelines in each state and county before you agree to officiate a wedding ceremony. Contact the Local Bureau/Clerk of Courts office as to whether you are required to register or present a minister’s verification letter from the UB Administration office.**

### ALL STATES HAVE DIFFERENT REQUIREMENTS SO PLEASE CHECK

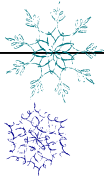
If you are using your ordination to open a church, center, practice, etc., you must let your clients know under what legal avenue they are coming to you. Example; on your business cards, brochures or advertisements, you MUST indicate you are an ordained minister. This can be done in a number of ways; Rev. in front of your name, or Interfaith Minister under your name, or clergy or Ordained through Universal Brotherhood. Some clear way of letting anyone know that this is how you are legally practicing.

You must also obtain any business licenses and/or complete any filings that are necessary for the financial end (such as tax ID, etc). This depends on how you are going to classify your practice, ie: nonprofit, not-for-profit or regular business.

If you are unsure you can get information locally from your library, contact your local or state government licensing agency or consult an attorney or accountant.

Remember, you are a professional. Most organizations provide a 'Code of Ethics' which controls your moral and ethical standards. UBM, Inc. honors your independent ministry. It is up to you to honor and protect the integrity of your ministry and Universal Brotherhood Movement. Inc.





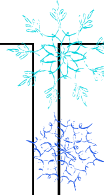
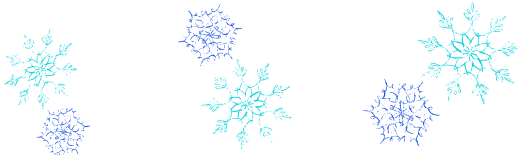
## Star Dazzle

By: M/D Grover Cleveland

Star dazzle flares against the  
indigo  
glass of a winter night,  
icy diamonds  
skittering across its smooth,  
curved  
surface until tiny crystalline bits of  
star break off and fall toward  
Earth.

Crystals and shards of star ice  
drift earthward  
filling the blue air with  
A shifting, dancing constellation of  
electric white chips, each distinct,  
each a tiny world of its own  
creation,  
faceted and fashioned in its own  
image.

In the downward drift of white on  
blue,  
winter magic is birthed,  
a spell cast  
from indigo night and starlit  
snowflakes,  
a celebration of the purity and  
clarity  
of midwinter's hushed sanctity.



## A Place In the Darkness

Written by Rev. Dr. Jeni Prigmore

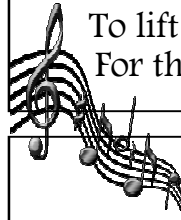
In small hours  
Before morning announces herself  
When quiet is felt deep in my bones.

I make my way to the cozy deck  
At the top of the house  
To partake of the stillness.

Mother Moon has nearly finished her  
nightly journey  
The birds don't know it yet,  
So they nestle in their ruffled plumage  
yet awhile.

At the foot of the hill  
The little stream sings a prelude  
To his sleeping Beloved.

All is in readiness for the Great Con-  
ductor  
To lift a baton in mute signal  
For the symphony of Dawn.



Diversity in your family  
will be the source  
of Love and Harmony ~  
as it is in Music~  
where many different notes  
will Blend Together  
in the creation  
of Perfect Sound.  
Baha 'i' scriptures





## My 29 Year Journey With Universal Brotherhood

Written by Minister/Director Rosemary Cathcart

I had never intended to get involved with another “organization”. Working as the Assistant Director at the Aquarian Research Center in West Palm Beach, FL was more than enough to keep me busy. We were open and available 7 days a week with classes, workshops, private appointments and the operation of the Aquarian Fellowship Church on Sunday evenings. I was busy!!

Then I met Renie Wiley! The multidimensional psychic whirlwind changed my mind about many things, organizations included. Not only did she mentor me in the art of mediumship and psychic development, she also led me to an important part of my destiny.

She kept talking about these two wonderful people, Rick and Jeni Prigmore with the Universal Brotherhood Movement, Inc. “They were kind, caring, well-intentioned and always had an open door for curious spiritual seekers” People that sweet always made me doubtful. And yes, I am a spiritual teacher myself, but still – nice all the time? There had to be a hitch!

About the same time all of this was happening, I was also introduced to Reiki Master, Virginia W. Samdahl, the first Occidental Reiki Master ever attuned by Hawayo Takata. I had the privilege of first studying with Virginia in February of 1982 and enthusiastically dove into a healing practice of my own at ARC centered on Reiki and various other disciplines.

Visiting local hospitals to work with clients and their family members quickly became routine for me. I’d lie, of course, to get into the ICU by pretending to be someone’s sister, aunt, wife, daughter, etc. Naturally, I’d keep my fingers crossed behind my back as I lied and always asked for

forgiveness from those “up high”. It worked just fine until one day as I was pleading my case to a very strict (and unfortunately, familiar) ICU nurse at Good Samaritan Hospital in West Palm Beach, FL. She looked me straight in the eye and said, “Tell me again that you’re this patient’s sister!” I said, “I’m his younger sister and he’s expecting me, let’s not keep him waiting, I don’t have much time for a visit.” She led the way, and pulled back the curtain to the largest, tallest African American man I’d ever seen. All I could think to say was. We have different mothers!” I’m about as white as they come and I’m not even that much of a blusher.

As I was leaving Good Samaritan’s ICU that afternoon, this same nurse glared at me and said, “Never come back to this ICU again without proper documentation, I will not let you in again!” Apparently I’d worn out my welcome.

I went right back to the Center and called Renie Wiley. It was time to make a road trip a little further south to meet her friends, the Prigmore’s, and enjoy one of their famous spaghetti suppers. Perhaps the time had come for me to be a “documented” minister after all.

That was in late 1982, and my life has never been the same since. Not only did Rick and Jeni Prigmore feed the world spiritually, but they made a great spaghetti supper as well. That was how they used to introduce UB to people in the early days. Apparently it worked because here we are thirty years later and UB is still going strong.

Between salad, hot garlic bread and spaghetti, Rick and Jeni explained their vision of UB to anyone who would listen. Never pressing or coaxing, simply sharing their vision of a better world in which spiritual workers and healers

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could support one another comfortably. They were unfailingly kind, attentive, helpful—and good. If you’ve ever had the privilege of meeting them in person, you know they still are all of the above and so much more.

Rick and Jeni traveled quite a bit in those days, living in South Florida in the winter and The Grand Teton National Park in the summers. Between trips, Rick would stick his head in the door of the Center for a quick “hello” whenever time and his business trips would allow. I had never met a happier, more optimistic man in my life. Whenever any one would ask, “How are you today, Rick?” His standard answer was (and still is to this day) “Better and Better—how about yourself?”

The Director of the Aquarian Research Center, Thomas R. Sandell, a brilliant metaphysical teacher and my mentor for many years, decided he too would be ordained as a minister with UBM, Inc. It had been a decision I’d prayed about and contemplated deeply. My hope was to carry out my duties as a minister to the best of my abilities to whoever needed my assistance.

After several visits with Rick and Jeni, it was decided they would ordain us personally at the Aquarian Research Center in West Palm Beach, FL. On Monday December 5, 1983 at 12 noon I had the privilege of hearing the wonderful ordination ceremony for the first time. It was at once exciting and intimidating. I distinctly remember standing in the center of our meeting room during the ceremony thinking to myself, “Am I really doing this? I wonder if my parents are watching from above? I wonder if my parents approve? I hope I can pull this off.” My favorite portion of the ceremony was, and still is to this day, “Every One A Minister” as adapted from the writings of James Dillet Freeman. It begins by asking, what does it mean to be a minister? “...It means to be God-centered and human-hearted, to involve yourself in man’s humanity and to keep your vision on man’s divinity...it means to share in the great moments of men’s lives...and at all of these times, whether of crisis or of celebration to bring comfort and a blessing.”

All other portions of the ordination ceremony were channeled to Rick and Jeni over time and carry enormous spiritual power and significance.

In the spring of 1989 I moved my practice to Nashville, TN and in February of 1990 I became a Regional Minister/Director of Universal Brotherhood Movement, Inc. I still serve as a Minister/Director and since 2006 I’ve been privileged to serve as Vice President of the organization as well.

Many things have changed in the past 29 years, but the essence of UB remains as an international, non-denominational, interfaith ministry established as a resource for mankind and a support system to all of its many diverse members.

The conclusion of the letter Rick and Jeni wrote to me on February 16, 1990 announcing my post as Regional Minister/Director says, “So, we salute you as a Pillar of the New Age. Our blessings shower you, our love surrounds you and the Light of Eternal Presence illuminates you. Namaste.”

They remain the same unfailingly kind and welcoming people first met over 30 years ago. What a privilege it has been to serve as a minister with UB these past 29 years. My wish for all of us is that we feel enveloped in the same abundant shower of blessings, love and illumination at this moment and throughout the whole of 2013. Let us all strive to be the very best that we can be, and then reach even further. It is, after all, our destiny to keep going and to hopefully, through grace and blessings, exceed our own expectations.

Take care, God bless and be well,  
Rosemary Cathcart  
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***From the Desk of Rev. Dr. Rick Prigmore...***

*In Times Like These.....*

How often have we heard someone (maybe ourselves) saying, "I would go ahead and do (something), but, 'in times like these', I better postpone it?" "I know I have occasionally had this thought. Then, I again remind myself, 'in times like these' is a subjective statement. 'In times like these', what a wonderful opportunity! 'In times like these', lives are born, new inventions are created, special poetry is written, opportunities abound, great friendships are created, 'love thy neighbor' has a new ring to it, smiles initiate return smiles, rainy weather promises new life and growth, sparkling dew reflects morning sun rays. Everything becomes new, as if we are seeing it for the first time.

'In times like these' is a joyful, creative time. Leap into it with optimism and courage. Laugh out loud. Dance a few steps. It will make others wonder what you are up to - and maybe spark them into action.

"In times like these' can be the best times. It is up to us.

Carpe Diem!  
Dr. Rick

