

*Universal Brotherhood Movement, Inc.*

## **UB GoodNews**

*Newsletter*

*Autumn Edition ~ 2013*



### **Your Ordination**

*by Rev. Dr. Rick Prigmore*

In “Song of the Open Road” Walt Whitman wrote, “From this hour I ordain myself loosed of all limits and imaginary lines.”

Some of us think ordination is for a person of the cloth. The truth is we are all “from the cloth” of Spirit. Every one of us wears that seamless cloak. Every one of us has been ordained by God, but it is up to us to claim that ordination. In what way will you live up to your holy decree?

You, who have chosen to request recognition of and credentials for your ministry through the UB process of ordination, have claimed your divine gift from Spirit. Some of us thought we were requesting ordination for one reason or another: protection or confirmation or validation. In truth, we’re acknowledging and accepting that divine right and responsibility to minister to our fellow terrahabitants. For each of us that ordination has manifested in different and unique ways.

There are some who channel life-enhancing energies in one discipline or another. Others share their special talents of the physical senses: music, painting, orating, teaching, feeding, caring and praying. Still others offer skills of medicine or law that seek to integrate the physical with the metaphysical for the enhanced benefit of mankind. Every one is engaging in his or her ministry exactly as is right for them.

In truth, however you choose to manifest your service to the brotherhood of mankind, it is your PRESENCE that is of greatest value to your ministry. When you go within, to the core of your being—to that quiet place of “All-in-All”—you merge with the Creative Source of all Life and BE-COME THAT PRESENCE. From then on, Life becomes maximized in your every experience.

**Go and BE that PRESENCE.**

*Rev. Dr. Rick Prigmore and Rev. Dr. Jeni Prigmore founded  
Universal Brotherhood Movement, Inc. in August 1976.*

# 20-Minute Chili

by Rev. Kelly Graham

Fall is the perfect time for a bowl of chili — and if it could be ready *fast*, that would be even better! *Kelly's White Bean Chicken Chili* is ready in 20 minutes. If you *want* to take longer, you can: start with dry beans, roast your own chicken, etc., but when what you want is a bowl of chili NOW, try this!

## Ingredients:

- 1 grocery store rotisserie chicken (“savory” at Kroger works great)
- 32 oz. chicken broth (full disclosure: I use Swanson regular chicken broth, not low sodium or fat-free)
- 1 jar (48 oz.) great northern beans, with liquid (Kroger has “Randall” brand)
- 1 large onion, chopped
- 1 can (4 oz.) chopped green chilies, with liquid (La Preferida brand is at Kroger)
- 1 teaspoon fresh minced garlic (I use the minced garlic in a jar; use ½ teaspoon if you use powder)
- 1 teaspoon salt
- 1 teaspoon black pepper (I use McCormick coarse ground)
- ½ teaspoon ground red pepper (cayenne pepper)
- 4 teaspoons ground cumin
- 2 teaspoons ground oregano



## Directions:

- ⇒ Pour the chicken broth into a large pot and add the chopped onion. If you're using fresh garlic, add it with the onion. Cover and bring to a boil and let it merrily cook....
- ⇒ ....while you measure out all the dry spices into a small bowl.
- ⇒ Add the chopped green chilies and the bowl of spices (salt, black pepper, red pepper, cumin, and oregano). You can turn the heat down a little now
- ⇒ Add the beans with liquid
- ⇒ Turn up the heat to bring back to a boil. While you wait for the pot to heat up, go to work taking your rotisserie chicken apart
- ⇒ Tear the chicken into bite-sized pieces, discarding the skin, and add it to the pot

If you can wait for it to simmer 30 minutes or so, that's great...but if not, go on and ladle out a bowl! Freeze leftover chili in individual servings for even faster satisfaction of a chili craving later. Enjoy!

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# What Your Dues Do Worldwide

by Rev. Rosemary Cathcart



Happy Fall to everyone! Welcome to what I think of as the most beautiful and colorful season of the year.

As I've prepared to write this article, I've given a great deal of thought to my years as a UB Minister. Many times throughout the years as I received notice that my Universal Brotherhood Movement dues were once again due, I'd glance at that letter and simply toss it into "*the pile*." As I did so, I admit to begrudging the fact that my ordination anniversary date fell at the most expensive time of the year: Christmas!

Unsavory as it is now to admit, many times along the way I also received a "second notice" that my dues were now *past due*! Naturally these were received during the month of January, the month typically assigned to re-evaluating one's finances – and for me, also assigned to wondering what had gotten into me the previous month. Who spent all that money in December, anyway??!

Not until years later, as I assumed my first role as a UB Board member, did it ever occur to me how much office time, organizational expense, and administrative effort went into "reminding" me – a supposed grown-up – over and over and over again that I had a financial obligation to Universal Brotherhood to pay my dues each year, and to pay them on time.

Currently, dues for maintaining your certification as a minister are just \$45 per year. That amounts to \$3.75 a month. It's less than 12½ cents a day, and less than 87 cents per week. If you're a high-end coffee drinker, you know that a "good" cup of coffee is at least \$2...each time! Many cellphone plans run at least \$45 per *month*.

So what do you get for your 12½ cents per day to UB?

The dues that you pay to Universal Brotherhood maintain not only your certification to practice as a minister, but support an entire business operation. Even though UB was created by its Founders, Rick and Jeni Prigmore, as a spiritual entity, we still must maintain a legal entity with a business focus to house that structure securely.

Therefore UB maintains a legal presence in our state of incorporation, Florida, as well as maintaining a legal status in every state within the United States, including the District of Columbia. UB is not a 501c3 entity and functions as a "not-for profit" corporation. With this designation, we pay state and federal taxes.

We maintain an office in the State of Florida, in Coral Springs, with a fulltime Administrator, Robin Morini, and one part-time employee, Robin's daughter, Rhiannon Mori-

*continued on page 4*

ni. As with any business entity, we pay all supporting costs, including telephone, postal fees, merchant fees, accounts with various office product stores and much more. We maintain our own website and have our own webmaster, Pete Burgess. Needless to say, but nonetheless very important: this is a full time, 12-month per year business operation and we need your financial backing to make it all work.

It's amazing to me how much work Robin and Rhiannon manage to turn out, day after day. The Florida office is the "hub" of activity for UB and every transaction moves through this office location, ensuring my legality as a minister as well as yours.

You have a very active Board of Directors, all of whom volunteer their time and many talents, to the furthering of UB. We are all in constant contact with one another and our ministers around the world.

As a UB Minister in Maryland or Nebraska or Australia or Oregon you may feel disconnected from the "center of UB activity" but you most certainly are not. UB exists to provide a structure for your ministry in the world. Yes, it is a privilege to be a minister, and it is an obligation to your hosting organization to maintain your certification as a minister with the timely payment of your dues.

The very next time you introduce yourself as a minister, think of UB. As you're performing your next ministerial function, remember UB. The next time you glance at your own business card, or brochure or website and your eyes see the word "minister" or the word "Reverend" in front of your name, remember UB. Without the sponsorship of this legal entity, you are not certified as a UB minister.

If you have let your dues lapse, you are practicing without certification and if the office receives a call about you, we're obligated to tell the truth about your current status. There can be many cascading legal consequences involved with ministering to the public without appropriate licensure.

Within the next month I'll enjoy the privilege of christening a new born baby girl, Piper Grace. As I stand there in the midst of smiling relatives and friends, I will also be remembering what an honor it is to be standing in that place, as a minister. I'll be recalling that only a few short years ago, I performed the marriage ceremony uniting her mother and father in the state of holy matrimony. Both ceremonies were performed under the auspices of Universal Brotherhood.

I'll be remembering all of the privileges I've enjoyed throughout the years as a representative of UB. All of the christenings, all of the weddings, all of the sick and frightened people I've had the pleasure of comforting and spending time with, and yes, remembering the funerals as well: those terrifyingly lonely moments when I've had the opportunity to be a resource for another when presence far out-measured any words. Universal Brotherhood trusted me to wear that mantle of responsibility.

Surely that's worth \$45 a year? It certainly is to me, and I'm counting on it being equally important to you. After all, we are all in this together!



# Pay Attention & Protect Yourself

*by Rev. Kelly Graham*

In the spring quarterly newsletter we talked about spring cleaning your finances. We offered six ideas about financial planning:

Save: pay yourself first

Protect: Check your insurance coverage

Retirement: Plan for retirement

Invest in your business and in your self

Needs: Needs versus wants is an easy way to budget

Give: stuff, money, time



This summer we talked about saving (the letter S) and budgeting (the letter N – needs versus wants).

For the autumn quarter we're looking at P: protect. My intention was to talk about protection as it pertains to insurance, but some experiences I've had recently have brought me to discuss something slightly different: protection in health crisis situations.

One day in spring my significant other, Hani, called my office and said he was headed to the emergency room because of his heart. Now, this is always a shocking call to receive, and for me it was also confusing: my sweetie is in great shape. He works in a physical job where he sweats every day, he played soccer 3 to 4 hours a day for 20 years, he eats a ridiculously healthy diet, and he is just 44 years old.

But here we were: he in a bed in the emergency room, and me sitting beside the bed waiting to find out why we were there. You see, he had no symptoms. No shortness of breath. No chest pain. Nothing. But still, we were in the ER.

The path to the emergency room was this: he had gone to his regular doctor with a bad cold. The doctor said his heart seemed to be skipping a beat and he should follow up with a cardiologist. Said cardiologist fitted him with a halter monitor, and then called him 30 min. later and said come to the ER. Hence our rendezvous.

And so we sat, with no symptoms, my darling in his dirty work clothes (he's a carpenter), me in a suit with my briefcase (containing my cell phone and a bottle of water), and both quite confused.

*continued on page 6*

We eventually learned that Hani had an episode of ventricular tachycardia (V-tach) during his stress test with the cardiologist, and that the plan was to admit him to the hospital and perform an angiogram the next day, which would probably include an angioplasty to treat the expected blocked artery or arteries.

I noticed that whenever someone came in the room to talk to us, he or she would use terms I was not familiar with and talk about things of which I had no knowledge (like all the stuff in the paragraph above). So I started taking notes in the memo function of my smartphone. Alternatively, I could have used a pen and paper, of course, but I didn't have that and I did have the phone.

Interestingly, I saw "No Cell Phone Use" signs all over the ER and the hospital, yet every single person who worked there was actively using his or her cell phone – receiving texts from the lab, emails from doctors, and calls from different departments (I asked). Bring your phone. And a charger (I now carry a wall charger in my car, along with the car charger).

I started writing down the terminology that was being used and asking for explanations. And I kept asking until I felt I understood. I wrote down things like V-tach and arrhythmia and bigeminy and trigeminy.

For most of us, doctors are authority figures, and we are taught to listen to what they say. I suppose that generally, that's fine. But in a very unfamiliar situation – in a life-and-death situation – I learned it can be smart to take notes, pay attention, and challenge assumptions.

It was really startling to me to find out that people in the hospital – that is, the nurses, the medical technicians, the ones who were supposed to be helping – don't always know what they're talking about.

Here's one example: we were interviewed 11 separate times after Hani was admitted to the hospital. In each of those interviews, the questions were virtually the same: "what brought you to the hospital? Did you have chest pain? Did you have shortness of breath? Did you feel faint?" The answers to all, of course, were no. "So why did you come to the hospital?" they would ask. And I would reply that the doctor requested he come to the ER because he had an episode of ventricular tachycardia.

In 8 of the 11 interviews the staff person said, "oh, he had a heart attack."

No, he didn't. Ventricular tachycardia is not a heart attack. It can *lead* to cardiac arrest, but V-tach in and of itself is not a heart attack.

*continued on page 7*

It frightens me to know that if I had not asked all those questions about V-tach, and exactly what it is and what it means, and made notes during those conversations – I might have gone along with that wrong assessment of “heart attack.” In fact, often the technicians or whomever so vociferously insisted they were right that I would go back to my notes and read them out loud, until they, too, understood that V-tach is not a heart attack.

Why was that so important to me? Well, without the insistence that the information entered in the medical charts is correct, the person entering information in the computer will enter whatever his or her own thoughts are – and if he or she is of the opinion that V-tach is a heart attack – guess what? The next time that patient tries to get life insurance, or medical insurance, or needs to be screened for anything that requires looking at medical records (as do many jobs nowadays), those records will say he or she has had a heart attack. That can raise prices, eliminate opportunities, and – most important, in my opinion – color the perceptions of every other medical professional who sees the information. Future treatment will always be based on the “fact” that this patient had a heart attack, even though he did not.

Since this situation, I've talked to many people who told me that when they had to go the hospital with a parent or a loved one, they were surprised to learn that the medical record contained all sorts of information that was not correct. And here's the thing: your treatment in a medical emergency is based on what's in your medical history and what the doctor sees in front of him or her. So you want to make sure that record is correct.

So here's my suggestion: take notes. Ask for explanations. Look up information online (using a site like the Mayo Clinic, not Web MD). Ask more questions. Don't stop asking questions until you are satisfied with the answers. Make no mistake: these doctors work for you. You are the consumer. You have the right to ask questions and get answers. Since this situation in May we have had several other experiences with hospitals: Hani has had follow-up work at three different practices; I was admitted with abdominal pain; a client had very involved and serious spinal surgery; etc. etc. etc. Now my “go to” gift for anyone entering the hospital is a spiral notebook with a pen attached to it with a ribbon, and the patient's name written on the cover.

And based on the experiences we've had, here are some recommendations:

- When the doctor visits, TAKE NOTES. Use your laptop, your smartphone, a spiral notebook as described above (the best choice) – but write everything down. If you have questions, ask them, and write down the answers. Write the date and time for every entry
- The spiral notebook is the best choice because all visitors can help with this methodology; and it's very simple to look at the notes from the day before to check, for

*continued on page 8*

- example, if what is happening today is what you were told would happen today
- Do your own research. It will help you understand conversations with the doctors, nurses, and medical technicians, and it will often help you understand more about what questions you should ask. I have found the Mayo Clinic website to be an excellent source. One way to avoid commercial sites and visit only research- and information-oriented sites is to enter your search term – say, **electrophysiology**, in Google, then enter **-.com**. This will offer “hits” on electrophysiology while deleting results that are “dot com,” or commercial, results.
  - It is my belief that someone should stay with the patient 24 hours a day if it is at all possible. If a patient has had a procedure that results in severe pain, he or she likely would be incapable of understanding the doctor or nurse, asking questions or understanding the answers, or taking notes. Even if the patient is not in severe pain, a hospital is a very disorienting place and it’s rarely a good idea to leave the patient alone for long periods or overnight
  - If the patient has any requests – for food, for help, for pain medication – write down the request in the notebook, including the date and time the request was made. Then write down when the request is fulfilled – particularly in the case of pain medication. The client who had spinal surgery was in very severe pain, and every time she requested pain medication, it took between 60 and 90 minutes to receive it. The patient’s family used their notes on this to have the doctor change the orders so medication could be requested more frequently and in larger doses to better manage the patient’s pain
  - When people ask how they can help, or what they can bring to the hospital, don’t hesitate to tell them. Especially in an ER situation, there are often mundane daily chores that are really quite important: watering the plants. Walking/feeding pets. Making calls to friends/colleagues/clients. Let your friends or family bring the things you didn’t realize would be essential as you rushed out the door: eyedrops, a favorite blanket, sweetener for your coffee or tea, some current magazines, your phone charger, moisturizer, TV Guide, an emery board, a deck of cards, your tablet or laptop. You get the idea. And tell them things that are not a good idea: food, if there are dietary restrictions; flowers, if there are allergies or breathing problems
  - That tablet or laptop is useful for more than just surfing to pass the time. Use it to look up the Patient’s Bill of Rights at the hospital; you may need to show it to the desk when you ask for copies of everything you’ve signed and copies of your medical records (the name of the specific record you want to request is UB04). Use it to look up information on your condition. Use it to check the background of your doctor and read any patient reviews on him or her – this can give you direction in working with the doctor. Use it to email updates to friends and family
  - If you want or need prayers, ask.

In fact, that last point may be the most important point of all.





# *Should....By Rev. Bill Wishart*



## ***Should...***

Words, just words you say, they are only words. Listen to your words. They are creating your life. They create your feelings and behavior. I know you know this because so many of you journal your feelings and behavior on a daily basis. This, then, is for those who are not so faithful to journaling.

Let's take this word **should** and look at it. "I should do," how often do you do this to you? Can you hear it? You are saying "I hold myself in judgment." I know you don't mean to say it or judge yourself. The truth is you are trained to do it. When you were learning the "rules" handed down by the people who came before us, parents and teachers, you were given a list of **shoulds**. Because of the importance we held these people to be, we believed they knew all the **shoulds** for us to use. They were only passing down what they were taught or believed the **shoulds** to be. Perhaps as you read this you can hear some of the **shoulds** playing in your head. Some of our closest friends help us to stay confused by giving us some more **shoulds** to live by. They all meant well and still mean well. They are "just trying to help."

The **should** word is the biggest cause of fear and depression there is. Listen close to your feelings the very next time you hear or say the word.

The cousin phrase to produce guilt in your life is "I **should** have." Listen to the punishment and re-living of the past in that phrase. "Let it go" right now. I believe you do not want anyone to hold you in judgment. Stop now doing it to you. You will feel better not condemning yourself for your past behavior. Do not look back unless you are planning to go that way.

Just for today, let's change the **should** word to **could**. Try it out now: I could. I could do this. I could do that. I could make decisions to favor me and my feelings. I could be happy, not sad. I could live in the now. I could judge nothing that occurs today. I could put the stick down and not beat me for my errors: that is a human thing. I am spirit.

All my answers are within me.

I could live life from the inside out. I could love others who tell me "I should" by knowing they are just trying to help. I no longer react to their shoulds or my own. I and everyone else are doing the best they can at the level of awareness in the present moment. Try it today! No more shoulds. You can do it!

"Just You"  
Blessings  
Bill

*Rev. Bill Wishart resides in South Florida*



# Poetry Corner

## Clouds

by Rev. Lilo Bauer-Freitag  
11 August 2012

Have you forgotten what clouds looked like  
Before we altered them so?  
Did you know that they housed souls  
Which now have nowhere to go?

So now you fly your jets, my friend,  
Painting artificial clouds in the sky,  
With poisonous chemicals and color schemes  
Only money can buy.

Breathing is getting harder now  
For folks and trees on earth.  
But are you aware that the afterlife  
And beyond now has less worth?

So first you fly your jet,  
But come down you must,  
To see your children suffocate  
And plants turn to chemical dust.

You frighten me, jet fighter man,  
But I fear for your soul, too.  
Down with your plane, down with your plane...  
Someone must rescue YOU!

So, what did you think our clouds were for,  
Made of nothing but water and air?  
Was there any mistake in that  
And, perhaps, not enough flair?

Or did it just bother you  
That God controlled it all?  
What devilish plan had He cooked up  
By inventing spring, summer and fall?

"I make my own tsunamis," you scream.  
"Create rain whenever I please.  
We need you less and less down here—  
I micro-waved your atmosphere!"



Vast sand deserts span the West  
Where grassland used to be.  
The corn is dead, but, what the heck,  
Perhaps that's sparing me.

For genetically modified it all was anyway,  
Not meant for anyone to eat,  
Not cows, pigs, chickens or man.  
So God still knows no defeat.

He still knows how to protect His flock,  
Dearest to His heart.  
And He'll fight back—He's fighting back,  
For He is just that smart.

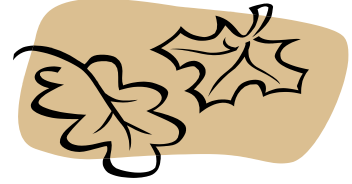
Still, I am sad, so very sad  
To see all go like this  
So save me, please, just one more cloud  
Made of water, air and bliss.

Let me ride in it to rest my soul  
Before I travel on,  
Recuperated from grief and horror  
And ready for a new dawn.

*Rev. Lilo Bauer-Freitag has served  
as a UB minister since 1995*

## The Last Leaf on the Tree

*by Rev. Jim DeKornfeld*



Seems like everyone around me treats me like I wasn't there  
Sometimes I can't remember why I'm sitting in this chair  
The wintry sun has lost its warmth as I through the window see  
Cross the bleak expanse at the big old gnarled tree

I don't know all the faces  
Might not recognize your name  
But you always treat me kindly  
And I'm always glad you came

Sometimes I'm in the courtyard, fresh air soft upon my face  
Not always certain where I am, or how I fit into this place  
But you always say, "I love you", as you turn around to leave  
Its times like this that I can't see the forest through the trees.

I know you sometimes feed me, but I don't recognize the food  
You hold my hand and say you'd visit more if only that you could  
You always say you love me as you turn around to leave  
I look outside the window as the leaves fall from the trees.

I don't know all the faces  
Might not recognize your name  
But you always treat me gently  
And I'm always glad you came

You just called me Daddy,  
today my mind is clear  
I know exactly who I am and why I'm living here  
But I think I'll close my eyes now, the hill before me's much too steep  
I know now what it feels to be the last leaf on the tree.

As I lay me down to sleep I feel at peace and know  
That memories of times gone by are gifts for us below  
I hear the wind outside my room.  
"I'm ready now", I say  
I close my eyes and drift away.  
The last leaf falls away.



I don't know all the faces  
Might not recognize your name  
But you always say you love me  
And I'm always glad you came.

*Rev. Jim DeKornfeld resides in North Carolina and serves  
as a Minister Director in the Southern Pines area.*



*Poetry Corner...continued...*

## Every Leaf

*by Rev. Dr. Midge Miller*

Every leaf will honor autumn.

Some may simply hold their place in  
garments of green, but change will take place  
whether it is noticed or not.

Warm days will drain away when clouds gather.

Evenings will bring a chill and early

Morning's breath will be seen.

How can we say goodbye?

We must only say so long and in the tiny dancers  
drifting from these trees, a multitude of color  
will adorn the land.

In our hearts, we will remain beguiled by warm  
breezes, sunlit beaches and love under the stars.

Namaste, Blessings into the Light.

*Rev. Dr. Midge Miller serves as a  
Minister/Director in Michigan*



## Everything In Good Time

*by Rev. Dr. Jeni Prigmore*

Learning patience through the years-  
Sometimes with smile,  
Sometimes with tears:

Each piece of it creates a shift  
Each syllable a shining gift  
To help as I attempt to see  
The changes it brings forth in me.

Benefits and JOY reside  
Within my heart as I abide  
In peaceful KNOWING it is won,  
As I believe, behold-it's done.

The dreams I've held within my heart  
In time, kind providence imparts.

## Lord, It Is Night

*by Rev. Panna Flower*

*Lord, it is night,*  
The night is for stillness.  
Let us be still in the presence of God.

*It is night after a long day.*  
What has been done has been done,  
What has not been done has not been done,  
Let it be.

*The night is dark.*  
Let our fears of the darkness  
Of the world and of our own lives  
Rest in you.

*The night is quiet.*  
Let the quietness of your peace enfold us,  
All dear to us, and all who will have no peace.

*The night heralds the dawn.*  
Let us look expectantly to a new day,  
New joys, new possibilities.

*Rev. Panna Flower also wrote "Brian's Room," a  
heartfelt article sharing Panna's hospice experience.  
Spring/Summer 2009 UB Newsletter.*



***THE PHOENIX:***  
***Re-Engaging the Chalice***  
*by Rev. Treva McLean*

In ash smoke, a Phoenix is borne, through delivery of prophetic chore, to the doorway of life blessing. As it is, the desire to erupt into compassion smolders above the passionate embrace of dove technology. The bridging of fire to water to create steam, for human emotion to level — rather than to drain — the frequency of respect, relief, relapse, re-engagement.

The desire of fire to bridge thoroughly, through intimate contact/ embrace with water, creates a steam which solidifies the emotion into cogent behavioral trait.

The undertone — a treasure scroll to be revealed — is seen by sorting through the slide-like images of the relationship of the sun to the mother earth, via the DNA of a Phoenix born a little early from the flame.

The emotions which carry THE SCROLL, THE PHOENIX: RE-ENGAGING THE CHALICE, are life force; I CHING (or the book of changes); and mercurial understanding of the elemental structure of the human as a bridge, or instrument, between heavens above and earth below.

The intricate woven bamboo raft upon which the Phoenix rests or sleeps is her dream vision for humanity.

In this instance, a dove is the translator for the being represented by the Phoenix overtone, which is that Love Conquers All, through persistent pen and brush strokes of joy and disappointment.

The PHOENIX, RE-ENGAGING THE CHALICE, IS A DREAM to support humanity's rising expression of voice given to love.

Enjoy and employ the chalice.

Love,  
Treva McLean  
[www.basichumanityink.com](http://www.basichumanityink.com)  
Fire and Elements Studio

*This simple piece and complex scroll is 33 feet of my tenderness to the Phoenix, Goddess Quan Yin, the lady of compassion, and her master husband Lao Tzu.*







# *Life By Design*

*with Rev. Fran Asaro*

## ***Change The Scenery***

I just spent the weekend with my amazing great nieces. From the moment they came through my door on Friday until they left Sunday, I was all theirs. Nothing about my life looked the same. I couldn't check my email or work or make phone calls. I couldn't clean the house or tend to any of my daily routine.

I've never been a mom, so first of all: let me applaud any mom who gets things done while having kids around.

The point I am trying to make is this: my life gets to be routine. I may change what I do but somehow it always looks like work or doing something to get something done. I would presume that's what it's like for most people.

But having my 5 and 7 year olds here, I was in another world. Play, laughter and lots of dance and doing. Nothing resembled my "normal" life.

After doing this a few times now, I realize that I really need the change of scenery. They are a true blessing to me because they take me out of what I think is important and into what truly is. I hope I never lose sight of that.

I'll tell you a secret though; whenever I know they are coming to visit there are two things that go through my head. The first being REALLY excited about being with them and the second being OMG when am I going to get my work done? Is that what goes through YOUR head whenever the opportunity to change the scenery knocks at your door? It's one thing not to want to break stride, and another to not trust that a break once in a while is beneficial.

How can you change your scenery once in a while? Can you get away? Invite friends to visit? Can you do something you've never done? Can you break the pattern of your life occasionally?

I highly recommend it for at least three reasons. First of all, you get to see that you can in fact get back on track; even if my daily messages are being sent later in the day this week, it was worth it! Second, you DO need a diversion once in a while; I seem to get a better perspective and new-found creativity afterwards. And three, you may really have some much-needed fun! Go ahead: I challenge you to change your scenery.

Here's to your new scene!  
Enthusiastically,  
Rev. Fran Asaro



*Book Nook... with offerings from a delightful children's book by Rev. Nanette Notestein; a musical follow-up from Rev Phil Munton; a recipe book by Rev. Barbara Roberts (who also shares with us a delicious healthy chocolate recipe!); and the soul-searching poetry of Rev. Sheri Gilburth Fungcap*

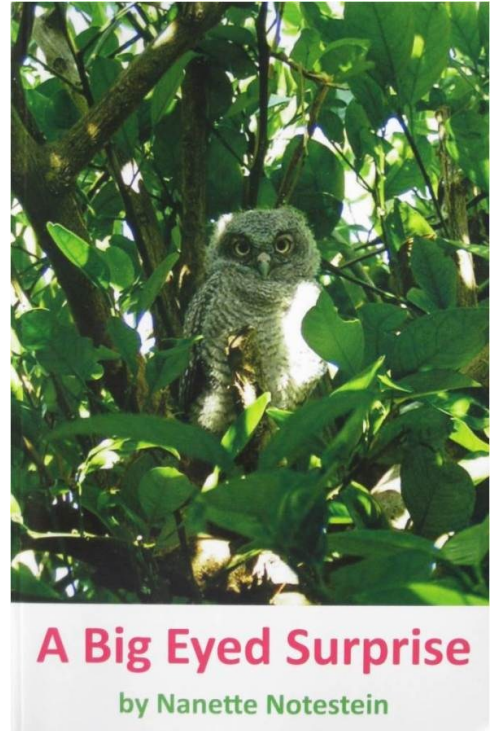
## A Big Eyed Surprise

*by Rev. Nanette Notestein*

Dear Friends,

Great news! My magical and amazing children's picture book, *A Big Eyed Surprise*, is now published and available for your reading pleasure. This story is based on real events that happened in our backyard. A pair of adult owls chose our beautiful garden as the perfect place to raise their four babies. Every day with these precious owls was an exciting adventure. It is my joy to share this magical experience with you now.


*A Big Eyed Surprise* is perfect for children ages four to eight and is likely to become a family favorite. Children will enjoy reading and having this charming story read to them over and over again. They will be fascinated by the beautiful and mesmerizing wildlife photographs. This story may inspire you to see your yard in a whole new way. Perhaps you will find yourself wanting to create a garden and habitat for wildlife in your own backyard.



Please visit [www.NaturesMagicalWorlds.com](http://www.NaturesMagicalWorlds.com) for more information, or go [here](#) for the order page. Blessings to you.

*Rev. Phil Munton has shared with us a follow up from his previous article "‘Edu-taining’ With Positive Music” You will find Phil’s article in the Spring 2013 Edition of UB GoodNews.*



Greetings! 

I just wanted to share some news about my new album, *Lord, I Need A Helping Hand*. It is now available for a free listen at: <http://www.indieheaven.com/> (Search by title or by my name).

Songs include: Lord, I Need A Helping Hand, We Will See Our Lord (Gives us hope for the future), Jesus Where Are You? (Jesus talks back to us in this one, may be especially good for children), Somehow God Knows (discusses the magic of God), What Would It Take? Rest In Peace (written for wakes/funerals to comfort survivors).

Many Blessings!

Rev. Phil Munton





*Book Nook* continued.....



## *Healthy Eating On The Run*

By Rev. Dr. Barbara Roberts

Rev. Dr. Barbara J. Roberts is a Minister Director with UB. She has officiated hundreds of weddings since 1993 ([www.AlternativeWeddingsbyRevRoberts.com](http://www.AlternativeWeddingsbyRevRoberts.com)).

A dedicated locavore and Master Gardener, Barbara has written *Alive Health Recipe Book—Healthy Eating On The Run*, available [here](#) on Amazon. She has taught classes and written books on the subject of health since 2000, and been interviewed on the subject on both radio and TV. Her recipe book includes 115 recipes that are all wheat-free, gluten-free, sugar-free, artificial sweetener-free, and therefore guilt-free! Barbara lives by the principles explained in this book, and is enjoying the best health of her life. Her goal is to help other health-conscious people achieve their optimum level of health as well, and you can take a look at her work on [www.HealthyEatingOnTheRun.com](http://www.HealthyEatingOnTheRun.com).

She also has turned the book into a video series, available on Youtube at [www.HealthyFoodAlternativesChannel.com](http://www.HealthyFoodAlternativesChannel.com) or iTunes at <http://tinyurl.com/HealthyFoodAlternatives>.

She welcomes feedback from the community.

Rev. Dr. Barbara Roberts began playing in the dirt and the kitchen after taking a Raw Foods course in 2000. Adopting the principles she learned improved her health, and ultimately her quality of life. Barbara has been preaching the health benefits of raw foods to family and friends whenever possible.

She has become a dedicated locavore, finding sources for locally grown grass-fed, grass-finished beef and heritage pork, free-range eggs, and fresh milk. She also grows her own food, and in 2011 became a Master Gardener.

Give the gift of optimal health to yourself and your loved ones with the [Alive Health Recipe Book](#). It provides alternatives to the foods America loves to eat, and it's a great gift for loved ones who have diabetes or celiac disease, too. It's a recipe book, not a cookbook, because most of the recipes are raw. Uncooked foods are easier to fix and take with you for healthy eating on the run, and essential nutrients are not lost to the cooking process. Here's to your health!

## Healthy Good For You Chocolate

- 6 Tbls. coconut oil, melted
  - 1 Tbls. dark cocoa powder, preferably organic and Fair Trade
  - 1 tsp. vanilla
  - ½ tsp. Stevia or Lo Han powder (see website for information on this)
  - 2 Tbls. ground sunflower seeds or nuts of your choice
  - 1 Tbls. shredded coconut, unsweetened
1. Melt the coconut oil by putting it in a pan of hot water.
  2. Stir in the remaining ingredients and pour into your container of choice.
  3. Put in the refrigerator until hardened.
  4. Eat and enjoy!

The chocolate will melt at 72°F, so eat it quickly or keep it refrigerated.

[www.HealthyEatingOnTheRun.com](http://www.HealthyEatingOnTheRun.com)



*Book Nook* continued....



## **GRACE** ~ *A Healing Journey to the Heart Center*

Written by Rev. Sheri Gilburth Fungcap



Grace paints the portrait of the thirty-year process of self-growth, self-healing, and healing service work of massage therapist, Reiki master, and yoga instructor Rev. Sheri Gilburth Fungcap.

Through a combination of vibrant poetry and personal short stories, Rev. Gilburth Fungcap leads the reader down the path of her own life journey through youth, depression, dis-ease, and self-realization. The conclusion of each chapter poses a meditative question intended to shift stagnant energy into life-affirming thoughts and action steps.

Be inspired to heal beyond life's pain, remember the heart's joy, and live the life of your truest purpose!

*"Grace is a book of truth. It is so inspiring to read about someone's pain and honesty. Not only does Grace give an extraordinary path to follow for those in need, but it is also a comforting book about the human condition. Sheri's story brings a sense of peace to the reader, a sense that no one is alone in his or her struggle. Sheri brings spirituality into the path of healing, an element missing in a lot of recovery programs. Grace deserves a round of applause from anyone who has ever known darkness. A must read!"*

- Brice Elizabeth Watson, ERYT  
Director of Yoga Services, Wellness Centers of America

If you would like to purchase a copy of *Grace*, please visit the [www.heartcentertherapy.com store](http://www.heartcentertherapy.com/store) page, or purchase your signed copy(s) by contacting Sheri at 404-357-0424 or [Sheri@HeartCenterTherapy.com](mailto:Sheri@HeartCenterTherapy.com)

Sheri provides inspirational speaking and book readings/signings for churches, health/healing centers, schools, community centers, offices/work spaces, yoga studios, and more.

To the UB community, Sheri adds, "please

contact me whenever and however I may support you, your loved ones, and your community. I wish you blessings, peace, and joy."

[www.heartcentertherapy.com](http://www.heartcentertherapy.com)

404-357-0424

[Sheri@HeartCenterTherapy.com](mailto:Sheri@HeartCenterTherapy.com)



## *Compassion's Knock*

Rev. Sheri Gilburth Fungcap

Do you dare to walk with another  
So close that your breaths  
May merge into rhythm  
As two hearts beating in unison?

Do you dare see beyond your eyes  
To the person sitting beside you  
And listen to their words  
Without the desire for knowing more?

Do you dare release the heavy suffering  
Of yearning to be better and better and  
better  
Up to the lightness of love?

Compassion now knocks on the door to  
your life.

Do you dare open to her visit?  
I dare you to answer.....



# Culture & Communication

by Rev. Jane Boucher



Culture has a powerful impact on communication. Some of the components of a person's culture are derived from ethnicity, religious beliefs, social affiliations, political positions, nationality, race, work environment, peer group, and gender. As an example, observe the style of the late Texas governor, Ann Richards. She used folk wisdom, concrete examples, and stories as the basis for her political ideology. One of her favorite lines was "tell it so my Mama in Waco can understand it."

The way we communicate often reflects our cultural backgrounds. Research shows that many Caucasian males, for example, prefer direct communication and a competitive style of interaction. Hispanic or Latino males often reject the competitive style, favoring a more expressive form of communication.

I recently taught on an Indian reservation in Warm Springs, Oregon. Several different tribes were represented in my audience, including Navajo and Lakota. Many Native American cultures discourage the competitive style of interaction. They prefer cooperation when discussing important matters. I also learned while teaching the Native Americans that they believe direct eye contact is a sign of disrespect. In some Asian and Native American cultures, publicly proving that someone else is wrong is considered a serious insult.

There is less research on Caucasian and Asian American women and their styles of communication. In general, it appears they prefer a collaborative type of communication. They also use personal anecdotes and experiences alongside their concrete examples of evidence.

Think about how your culture influences your style of communication. At the same time, always remember that real communication takes place between individuals, not cultures. Cultural orientation can help us understand and predict behavior, but it is not infallible. For example, many of us in the US call each other by our first names. Most of the rest of the world does not follow this habit, however. There are also many US citizens who prefer formality, using titles and last names. This just makes them individuals.

Because we communicate with people, we need to be cautious about stereotyping based on culture.

Last year I taught a seminar entitled *Effective Communication in a Global Team Environment* to an audience of German and American associates. Typically, when I teach Germans, I know to be formal when addressing them. But during this seminar, they asked me to call them by their first names. My German students are very familiar with North American customs and were probably attempting to make their American associates more comfortable.

One of my most memorable teaching experiences was in Prague, the Czech Republic. If you have ever attended one of my seminars, you know they are very interactive and lively. But for some reason, my class of 40 students was extremely quiet and reserved.

During a break, one of my Czech students offered some insight. She reminded me that the Czech Republic was under communist rule until 1989. The "Velvet Revolution" removed the USSR-backed Communists from power. Playwright, essayist, poet, dissident and politician Václav Havel was elected the country's president. Even though the Czech Republic is now a democracy, my students had grown up under communist rule.

Hence, in my classes they were very quiet...so as to not say the wrong thing. Some habits are very hard to break, especially when your life may be at stake. I studied in Eastern Europe during my sophomore year in college. I visited East Berlin and Checkpoint Charlie several times. I learned to never take freedom for granted.

Our cultural backgrounds and interactions with persons from other cultures can have a lifetime influence on us. I am grateful for the experiences and knowledge that I have acquired living and working all over the world.

*Rev. Jane Boucher is a Master Business Coach and Certified Speaking Professional. You can reach her at: [jane@janeboucher.com](mailto:jane@janeboucher.com) or 937-416-9881 [www.janeboucher.com](http://www.janeboucher.com)*



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## ***We are seeking submissions for UB GoodNews!***

**Please send articles, photographs, prayers, practice suggestions,  
poems, meditations, business ideas, recipes,  
news, etc., and they will be considered for publishing.**

**Please keep submissions to 500 words or less.**

**All items are subject to editing and we can't publish  
everything —  
but we'd love to see your work!**

**Email is preferred, but you can mail or  
email your material.**

### **Submission Deadlines:**

**Winter Issue: December 1**

**Spring Issue: March 1**

