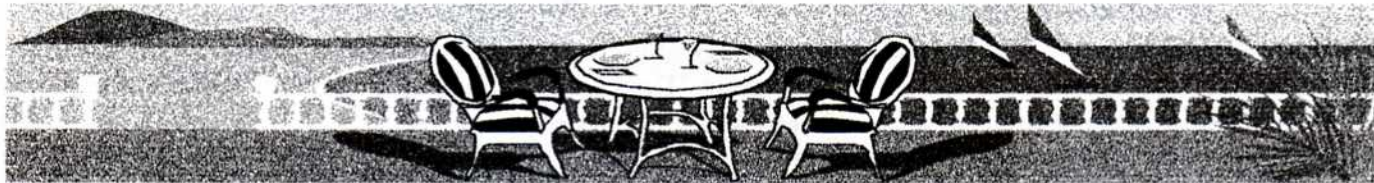


UB Goodnews

Summer 2005

Julie Bercu/Editor * Robin Morini/Asst. Editor



Universal Brotherhood University

by Rev. Lyn Hammond-Gray

There is a beautiful adage in life that goes like this...."the very best answer is a well formulated question." So it is with the process of becoming a scholar with Universal Brotherhood University. Once you sign the entry enrollment application, the questions begin. How do I go about this? What will I perfect? How does this unique university process work? How in the world will I earn the right to a degree and how do I benefit from this journey?

Once your enrollment application is in place and accepted, you are assigned a faculty coach. He/she is your connection, your guide. The journey begins.

The accomplishment of your Master's or Doctorate is indeed a magical journey. Others before you have had these questions. And the answers have always been at the end of the journey. Think upon the comments of recent graduates:

Rev. Kent Boxberger, Masters of Divinity Degree:

"This Master's project is certainly a blessing to me, in that it has helped me better define who and what I am in the grand scheme of things. It has allowed me to reflect on the value I have for myself and others. This will certainly help me in the process of soul growth. As I grow, so everyone else grows. My advancement in consciousness is also the advancement in consciousness of the whole of mankind. I am grateful for the experience and thankful for the

love God has shared with me through this existence, as well as the many teachers that I have been afforded me thus far on the journey. "I'm Comin' Home!" (*I'm Comin' Home* is the title of Rev. Boxberger's Masters of Divinity Degree)

Rev. Dianne Elizabeth Conner: Masters of Divinity Degree:

"My original intention for doing a master's program was to earn a higher degree on a topic for which I already had a passion, but needed more research and development. I wasn't sure where my thesis would lead me but I knew I was onto something important and I eventually realized that I was to begin a major program of healing and empowerment on all levels - Physical, Emotional, Mental and Spiritual - for myself and others."

If you are a UBM minister and have been thinking of starting this exciting journey, this is an excellent time to find those answers by asking well formulated questions!

For details on current fees, or to request an enrollment form contact University President, Rev. Dr. Reginald Worrell, at 404-296-5728 or e-mail: (elife@mindspring.com) or UBU Admin., Rev. Lyn Hammond-Gray at:

(hammondgray@mindspring.com) or go to universalbrotherhood.org You can also write: UB UNIVERSITY, 3735 Scotts Mill Run, Duluth, GA. 30096

RECIPES WANTED

For 'Divine' UB Cookbook!

Look inside this newsletter.

There is a form for you to fill out with your favorite recipe (You can make copies of the form as we will take up to 3 recipes from each person). We are putting together a 'Divine' cookbook that will be available for sale by the end of this year.

We are also thinking about having a favorite recipe contest for each category. So dig out those old favorites and send them in asap!

**All recipes must be in by
August 31st. Mail them to
the UB office at:
6503 Lakeshore Dr.
Margate, FL 33063**



Leadership

by Rev. Dr. Rick Prigmore, Co-Founder and C.E.O. of UBM, Inc.
Duluth, GA

We who are on the exposed point of action with our activities as Universal Brotherhood ministers are often criticized, judged to be wrong, sometimes laughed at and frequently ostracized. We have recognized our commitment as ministers to the brotherhood of mankind and proceed courageously along our path. That takes a great deal of fortitude and leadership. Andrew Cohen had this to say about leadership: "The thought of being a leader may seem like an appealing idea to the ego, but the reality of what being an authentic leader implies scares the ego to death. It means ego death. Why? Because it means that we actually care so much about a higher purpose, a higher principle, a higher goal, that we're willing to make the most important sacrifices for the sake of what we are aspiring to accomplish. It means we care so passionately about others also reaching that goal that we unhesitatingly sacrifice our own peace of mind, comfort, and security in order for them to succeed. It really means that we have no choice left anymore because we have realized without any doubt that from now on, it's up to us. We have realized that One Without a Second. We have realized that there is no other and there never could have been. What is so interesting about authentic leadership is this very insight: that once we have arrived, there is no longer any point of return. We have become one with destiny itself."

That's who we are as UB ministers, leaders in the new age of enlightenment. We have no choice but to forge ahead, fueled by our spirit-based urge to serve Life as expressed through those we serve. Whether we are counselors, healers, musicians, teachers or lawyers (yes, there are UB lawyers), our strength and our motivation sustains us through 'thick and thin'. We have moved to the forefront; we can not return to the safety and comfort of the herd.

Leadership, both a joy and a challenge. Go for it. I applaud you and your chosen mission.

Rick



Senior Softball World Series Tournament Report

by 'Slugger' Rev. Dr. Rick Prigmore



The Tremont Hotel 80+ team I play for worked its way through six round robin games at the Senior Softball World Series with a mediocre 3 and 3 record. But, when the double elimination games began Monday we came from behind in the last of the 7th against the Ft. Myers, FL, team, overcoming a 9-run deficit before winning 17 to 16. I was put in to pinch hit in the 7th with the bases loaded and two outs. I got a pinch hit scoring two runs to tie it up. The next batter drove in the winning run.

The second game of the double elimination was against the Arizona Desert Storm team. We beat them 13

to 6. In the next game they then eliminated the Ft. Myers team and reached the finals.

On Tuesday we played the championship game and Desert Storm beat us. That meant we each had one loss. So, in the 'if' game, we played to a 9-to-9 tie in the 7th inning. In the top of the seventh we scored six. The bottom of the seventh they scored three. So we WON the Senior Softball World Championship and were awarded World Series rings and a big trophy!

The kicker was that we were scheduled to go to Las Vegas in September to play in the Senior Softball World Masters tournament. But, the other

teams pulled out of the tournament rather than play us again. So, we won the 'Triple Crown' of senior softball by default.

We played ten games in five days plus an exhibition game before the tournament, which was filmed for a special segment. I don't know when or if it will be aired on TV.

Who knows what the future will hold? Bill Smith, the owner of the Tremont Hotel says we may go to Florida for Spring training again. Just as long as I can 'Play Ball'.



UB University (UBU) Regents Speak Out

by Rev. Dr. Fran Stewart
Lawrenceville, GA

Our own beloved Rev. Dr. Reggie Worrell, president of Universal Brotherhood University, recently asked members of the UBU Board of Regents, "Why do you serve on this Board? What do you get out of it?"

Here are some brief excerpts from the answers of four of the Board members;

Rev. Lyn Hammond-Gray: I am uplifted, impressed and amazed at the opportunity for a UB Minister to grow and expand through degree work.... bonding with the soul. I am strengthened as I see the remarkable works placed for our review. It is a constant reminder of spirit at work in the human form... a continual personal and divine growth experience.

As Padmasambhava reminds us:

*Without beginning or ending,
your original wisdom
Has been shining forever,
like the Sun.*

*To know whether or not this is true,
Look inside your own mind.*

What better place could there be to grow with wisdom than Universal Brotherhood University?

Rev. Dr. Joyce Rennolds: ... an honor and a privilege ... a powerful organization ... recognize the spiritual expression of talented and unique individuals ... contributes to my growth and understanding of spiritual principles.... I have learned to love and appreciate each of my colleagues and value each one of them for their own unique talents and creative abilities. This is a sacred and holy association which continues to bless me abundantly.

Rev. Dr. Barbara J. Roberts: I

consider it an honor and a pleasure ... such a joy for me to be with this group of loving, spiritual beings.... my pick-me-up for the month ... awe-inspiring to work with the tremendously creative UBM ministers seeking higher acknowledgement of their ministries. I am constantly amazed and impressed by the caliber of work, and feel greatly humbled to be continuing my own spiritual growth in this manner.

Rev. Dr. Fran Stewart: I believe in the work that UBU does ... Regents bring a positive influence, an encouraging, supportive voice to the UBU scholars.... UBU is growing, and I delight in being an integral part of that growth.

We would be delighted to answer your questions about how to apply for the Master of Divinity degree (M.Div.). If you already have a Master's degree through UBU, you may apply for a Doctor of Divinity degree (D.Div.) Contact Rev. Dr. Reginald Worrell, at: 404-296-8200 or email him at elif@mindspring.com



IN THE WALK OF THE SPIRIT

Rev. Gill Schwartz
Camp Lake, WI

A step is taken that aims for nothing

Until the place is shown;

The foot then firmly placed

Where there was no place before.

Another step in faith.

Another revelation.

As the rearward foot releases its
hold

In reaching urgency,
Its weight-supporting spot weakens,
dissolves.

All that is left is a trail
of has-been-ness.

In the Eternal Plain lie
these hazy tracings,
Sometimes wandering, confused,
often alone,

Yet striving, yearning towards
the Light.

Who is to follow a trail wrought of
faith

And destiny,
save one who can truly believe?

Who is to step from a
place graced solid

To where there is no place at all,
Save one who has no other way to
go?

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www.WisdomVisions.com

Animal Wellness Essences

by Rev. Elisabeth Trumet, Helen, GA

I would like to take this opportunity to announce my ministry for the animal world. I carry and work with Animal Wellness Essences. My vision and focus is to ease complaints of all sorts for our furry and feathered friends.

I bring to you and the animals a collection of Flower Essence remedies that offer healing vibrational energy to their electrical systems. Each remedy serves the animals' mental, spiritual and physical well-being in specific ways. A few of these are: **Anxiety, Respiratory issues, Immune Support, Sibling Rivalry, Neediness (Overly anxious), Abuse or Abandonment, After Emergency Care, Grief and Loss.**

I welcome the opportunity to assist you and your pets/companions as our animal friends require balancing as they develop on all levels.
Contact me at: (706) 878-3189.



Diving Accident: An Angel Miracle Story

by Rev. Sunni Boehme
Milwaukee, WI



Searing pain hit the center of my chest. I can't breathe! Is this a heart attack 60 feet underwater? "Stay calm, breathe calm", I told myself. I breathed and the pain struck again. My eyes searched for the dive master. I must go up. The dive master was 10-20 feet beneath me and Steve was beside me. I closed my fist and pounded the center of my chest, and motioned that I was in trouble and had to go up. I trusted Steve would know what to do as he had been diving for over 30 years. I was terrified. I couldn't breathe. I told myself to stay calm knowing that I must exhale as I ascend or I could burst my lungs. Pain struck again and I was afraid to breathe through my regulator. This was only my 4th dive, it might be my last. We were 5 miles from land. I can't breathe. I felt the panic and I remembered what I did so very wrong in my diving class ...I told myself...Focus Sunni, just exhale all the way up.

A few months earlier while taking my scuba diving training I had panicked in the pool. I knocked the regulator out of my mouth and struggled crazily toward the surface. I learned a very tough lesson but, in this current moment of panic I remembered to stay calm and exhale to the surface and not panic. I had to completely surrender and trust that Steve would take care of me.

(Steve) I saw Sunni signal that she was in trouble and I looked into her eyes and recognized that there was something seriously wrong. She had been diving perfectly for about 15 minutes. She was relaxed and we had just seen a beautifully colored eel and touched a black rock that surprisingly turned out to be a sponge. I took her arm and began the slow ascent when I saw what looked like blood begin to fill her mask and come out of her nose. I knew we were deeper than she had ever gone before. I saw the fear in her eyes. If this really were blood she would be lucky to last 30 seconds when we reached surface. Blood usually means a burst lung and that means death. We were near a rock outcropping that we grasped for when we

reached the surface. It was covered with sharp coral and slippery algae that made it difficult to hang on to. As I saw Sunni's face in the sunlight her lips were completely dark blue, a sign of no oxygen. I grabbed her mask and pulled it off. She gasped "I can't breathe." I flipped her weight belt open and let it drop to the bottom to take the pressure off her waist, trying to hang on to her because she kept losing consciousness. I opened her BCD jacket. I could hear her breathing gurgling like a person possessed. Her lungs were full of salt water. She wasn't having a heart attack. The regulator had malfunctioned and she had inhaled salt water. This causes great pain and often causes vomiting. She coughed and sputtered and threw out more blood through her nose and mouth. She passed out. I didn't know if she died. I pounded on her back to get her to cough out more fluid but, my BCD (air vest) was not holding air and I was sinking myself. I was struggling to get some kind of hold on this cutting and slimy rock surface as the water washed over my face. I couldn't stay afloat with my weight belt on. My constant thought was to keep her face out of the water and now I wasn't sure if I was going to go down with her. Exhaustion pulled at me as a big wave hit me from behind and tore both of us off the rock. She slammed into my chest and luckily I had just released my weight belt and I grabbed her to me. The undertow sucked us down into a washing machine tumbling us under the water twice and swished us 15-20 feet to the right. When our heads popped out of the water we could see that we were going to be slammed into a rock canyon. She screamed (at least I knew she was still alive). We hit the end of the canyon.

(Sunni) I opened my eyes just in time to see the boulders of the rock canyon coming toward my face. I screamed. Terror hit me again..... I can't breathe!!! I knew that I couldn't live through a wave pounding like this. What if I hit my head or break a leg. Slam!!!! And then I felt myself tumbling under the water again and being sucked back out to the sea. I knew I could die. I was paralyzed. I couldn't help myself in any way. The wet suit was doing a very good job of making me buoyant. I couldn't think and I had not been able to move my arms or legs to help

myself. I was terrified! As scared as I had ever been in my life. I could feel Steve at my back as we were tumbling under the water and suddenly the wave reared up and spit us up onto a rock ledge 10 feet above the water's surface. Completely out of the water. Me sitting on my butt and Steve right behind me. As the wave washed back over us it split and went around us so that we were not pulled back into the Aegean Sea. As it receded he realized that he had a perfect place to grasp for both of his hands and his feet. I choked on the water and spit it out and said "honey, if I don't make it let me slide into the water and leave me here". I felt totally sure that if another wave hit us that I would die here scary, yet I was at peace with the thought of death.

He shouted. "I love you and we are not leaving this rock". He continued to pound on my back and lean me to the side to cough out the liquids in my lungs. He told me we were safe now, I have a good hold on these rocks". I braced myself for fear that another wave would wash over us that I knew would take my life. I grabbed for him and told him that I loved him. The wave had not hit yet, I felt I only had a moment to tell him. Another moment passed and still no wave. We both looked behind us and the sea had returned to perfect calm. There had been only 2 waves on an otherwise perfectly calm day. Those waves saved my life. Like the sea said, "it is not your time just now" and spit me high up onto the rocks where I could rest until the dive team came. Steve said, "your angels are really looking out for you". That was your angel who threw us up on this rock and gave me this perfect handhold". I felt myself sigh and my eyes welled up with tears. I could feel his love and the love of the angels and I passed out.

(Steve) Sunni always talks about her angels and how they protect her. Well, now I believe her. That wave had to be angels. The sea had now returned to perfectly calm and she is still alive and I am just going to keep pounding on her back to get her to release the fluid in her lungs until the dive master comes with the boat to take us to shore. Sunni always talks about miracles and now I believe in Miracles.

Thank you God! Sunni



BE THE CHANGE YOU WANT TO SEE
HEALING YOURSELF - HEALING MOTHER EARTH
REV. BARBARA EDWARDS MARTIN
SEABROOK, TX

Through generous and unconditional love for self everything is possible. Play with and practice this spiritual alignment technique to nurture yourself. The physical body contains the same matter as Mother Earth and the following steps will connect you with a sacred spiritual site above Russia. Your practice will create an opportunity of transformation for many through the love you give yourself. Experience and experiment with sensations you feel—this is your body and Gaia speaking to you. Soul speaks through physical sensations whether they are of pleasure or pain. You are soul and exist because you are divinely loved. Enjoy contemplating the glory of you.

Step 1—In a comfortable sitting position, drop knees outward bring soles of feet together. Whisper, chant or sing the word HU three times to strengthen 1000-fold the message of harmony you will receive in your heart.

Step 2—Hold your hands up with palms facing away from your body approximately 6-8 inches from neck & chest area. Keeping your elbows about 6 inches from your body, fold your ring and pinky fingers comfortably near palms of hands. Point index and middle fingers upward together with thumbs gently open. Identify the line that is created between the soles of feet, root chakra, third eye and between thumbs—your many chakras will be aligned in this position.

Step 3—Hold position for about 1 minute while breathing fully into all of your body. Feel the pulsating of alignment begin to center you.

Step 4—Without changing elbow or finger placement, turn palms of hands to face each other, positioning index, middle fingertips and thumb of left hand to meet those on the right.

Step 5—Hold position for about 7 minutes while breathing fully into all of your body. Feel the power of oneness with earth, the universe and all that is you.

Step 6—At completion use the words “May the Blessings Be” to send your message of love and alignment to all beings of earth, water and sky.

Blessings from Reverend Barbara

Contact IlluminatedLiving.org or (281) 326-2509 for questions, comments or information about other Spiritual Alignment Techniques

SPIRITUAL COUNSELING

(An inner journey to wholeness)

Rev. Patty Hinshaw

Binghamton, NY

"We are not human beings having a spiritual experience; we are spiritual beings having a human experience."

- Teilhard de Chardin

Spiritual Counseling helps you learn to go within to unveil and to know your internal source of personal power. Traditional mental health professionals generally concentrate on just one aspect of the person. Spiritual Counseling, on the other hand, helps people integrate and heal all parts of themselves: body, mind and soul, including the disowned or shadow side. The result is wholeness and a more lasting healing because it begins where you are and ends where you want to go.

Spiritual counselors generally hold a graduate degree in a related field such as psychology, education, social work, or theology; and they are usually ordained ministers or licensed metaphysical teachers. This blending of mental health training and spiritual training makes the counselors most effective.

Rainer Maria Rilke said, "There is only one journey. Going inside yourself." You can not find in the outer what can only be found within; deep in the recesses of your being. Only here can that "Hole in the Soul" be filled. Most spiritual counselors believe that people can discover within themselves the answers needed for healing. The spiritual journey to self is not for the faint hearted. It takes the same self commitment as that of any persistent explorer, mountaineer or astronaut! We are a Trinity of body, mind, and soul or psyche. For true healing to occur, all parts of us must be treated, integrated, and healed. Only then can true transformation take place.

How Does Spiritual Counseling Work?

Individual spiritual counselors practice from differing levels of experience, training, philosophies and theologies. Some concentrate heavily on a theistic approach and encourages their clients to increase their faith in God, to provide the inner guidance to evoke God's will or

divine plan.

Others practice from a more metaphysical approach. They usually ask pertinent questions to help clients clarify the issues in their own mind. But spiritual counselors do not attempt to "fix" your problems. Instead, they encourage clients to reach within to their own inner Source to effect their own solutions. Spiritual counselors may be soft and gentle and active listeners. Or they may be more proactive striving to gently push and empower you to risk whatever pain it takes to create momentum so the results come more quickly.

What Happens When You Commit to Spiritual Counseling?

Because you begin with an inner "divine discontent," you take yourself more seriously. You learn to recognize your spiritual nature.

You explore your core beliefs, perceptions and reactive responses to events, experiences and people.

You learn where you have been stuck in your "woundedness" so that healing and sound emotional health are the results.

You learn to stop behaving in ways that no longer serve you, and you start living pro-actively with a focused, conscious intent.

You learn to tell the "microscopic truth" to yourself and others. You begin to integrate body, mind, and spirit so that your soul may continue on its spiritual journey towards wholeness.

You learn to trust and recognize your "inner power" and learn how to co-create with the Universal Higher Power - (in whatever way you understand it).

You take responsibility for your thoughts, your mind, and your actions to create success in all areas of life

You learn to co-create with universal laws to "have it all" - health, wealth, harmonious relationships and personal and professional goals that you want and deserve.

Why Does Spiritual Counseling Work?

An effective trained spiritual Counselor helps you understand the nature of yourself, the nature of the universe, and the nature of their inter relatedness. Feedback and mirroring from the spiritual counselor allows your consciousness to expand and grow as you learn to "see things

differently."

You must "see it right" and then "set it right." The synergy between you and the spiritual counselor creates energy and momentum.

Spiritual counseling helps you identify and change those beliefs and patterns that no longer serve you and your highest good.

Spiritual counseling teaches you concrete tools with which to change life-long destructive behaviors that have sabotaged your efforts to a healthy, harmonious, and happy life.

Spiritual counseling works with "all aspects of you" and helps you integrate all the components of your life. It teaches you to be the diagnostician as well as the surgeon in your own individual healing. Only YOU know what your soul needs; thus you perform your own soul surgery.

Spiritual counseling not only teaches you universal spiritual laws, but also how to work with them. It shows you how you attract your own experiences and circumstances - both positive and negative - through the power of your mind.

Remember: YOU ARE THE PRODUCER & PLAY DIRECTOR OF YOUR LIFE'S SCRIPT. CHOOSE YOUR CHARACTERS & DRAMAS WISELY - ELSE YOU CLOSE THE CURTAIN ON YOUR LIFE BEFORE OPENING NIGHT, AND THEN SADLY, YOU AND OTHERS NEVER GET TO ENJOY THE PLAY.

Rev. Patty K. Hinshaw, MA, BD is a licensed Metaphysical teacher, Spiritual Counselor, and ordained interfaith UBM minister. As Founder and Director of the International Center for Enlightenment, she has lived and worked in 7 countries, lectured and given workshops in the USA, New Zealand, Australia, England, and the Caribbean. Patty's professional experiences include social work, individual, marriage and family counseling, divorce mediation and speaking. She is a published author, poet and artist. She teaches metaphysical classes at Broome Community College, NY, in the adult education dept. She has a private Spiritual Counseling practice and is available for weddings, workshops and speaking engagements. She can be reached at; (607) 772-0326.

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"Now is the time for all good (people) to come to the aid of their..."

by Dr. Kevin Ross Emery
Seattle, WA

In April of 2004, James and I were house-sitting in Phoenix, AZ and lightning struck. Luckily I allowed myself to be the lightning rod. It came in the form of my old friend, Anne, who just got back to her house (the one we were house-sitting for) and was telling me about the experience she had just had. I could see she was excited and kept telling me that she needed to tell me about this experience but that there were no words to really describe what the experience was, even though she had gone through it over ten times. Finally she just decided to tell it to me like this:

"Kevin tell me that you love me"

"I love you"

"Tell me that you trust me"

"I trust you"

"Tell me that you will do exactly what I tell you"

"What do you want me to do?"

"Allow yourself to take your message to the world
and be all that you are here to be"

"Okay"

Finally, in May, I began to understand what she meant.

She introduced me to something that showed me the possibilities of how to bring my message to the world, increase my visibility, my wealth and allow me to help more people and spread more of my ministry than I ever thought possible. I learned how to clarify my vision, better communicate my vision and increase my ability to help other people to do the same thing.

Between 12-18 months from that May date I will have quadrupled my income, increased the visibility of the messages that I want to bring to the world and helped myself embrace financial freedom through doing what I do best, being me and living my passion.

Now here is the "but". The but is that one has to be serious about the business side of their spiritual business. In other words, the person who is waiting for someone or some spirit to do their work for them or if they feel as though that the only way to spirit is on the path of poverty need not apply.

However, if one decides that one is ready to: "Allow yourself to take your message to the world and be all that you are here to be", as I was in April, then contact either James or myself, and we will talk with you about your vision, your dream, your passion and how to take your business to the next level and your message to the world.

To contact us please, send us an e-mail at:
drkevinrossemery@aol.com or James:
revjamestsheller@aol.com or call us at: 602-317-8500

and we will set up a time to listen to your dream; your spiritual business.

Now is the time for all good people to come to the aid of their world before there is no world left to save.

James and I have also relocated the the Greater Seattle area in Washington State and look forward to hearing from any UB Minister in the area. We are planning to put on a UB gathering sometime over the summer!

.....



See Yourself As The Woman You Are!

Rev. Charlotte Beilgard
Woodlands, TX

See yourself as the woman you are:

Unique, a designer original, God's bright shining star.
Intuitive, a passionate dreamer, with talents galore,
Full of vision and a divine purpose, like an eagle you
soar!

See yourself as the woman you are

Creative and authentic, spreading joy near and far.
Full of courage, walking by faith and not by sight,
Victorious and triumphant as you overcome the
darkest night.

See yourself as the woman you are:

Virtuous and magnificent, a beautiful rose
without any mar. Healthy in mind, body and spirit,
so very grateful are you, Successful and prosperous,
with integrity in all you do.

See yourself as the woman you are:

Forgiving and compassionate, having peace within,
not war. A precious daughter of God, a perfect Work
of art, With miraculous power and strength and yet a
very loving heart!

Copyright Rev. Charlotte Beilgard 2000



Authentic Self and Right Livelihood

by Rev. Jay Alan Whitham and Rev. Wendy Lynn Nethersole
Sarasota, FL



Now more than ever it is so important to know who we are, to connect to our inner divine being; to find peace within amidst an increasingly chaotic world. The Authentic Self is an expression of 'who you are' not 'what you do' for a living. But most of us confuse the two. So often the first question we ask upon meeting someone for the first time is 'what do you do?'. Chances are the person will respond with a description of his or her position and work responsibilities. And even if the question were rephrased to 'tell me about yourself', you would probably receive a similar answer.

When we understand that we are Light Beings created as aspects of the Infinite Creator, and that this can never change or be taken away from us, our balance and security is no longer dependent on anything that shifts in our external world. The Authentic Self is who we are when all errors in belief or false beliefs about ourselves have been removed through our awareness and healing. What remains is the Truth of who we are, the Authentic Self.

Our jobs may change but who we are remains the same. We all come into this physical life with spiritual gifts. These gifts are divine and meant to be expressed. The ways we can choose to express are unlimited; truly limited only by our imagination. Expressing ourselves through our work from this unlimited place is what we mean by 'right livelihood'.

The modern world has accelerated at a tremendous pace. Marketing images bombard us constantly from all vantage points, vying for our attention and dollars. The messages conveyed through these images show product after product we 'need' to be healthy,

happy, and desirable; to be worthy of the esteem of others and even ourselves. It is no small wonder we are so tired and confused.

While the inventions of the industrial revolution may have made our lives easier, they have by no means made them simpler. The new technologies of the computer age have created the capability and expectation for an instantaneous response or reaction. What happened to relaxation or rest? The western world seems to frown upon such things, and 'Paid vacations' as a benefit are becoming a thing of the past.

As a culture, many of us keep ourselves busy spending money and accumulating 'Stuff'. We barely notice our dissatisfaction with our lives until we are so entrenched we feel trapped. It is only when we realize we are extremely unhappy that we may begin to recognize the pattern of compulsive behavior we manifest to avoid our feelings of emptiness and fear.

Statistics reveal that many adults are not happy with their work and are afraid to move into a field they feel would be more fulfilling fearing loss of income, status, or some other change they believe would be detrimental. We spend so much time in our workplaces that we think we know who we are through the filter of our work. The more a person identifies with his or her job, the more depressed, lost or confused he or she may feel upon actually leaving. In our workplaces, we are recognized and rewarded by our peers and bosses according to what they value the most. However, the accomplishments that we are recognized and rewarded for may not be fulfilling our need to be creative. Our

need for creativity is the need we all have to express ourselves as we connect with the divine within. The gift of who we are is meant to be expressed, to be shared with the world in some way.

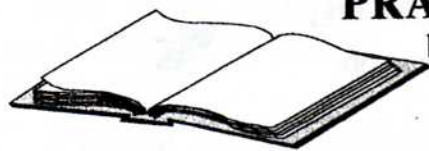
With a strong sense of self, the loss of a job may still be painful, however it would not create the same feeling of emptiness or prolonged confusion. The transition might even be seen as a welcome opportunity for change! It is important to ask 'who am I?' and 'what are my passions?'. The answer for each one of us will be profound and unique. Our understanding of the answer comes with insights in enlightened moments over a lifetime if we are paying attention.

Your expression does not have to be through a paid position. The expression of your passion may be a hobby, or a dream you are nurturing over time to become a more full time or part time work situation. It is not even necessary for you to know in advance how you will express your gifts. You will know you are expressing your gifts by how you feel. You will feel joyful, happy, and content. You have a lifetime to experience and share the joy of who you are.

The Anam Cara Foundation is dedicated to helping individuals and groups to get clear about their true identity and purpose, and integrate that into the essence of their lives. For more information please visit our website: www.findyourself.org or contact us at 941-924-4756 or e-mail: anamcara@comcast.net

PRACTICING THE *POWER OF NOW*

by Rev. Linda McCoy Summer CSC, CSH
Little Rock, AR



I would like to share a healing experience I had several years ago and have understood it more fully after having read *The Power of Now* book by Eckhart Tolle.

It was getting late in the evening when I realized my husbands afternoon nap was unusually long. I discovered upon awakening him that he could barely sit up. I began what had now become a monthly routine, a glass of fruit juice to raise his blood sugar level. I grew concerned when he did not respond as usual.

Prior to this day he had mentioned that if he ever became seriously ill, he did not want to be revived. He had suffered enough as a diabetic and was ready to go on.

Now his very words began to haunt me as I sat on the floor by his bed in agony praying. Was this the event he spoke of? Do I follow his wishes? After what seemed like an agonizing eternity, I suddenly came to a state of complete surrender, what he had asked me to do was actually God's business and not mine. Everything became very clear as I reached for the phone to dial 911.

When I got into my car to follow the ambulance, I will never forget my teenage daughter's comment, "Mom you are so peaceful." It was then I noticed the deep state of peace that was with me.

Eventually I found myself in the intensive care unit, which was a large dark bare room. My husband lay there very still with several monitors hooked to him. His vital signs did not look good: temperature low, pulse weak, and the doctor had given him a 50/50 chance of living.

It was now the twilight hours of the morning and he showed no signs of

improvement. A measurable stillness permeated the room that matched the stillness I felt within and I observed that no fear based thoughts chattered away in my mind.

I began to feel a strong inward nudge to go to his bedside. As I did, I slipped my hand in his. I jumped, for the instant I touched his hand the monitors became alive with sounding alarms. I looked up in amazement to see his pulse climb drastically as his body temperature rose. What on earth was going on?

This next story is from someone who utilized the insightful information in *The Power of Now* book to access the power Tolle says is within all of us.

She found herself on the ground with a twisted ankle. A bag full of undelivered mail stared at her as she sat there with the pain intensifying in her ankle. Having been a postal carrier for several years, she had experienced the ramifications of walking on a sprained ankle and anguished over the time delay it would cause. She decided to try a technique from the book and put her focused attention on the pain. She observed throughout the day that the pain subsided as long as she stayed focused in the present moment but the minute she let her mind wander to the past or the future the pain would reappear.

She came to our weekly *Power of Now* class that evening with hardly any swelling around the ankle and related this amazing story of surrendering to what is in the moment and consciously staying focused in the 'Now'. The real surprise came when she finished her route ten minutes early even with a sprained ankle. Tolle's techniques put to practical use. These

two stories relate the transforming *Power Of Now*.

Tolle says the power of Now is the power of your presence, your consciousness liberated from thought forms. If humanity is to survive Tolle says, this awakening of a new consciousness has become a necessity. Tolle, a spiritual teacher, writes his books with such clarity.

Something profound is unfolding in our weekly group meetings as we hear the voice of Tolle on CD's, reading his books. "Bask in a stillness that is palpable." Tolle says, "Group work can also be helpful for intensifying the light of your presence." According to Tolle this group can generate a collective energy field of great intensity, raising the degree of presence of each member, which helps free the collective human consciousness from its current state of mind dominance, thus making the state of presence increasingly more accessible to individuals.

Tolle's work gives a whole new meaning to our purpose for being here. For an informative interview with Tolle go to www.eckhartolle.com/sounds_true.htm "Enjoy the greatest adventure a human being can be engaged in: be part of the emergence of a new consciousness," says author Eckhart Tolle.

When Thoreau was on his deathbed, a friend asked him, "Have you made peace with God?"
Thoreau answered, "I wasn't aware that God and I had Quarreled."

Thanks Rev. Patricia Daharsh
From Pinellas Park, FL

In The Last Year We Have Had Many Bright 'Lights' Move On

We would like to honor some of them here. Forgive us if we leave anyone's loved one out. May love surround all.

Rev. Elmer R. Wood **Clearwater, FL**

Many of you will remember Elmer as the unofficial 'photographer' at some of the UB conferences. Elmer was always joyful and friendly. Some of his work included work with HRS in their "Care Giver" program, working with handicapped children.

He worked with one young man (Mentally Handicapped) for nearly 10 years until he was put into a permanent group home. Elmer will be dearly missed.

.....

Rev. Victoria Matthews **Delray Beach, FL**

Victoria passed on Aug. 16, 2004, surrounded by her friends who had been by her side for days.

Victoria had been a UB minister since 1988. Her life was dedicated to helping others through Shiatsu Massage, Accupressure Therapy, Stress Management, Aromatherapy, Yoga and Meditation. She blessed the life of many and will be missed.

.....

Elisabeth Kubler-Ross **Scottsdale, AZ**

Swiss born psychiatrist and author of many books on death and dying, Elisabeth Kubler-Ross held an honorary degree from UB University and was a friend to UB minister and author, Rev. John Harricharan.

She revolutionized the way people thought about death and dying, providing a window into the minds of the terminally ill. She was indeed a light.

Rev. Albert Schatz **Philadelphia, PA**

Albert Schatz will be remembered in history for the discovery of the antibiotic streptomycin, for the treatment of tuberculosis.

By his fellow ministers he will be remembered as follows: Rev. Alan Krausz writes of Albert; A magnificent holder of the Light has passed from us! He was warm hearted, thoughtful, always funny and a bit of a tease. I was his dentist for 25 years. He often made my mood lighter when my work got challenging. I liked him and enjoyed time together with him, like the time we drove to Hershey, PA, for the UB conference. I miss him.

.....

Marita Jones **Albuquerque, NM**

Stepmother of Rev. Barbara Roberts from Eljay, Ga, Marita passed from complications from a stroke.

Prayers are requested for the family. We surround you all with love and light.

.....

Ann Moore McAlister **Plano, TX**

Beloved daughter of Rev. Martha Moore-Stevens, Claremore, OK and sister of Rev. C. Eugene Moore, Whitney, TX.

She was a beautiful, caring, inspirational and supportive mother, wife, friend and creative gourmet cook.

Ann was a self taught interior decorator and uniquely creative private caterer/

She instantly made everyone feel right at home. She will be dearly missed by her family and friends

Alice G. Finnegan **Palm Bay, FL**

Wonderful, vivacious Mother of Rev. Gerald Finnegan and Mother-In-Law to Rev. Janet Finnegan.

Janet writes of Alice; How grateful I am, how fortunate I've been that you were his Mother and, My best Friend! We will miss her presence here.

Winds Of Change

Winds of Change,
My chimes are
Sounding

Portending
Weather
Moving through

Winds aloft,
Is Winter ending?
The suffering...
Can it be true?

Winds
Around my house are moving
Subtle changes,
Life improving

Breezes,
Will you deem to follow
Storms of passion,
Wings of death?

Coming with your
Soft, sweet sighs
To touch the Earth
With tenderness....

Oh, PLEASE -

Please do.

© by Rev. Dr. Jeni Prigmore



HERBAL LEGEND

by Rev. Theresa Rogers
Elk Creek, VA

Scientists predict that MAD COW DISEASE will be the plague of this century. Our government says testing is not possible without sick people to test... and yet Janet Scarbek connected 12 cases of CJD (human form of Mad Cow Disease) to a racetrack restaurant using tainted beef.

It seems officials are turning a blind eye to the facts that elk, deer & moose in Dakota are contagious; squirrels in Ky have been diagnosed with it... suspected to have been passed on by feces, saliva & urine in pasture fields. A cow stumbling/falling down was seen in my county. It died with it's head thru a fence, rotting there. Notification to the owners netted a death threat. The carrion was visited by birds & animals of prey, spreading contagion. Obviously the owner was more concerned with the loss of his herd by forced extermination than a national epidemic of death by CJD.

The tiny virus, spongeiform encephalopathy, are proteins called prions, clumping together, killing cells, leaving holes in the brain/spine. If a cow is not tested before slaughter, that infected meat enters the food supply. Japan tests every single cow it butchers, other countries are testing vigorously. The U.S. tested only 20,526 out of 35 million. USDA & government advisors are from The Cattleman's Assoc., serving their benefits. If cattle farmers belong to organizations that want grain-fed cows, the slaughterhouses won't process their animals. Private testing has been banned by law, as some owners hoped to label their products as being tested. In Germany, when private testing was done, 20 cases of the disease was exposed. The beef industry is facing economic crisis as other countries are banning U.S. beef/beef products since Mad Cow Disease was discovered here. The National Institute of Health was closed to stop testing.

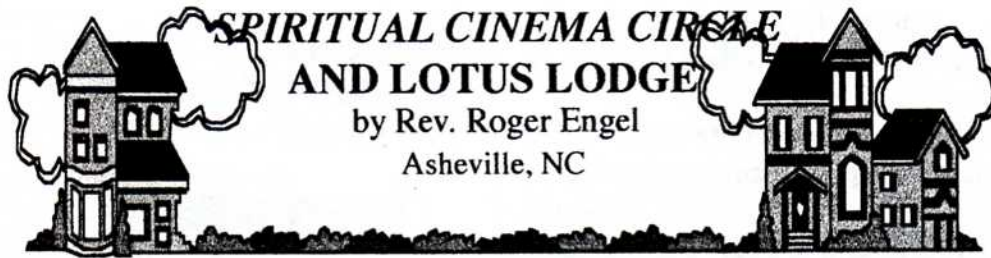
Prions cannot be destroyed by cooking, canning, freezing, radiation, digestive enzymes or stomach acid. One study shows survival of prions after incineration hot enough to melt lead. Veterinarians are backing off from testing because their instruments cannot be sterilized. ~~Laboratories are not willing to have this disease around their equipment.~~ Consumer concerns pressured the USDA into publishing new rules forbidding the feeding of blood, slaughterhouse waste & manure to cows. Six months later none of these regulations have been implemented. The cost of disposal of animal waste is being eliminated by feeding it back to the animals blood to calves/pigs, chicken liter & manure to livestock as cheap protein source. Other countries ban such practices.

The garden additives of manure & bone meal are suspect as even breathing the dust can cause CJD by going directly to the brain. Organic beef processed by the same equipment processing regular beef, in testing, caused 100% contamination. Products such as beef extract, jello, shampoo, lipstick, cosmetics, just begin the contamination list. Brains & innards should not be in the food supply at all. Pigs & poultry are risky with dairy also suspect. Pet food. is laced with animal remains. Good stores are having trouble acquiring grain-fed meat/fowl.

Labels of USDA certified organic is not valid as the new certification laws were put in place to accomodate the mass producer to capture a part of the money in organic production. Old organic laws were relaxed or dropped, animals needing to be treated as organic only in the last 3rd quarter of gestation.

Alzheimers is being misdiagnosed. A recent study shows 13% had CJD. True figures of misdiagnosis are unavailable as requests for brain biopsy & autopsy are being denied. So keep your immune system healthy... it is most sensitive to nutritional deficiencies. Oxygen, pure water, lymph & blood cleansing, early morning sunlight only, hot/cold showers, exercise, the Zapper Parasite cleansing, thymus gland health, minerals, green superfoods, seafood/sea vegetables, antioxidant herbs & supplements, MGN-3, Beta Glucan, maitake mushroom, digestive enzymes, acidophilus, fiber diet and laugh... laugh... laugh.

Rev. Theresa Rogers, M.H., C.I. is author, organic grower, researcher of herbal histories in ethnobotanical cultures, owner of The Herb Garden, providing therapies, tours, marketing historically correct botanical products. Catalog available - Zapper information: 451 Possum Run Lane, Elk Creek, Va 24326, (276) 655-4038 phone/fax



We've become affiliated with the *Circle* and if people, after seeing how terrific this home movie service is, sign up and mention *Spirit in the Smokies* publication, there is some compensation that helps support our work. It's not a multi-level business, it's a referral service. We've watched about 4 months so far and they're interesting, fun and some are amazing!

As you know, we've been making *Spirit in the Smokies* available for almost 10 years, more as stewards, for a better world. The publication gives voice to many people to share their story and features special folks, like Rick & Jeni who we occasionally interview. For us to continue and reach even more readers we look to use any support services that come our way. We trust this will be one.

Join **THE SPIRITUAL CINEMA CIRCLE**, founded by producer Stephen Simon, (What Dreams May Come & Somewhere in Time). This wonderful new movie service provides "value-inspired" entertainment through a monthly DVD-by-mail subscription program. Each month you receive 3 - 5 thought provoking, artistic and spiritually relevant films, which includes shorts, documentaries and surprises (Conversations With God with Neale Donald Walsch starring, will be available here first as Stephen Simon will be directing it).

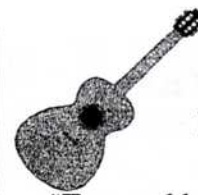
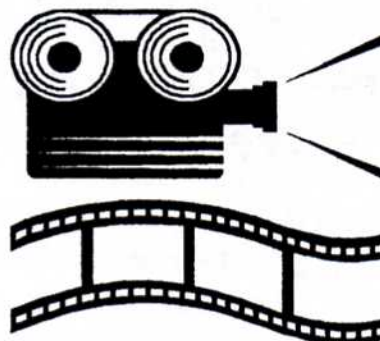
They represent the best of spiritual cinema and art. They have new films made by filmmakers from around the world that you're not likely to see anywhere else. The DVDs are yours to keep and you're encouraged to share them, even have showings in your homes with discussions after. The more

people join, the wider the *Spiritual Cinema* community! The *Circle* has subscribers in over 50 countries and has been written up in Newsweek and Entertainment Weekly. It's very affordable, and there's no risk as you may cancel membership at any time. You never have to return your DVDS.

To find out more & join, go to www.SpiritualCinemaCircle.com/ SITS or call 1-800-280-8290 AND PLEASE MENTION *Spirit in the Smokies* magazine as the affiliate you heard about this from. This will enable more to take advantage of our service. Thank you for your support of our work!

ROGER ENGEL is a UB Minister who lives in Asheville, NC and is better known by his "stage name" Raphael Peter. He co-Publishes *Spirit in the Smokies* Magazine of New Paradigm Living, teaches & performs with Asheville Playback Theatre, does lots of community service and is co-owner of Lotus Lodge. Lotus Lodge offers space rental for your workshops and special events. It is located on 2.44 acres that include a stream, pond and old trees with a restored Victorian Home. It is just 10 minutes from downtown Asheville.

To contact Raphael go to: www.spiritinthesmokies.com or call 828-665-4774.



Singing Souls Ministries

Rev. Phil Munton
Algonquin, IL

"Two and half years ago Rev. Phil Munton, (Singing Souls Ministries) began working with 8 to 12 year old youths who are wards of the state because they were either abandoned, neglected or abused sexually, physically or emotionally.

With all of them living in a group residential home you'd think there would be a lot of brotherly love, just the opposite was true. There was a tremendous amount of arguing and fighting. Bedtime was always one of the worst parts of their day. They were frightened to go to bed because in 9 out of 10 cases, that's when their former abuse occurred. So they would ask any staff who was willing to sit in their bedroom doorway, read to them, which I did many nights. One night, I pulled out my guitar and sang them a few songs instead of reading them a story. They loved it. The next night they asked me if I would sing my "God Songs" and of course I did. Soon, that became part of our bedtime routine.

Last fall, we learned our home for these youth was closing. I decided that I would record these songs for them and give each of them a cd as a going away gift. They didn't know it at the time, but they gave me the idea for the album's title which is of course, **GOD SONGS**. Rev. Eileen Raye (MD) and I have sung a couple of songs when she has performed ordination ceremonies and I thought some fellow UB Ministers might be interested in possibly including one of these songs in ceremonies. I'm offering the album for sale at \$20 ea. check/money order, and that includes S & H. In addition, I will donate \$5 to UB for each album sold to my fellow UBER's. Please make your check/money order payable to Phil Munton, 123 South Harrison St, Algonquin, IL 60102.

HEAVEN #1440

This That Is Called Karma

submitted by Rev. Rize Cole

Coconut Creek, FL

God said:

What is called karma is not as described. It is not payback. It is a continuation of something unfinished. That's all.

Most of your relationships are unfinished. No divorce is final. Even death does not end your relationships. You just haven't gotten to the good part of the story yet that's all. But, of course, at some point, the story as you knew it, the story as you wrote it, goes up in smoke. It turns out it was only a story, after all. Then, perhaps, you are finished with it.

It may give you some comfort to know that you are at the beginning or middle and not at the end of your relationships. You are given another chance. You are given as many chances as you need to come to the place of love supreme.

Seen from a distance, there is little difference between hello and goodbye. The embrace, is the same.

Perhaps goodbye is the greeting.

When people's bodies die, you realize the insignificance of all the toil and trouble that went on. They and you perhaps took to toil and trouble more than to anything else.

This is not to say that their life was insignificant. Or yours. Oh, no. But the toil and trouble were. The life of those who have left the Earth plane could have held more fun and joy. Opportunity was wasted. But the life was not for naught.

It's just you act as if life on Earth were forever. You think it is very serious. All the while it is an interlude. It is a little expedition. It is a walk around the block.

What could have been made of the life was not. It was not made the most of.

Some of it was made. Some of it was unmade, like a bed you got up from.

You can consider life on Earth as a night's sleep. You might as well sleep well and have good dreams. Why not? In your dream, you can make life easier for others. You don't have to make it hard. You don't have to have a performance rating or demand the same of another. Why not have a good sleep?

This life on Earth is so temporal. It is the blink of an eye. But in that interim, you can bless. You can make the interval blessed. It is such a little thing to do. All you have to do is to not take it so seriously and take it joyously instead.

What if life was meant to be fun rather than serious?

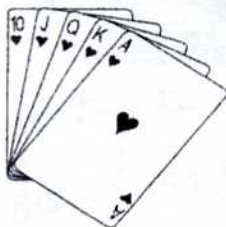
What if you were like the little child? Oh, there might be a little tug between you and another over a toy truck, but in a moment, it would be forgotten and you would make up and return to play. You might go outside and dig holes. Digging holes is hard work, but it would be play.

Well, then, consider life more as helping each other dig holes. Life is not a contest you are in. It is to help each other make the best of what they've got. It is to share your pail and shovel. It is to help your friend. It is to play in the sand. It is to laugh and laugh. Is there something better to do in life than to enjoy it? Laugh at its folly, and stand up in love.

In this blink of an eye, you can be less ambitious.

So, karma can be considered like playing cards. You are just finishing a hand that, one way or another, you were dealt, or dealt yourself.

HeavenletterSTM Copyright 10-14-04



From Coma To Clarity

by Rev. Myra Rodbell

Port St. Lucie, FL



Have You ever felt overwhelmed? Stuck in a relationship, job, or some other area of your life? Unable to move forward with your life? If you answered yes to any of these questions you were experiencing a form of unconsciousness. Metaphysically speaking, unconsciousness and coma are synonymous.

I experienced being in a diabetic coma over twenty years ago, when my blood sugar level reached 1500 (the normal range is 80-120) due to faulty testing devices. During this coma I found myself being shot at a very high speed through a tunnel of white light. At that time, I also heard a voice that said "We have been waiting for you. It's time to go to the Tower of Knowledge."

When I came out of the coma, on a physical level I experienced many health related issues; ranging from kidney disease, neuropathy, high blood pressure, low to no energy, as well as thirteen laser eye surgeries. During my recovery I felt disempowered because of my "attachment" to the physical challenges I was having. Feeling a combination of frustration, being overwhelmed, and depressed with my situation I cried out "Help" to God and the universe. At that moment I received an inspirational message on acceptance, which I wrote down on a tissue box.

This message was comforting and uplifting to my spirit. Three days later, I received a message on trust, then on patience, forgiveness, compassion, love, integrity, honor, and many more spiritual principles that have helped me connect at a deeper level with my spirit. Little did I know at the time that years later I would collect all these

**Gently-Used or New
Metaphysical Books Wanted
For Prison Inmates**

Request by
Rev. Ronald Lawyer, Jr.
Atlanta, GA

There is tremendous interest among inmates about our non-judgemental spiritual path, but the prison library I work in has only traditional religious books. A lot of inmates see themselves as spiritual but not religious, yet don't have any materials relating to them.

The name of the institution is The Atlanta Transitional Center. You can mail the books to:

Rev. Dr. Rick Prigmore
3735 Scotts Mill Run
Duluth, GA 30096 Many Thanks!

inspirational messages that I received during my recovery period and gather them together into a book called 'Divine Ideas: Messages That Nourish The Soul'. These messages helped me to embrace a new level of clarity that assisted me to reinvent myself and my life in a healthier way.

After the coma I was blessed with the gifts of clairvoyance (clear seeing), claircognizance (clear knowing), clairaudience (clear hearing), and recently have been guided to utilize my gifts in a healing capability involving energy/body scanning, with intuitive spiritual counseling, and Shengong energy treatments. The essence of these healing sessions is to address the root cause at an energetic level and facilitate in raising and balancing the vibrational energies involved. My experiences have blessed me with opportunities to inspire, uplift, and share awarenesses with others.

Myra Rodbell is available for speaking engagements, book orders, intuitive spiritual counseling, and healing energy sessions. To contact Myra telephone (772) 344-5738.

PLANTING THE SEEDS OF DIVINE LOVE

by Rev. Karen Lee Samson
Ft. Lauderdale, FL

My path of self discovery continues to expand while I walk this Earthly journey. The ability to continue to extend love and being open to receiving Love has assisted me to gently and with love, face each day regardless of life's outer experiences.

It is the choice of my soul to rise above adverse experiences with forgiveness, love, and compassion. Choices we make are our intent in action. Being human I sometimes do not gracefully follow spirit's request to surrender ALL my past experiences. My fears have been many and the false illusion of losing those I love that are not willing or able to love themselves, nor respect those around them, has become one of the biggest fear doors I have now been facing. I must superglue EGO to a wall, as that is not the true self, only the little self of fear. Gracefully I release ALL experiences to God, while sending loving thoughts from my heart.

Moving forward not knowing how or if these people who have heart strings to my essence will ever realize the love that will always be there for them ... I must move forward. I have many a times felt all alone and walled off, yet I do know spirit is with me. Life's experiences have been a growth process for the inner self where love and compassion bloom regardless of the chaos of outer experiences. Maintaining a calm and balanced nurturing essence and sharing Divine love teaches, Love is the key to ascension of our Human/spiritual growth. I am now living in the present moment, and not dwelling on the past. Fear is an illusion, and the moment I surrendered my fears to the Universe and cosmic forces, I shifted back into a balance of acceptance and truth.

Denial is a wonderful escape mechanism for pain and for not allowing others to own their ultimate actions and choices in life. Yet letting go and letting God allows us to reclaim our true loving essence. Harmony can be restored in life as we honestly examine our intentions and actions that only we are responsible for. The Joy of inner discovery is knowing ourselves and being honest with the self. As we discover who we truly are, the gift will be revealed to others as the veil is lifted to shine the Golden essence of your true inner soul/self .. shining like the multifaceted Diamond we ALL are.

There are four thoughts that mean the most to the human soul: "I LOVE YOU" "I FORGIVE YOU" "PLEASE FORGIVE ME" "THANK YOU" (from a book about living, *THE FOUR THINGS THAT MATTER MOST*, Author Ira Bvock M.D.)

As we consciously utilize self compassion by making choices that reflect self love, we thus reflect love to others living abundantly in life. There is an old saying, when we die we are NOT remembered for our titles, money, or possessions. WE are remembered for our Love of self and others, for we All will journey Home and be together for eternity. The illusion of separateness, aloneness, will be lifted. Our Full names in this life are able to provide us with our Lesson for this life, our soul purpose, our outer personality (as other's view us), and ultimately our current path of Destiny. **I desire to compile a book of Soul Growth experiences from the public, please send your submitted stories to:**

Rev. Karen Lee Samson at: littlewing@mindspring.com.
Kind Blessings, Karen



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6503 Lakeshore Dr., Margate, FL 33063
Ph: (954) 979-5988/Fax: (954) 979-3070
www.universalbrotherhood.org

Hope, Faith, Strength and Courage - In Honor of Luke and Angie **(A Personal Story About Transforming The Tsunami Tragedy Into A Tribute Of Love)**

Rev. Nicki Scully
Eugene, OR

I wish to pay tribute to these four vital attributes that must be cultivated on our planet during these turbulent times. The cataclysm that devastated much of Southeast Asia has given us a stark reminder of the true power of nature. For many it was a distant, although riveting, event, and it was easy to call on Hope, Faith, Strength and Courage for others in need. But when I feared the loss of my Stepson Luke Scully and his adored partner Angie Foust while they vacationed in Thailand, I was shaken to the core.

For me and my family, Hope, Faith, Strength, and Courage became absolutely essential. When we could not find them in ourselves, we found them in one another as we bolstered and supported each other through agony, fear, and uncertainty. It was unthinkable, life without Luke. Yet there is solace in the bitter taste of not knowing-that slim beam of hope shining just enough light in the darkness of the mystery to keep us from accepting that which is absolutely unacceptable.

So where is hope when reality hits? And where do we point our faith? And if it is so hard for us who sit in comfort in our homes surrounded by friends and family, how is it for the frightened orphans, or the mothers who lost entire families along with homes, belongings and livelihoods? Where does the strength and courage come from for those people?

There may never be a full resolution regarding the fate of Luke and Angie-we can only, ultimately, celebrate their lives, their many great accomplishments, and their passion for life and all things beautiful. I choose to believe that they faced the wave with fearless wonder, which is how they embraced all of life, and how I will remember them.

Please, let this horrendous event create something good in our lives and for our planet. Use this as an opportunity to create peace and cooperation amongst the great diversity of cultures in our amazing jewel of a world. Help us keep Hope, Faith, Strength and Courage alive-for All our Relations.

May your lives be filled with blessings, and may you appreciate all the blessings that are in your life. With love, Nicki Scully.

In spite of an ice storm that had paralyzed Portland, 300 people turned out to celebrate Luke and Angie's lives. Together we created a magnificent tribute to their love and passion for life.

Our ceremony offered an opportunity for our circle to connect with Luke and Angie and contemplate what each of us can do to make something meaningful from our personal pain.

There is a website dedicated to Luke and Angie's lives: www.friendsofangeandluke.com You can add your own thoughts or learn about the Luke and Angie fund dedicated to helping children in Thailand.

Nicki may be reached through her website: www.shamanicjourneys.com

Nicki leads spiritual journeys to Peru and Egypt. She speaks worldwide on Shamanism and Alchemical Healing. She is also a UB Minister Director.



***Mark Your Calenders For UB's 30th Anniversary
Celebration, August 11,12,13, of 2006, in Norcross, GA !!***

