# UB GoodNews

Universal Brotherhood Movement, Inc. Newsletter Winter Edition 2009

November/December 2009 Word # 101

# "What's The Good Word?" SEASONS

"For EVERYTHING
There is a Season
turn - turn - turn
And a Time for every purpose
under Heaven."

Where am I on this day?

Appreciation?

Bountiful?

Carefree ?

Doubtful?

Exuberant?

Which Season is expressing itself through me today?
Where is My JOY?

The gift of a "Now Moment".

The present,

Just this Once in a Lifetime.

Hold it reverently - its whole essence in an instant.

From beloved Rev. Dr. Jeni Prigmore's book in progress, '365 Days of JOY'. The log entry above is the author's foreword and just ONE of those words.

#### PEACE PILGRIM II

Hello Brothers and Sisters,

My name is Harmony Fontaine DDiv. The following is my offering to beloved Gaia, our beautiful planet Earth.

I am leaving Florida to travel as "Peace Pilgrim II", to wherever the journey takes me. I have been studying the esoteric for more than thirty years and the Universe is propelling me out to begin my Divine work. I have a brilliant and dedicated example in the first "Peace Pilgrim" who actually walked the planet for many years. She has been in my heart and inspired me since I first heard about her. Her name is Mildred Lisette Norman Ryder (now crossed over) Mildred was 44 years when she began her journey.

I am 70 years young and as a "Peace Pilgrim" (in miraculous energetic health) will be starting my sacred journey the first few days in January 2010. Times are different, our age is different and I will be in my car traveling to Universities and Healing Centers, to research and speak about "Peace in the Heart" by understanding, Divinity is in the moment.

The pure purpose of my journey is to find the Land, Professorship and funding to build the Safe Arts Academy, the Mission Statement of which is to "Heal minds so that minds will heal beloved planet Earth". **SAFE** is an acronym for *Scientific/Spiritual Arts/Academy For/Fun Education/Ecology/Evolution*.

To keep me safe on my journey I am asking the brotherhood/sisterhood of UBM, Inc. to support me by offering accommodations for two or three nights



as I travel through your area. I will also be glad to give talks if anyone wishes to arrange an audience for large or small groups. I have a few portable gifts I can offer in exchange for your kind help, ie..., From a previous business,

Clutters Last Stand,
I have expertise in clearing
Clutter. I can devote
a few hours to helping
you create order.

Alternatively, for you and your partner, I am a Metamorphic Practioner and can give you a foot massage which will take you out into the cosmos.

I can also help you access the "Seed of your Destiny" the seed implying your blueprint, as in the acorn, which has the blueprint to become a great oak tree.

Equally, I can make you a beret, sew a hem, cook and serve you a meal, ect. You know the sort of thing that you have been meaning to do and keep putting off.

If you feel moved to support my efforts, please contact me at: safe.academy@yahoo.com I would love to hear from you and gratefully thank you in advance. I will then let you know approximate timing that I will be in your vicinity and you can see if this will fit in with your plans. A few hints on the universities and wellness centers in your area will be of great value to me.

As you know we are in the big shift at this time. The Hopi Chief is saying, "We are the ones we have been waiting for." If not us WHO? The hero's are here. Time to galvanize!! Therefore, as one of the many on the path to love and kindness, I am asking for your support and help, as I will be offering it on to the future students of all ages that traverse the hallowed halls of the future SAFE ACADEMY.

From my heart, I would like to thank Jeni and Rick Prigmore for creating UBM, Inc. to give me my chance to be useful in this way. There is a line in one of the operas, "I am a handmaiden to the Divine" that is me, myself and I. We have done hard work, now it is time to see the results. For us the big shift has already happened. It is time for the imaging's of all our dreams to manifest.

Smiles from your friend, Harmony. You may contact Harmony at safe.academy@yahoo.com

## The Gift of Love

We are often reminded that this is the season of giving. Our lists, which seem to grow larger each year, are brought out and carefully reviewed as we try to determine the perfect gift for each person. This year, why not give the gift of love and peace to everyone on our list? We don't have to go out and shop till we drop for these wonderful gifts and everyone benefits, even the giver. All that I give is given to myself is a basic teaching in A Course in Miracles. This can be thought of as a gift in enlightened self interest.

We all desire love and peace of mind. This is expressed in many different ways and carried out through many forms. We are all filled with love and peace all the time, and our supply is always full. Love created me like Itself, and Peace created me peaceful. When love and peace are extended to others, they have the joy of these gifts, and we do as well. The old saying, what goes around comes around, has a ring of truth.

Everything we do and say can be a gift of love and peace. Whether we are staying home this holiday season, or going over the river and through the woods to Grandma's house, we can extend a heart full of love and peace to all we meet.

Barbara Lancaster-Lyman President, Board of Directors

From the Desk of Rev. Dr. Rick Prigmore



#### In Times Like These.....

How often have we heard someone (maybe ourselves) saying, "I would go ahead and do (something), but, 'in times like these', I better postpone it?"

I know I have occasionally had this thought. Then, I again remind myself, 'in times like these' is a subjective statement. 'In times like these', what a wonderful opportunity! 'In times like these', lives are born, new inventions are created, special poetry is written, opportunities abound, great friendships are created, 'love thy neighbor' has a new ring to it, smiles initiate return smiles, rainy weather promises new life and growth, sparkling dew reflects morning sun rays. Everything becomes new, as if we are seeing it for the first time.

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

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

Carpe Diem! Dr. Rick

# OFFICE HOURS AND CONTACTS Universal Brotherhood Movement, Inc.

P.O. Box 670278
Coral Springs, FL 33067
954.574.9904/Voice
Dr. Rick Prigmore ~
rick@universalbrotherhood.org
Rev. Robin Morini ~
robin@universalbrotherhood.org

\*\*OFFICE HOURS:\*\*

## Participate in Harvest

#### Written by: Minister/Director Robin Volker



The other day, as I sat on my prayer couch, I looked out the window and beheld a beautiful site. A young, female red-tailed hawk sat perched on the fence in my back yard. Now know that Rick and I live in a sub-division of homes, and though it is common to see hawks fly through the neighborhood, we have never had one pay us a personal visit. This was a first. Here she sat, such a beauty. The wind ruffling the cream feathers of her breast, her head constantly moving, always aware of what was happening in her environment. And then, suddenly, she disappeared behind the fence, into my neighbor's yard. It wasn't long until she returned to her perch atop the fence, this time with her breakfast in her talons.

The beauty of nature in action continues to marvel me. There, in the comfort of my prayer room, I gave thanks for the mouse that gave its life to be this bird's meal. I am sure that in its own way, the young hawk gave her gratitude, for catching this mouse meant she would not be hungry that day.

In this country, most of us have little opportunity to know the real pain of hunger. We live in a truly abundant society. We may not have everything that we want, but we have everything that we need.

To grow in our gratitude, let us "participate in harvest." Today, we don't have to go out and "harvest" our food or hunt it like the hawk. We simply go to the grocery store, and there it is. To "participate in harvest," we stop to consider where our food comes from, who were the hands that planted it, tended it, picked it, shipped it, and set it out for us in a warm, safe, comfortable store. The banana on our cereal comes from New Zealand or South America. Much of our produce is grown in Mexico. Kiwi comes from Australia and cranberries from Massachusetts. In many ways, the food on our table each week is of international fare.

This holiday season, I invite you to ponder all the people, families, and countries that participate in your holiday feast. Then you may notice that your thanksgiving has a deeper meaning, a broader perspective, and a richer experience for we are truly all interconnected.



I give thanks for you! Rev. Robin Volker

Minister/Directors Robin & Rick Volker reside in Ohio

# THE MIRACLE OF "CHALLENGE DAY"

By Rev Greg Goodson

Or, should I say "Miracles", because that is what I truly have witnessed.

Challenge Day was created in 1987 by Yvonne and Rich Dutra-St John, who in their book "Be The Hero (you've been waiting for)" say "Our dream is to create a world where every child feels safe, loved, and celebrated." And, their dream is growing! From an adventurous beginning in Livermore, California, in 1987 their dream has expanded throughout the United States and to Canada, Germany, Japan, and Australia.

I have had the privilege of participating as an adult volunteer in six Challenge Day programs for high school students – four in Red Bluff, California, where I live, and two in more remote communities in the far northern part of California. And, I must say that I found the program to be truly magical.

I saw young people enter the room in the morning—some separate and aloof, some with apprehension, some with noticeable opposition to some of their peers, and some with wonder about what may be going to happen (maybe some just happy to not have to be in class for the day); and depart in the mid afternoon chatting, laughing, and hugging; not just with friends they already had, but some with people they had previously feared, avoided, or maybe had even been oppressed by, or oppressive to. There were games to get them loosened up and relating to each other. There were exercises to reveal that their life experiences—and also the life experiences of the adults present—were not that different. And—there was some serious sharing.

The iceberg concept was discussed. As only about 10% of an iceberg is above the waterline, we usually portray to the world only about 10% of who we really are. Challenge Day takes participants below the waterline – into that hidden other 90% that makes up who they really are – their fears, their sadness, their handicaps, their hopes, their joys, their unique life experiences. They are invited to discuss, "If you really knew me, you would know that...." Things are learned about each other that may never have been imagined, even by their closest friends.

Not every student's story was a sad one, but there were enough to make me wonder how some of these young people manage to make it to school every day; or, even just make it through their days. There were tears of sadness, among both young people and adults and, yes, even including me. And, there were tears of joy when two young people would acknowledge a former hostility, apologize, and embrace each other in a meaningful hug; or, make a meaningful positive decla-

ration for their future before all those present. Yes, I truly saw miracles happen. There is much more I could relate about my experiences, however, to really understand I feel you need to experience the program yourself.

I invite you to visit the Challenge Day website - <a href="http://www.challengeday.org">http://www.challengeday.org</a>, peruse all the links, and learn more about this miraculous program, along with its companion "Be the Change" movement - <a href="http://dynamic.challengeday.org/bethechange">http://dynamic.challengeday.org/bethechange</a>. Be sure to check the calendar link for a Challenge Day that may be scheduled in proximity to your area. And, please, even if only one time, step forward to experience the magic of being an adult volunteer.

I have the privilege of knowing Rich and Yvonne, a truly loving and magical couple, and, I invite you to read their book "Be The Hero...". I challenge you to read the book without getting tears in your eyes. I know I did

Rev. Greg Goodson is a Minister/Director, who is living in California and travels globally.



#### **SELF**

By Rev. Laura Pennnington

Have I done all I can do today to help mankind along his way?

Or have I trod a selfish road and lightened no one else's load?

Have I done naught to bring a smile, Or stopped to sympathize awhile? With not a smile or not a tear, or not an understanding ear.

No time for others could I find.
No time for others! Was I blind?
Have I in vain pride paid the cost and watched another person lost?

Rev. Laura Pennington lives in Marietta, GA





# "Sharing the Harvest... UB Recipe Corner"

The first recipe to our new column was emailed to Rick, from some one who is familiar with just how much he enjoys the delightful taste of chocolate!



#### 5 MINUTE CHOCOLATE MUG CAKE

4 tablespoons flour

4 tablespoons sugar

2 tablespoons cocoa

1 egg

3 tablespoons milk

3 tablespoons oil

3 tablespoons chocolate chips (optional)

A small splash of vanilla extract 1 large coffee mug (MicroSafe)

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly.

Pour in the milk and oil and mix well..

Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts.

The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate if desired.

#### EAT!

(This can serve 2 if you want to feel slightly more virtuous)...

And why is this the most dangerous cake recipe in the world?

Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

#### **GRACE**

Lovingly shared with us by Rev. Jeni Prigmore

"Thankful I am, for the gift of this food.

Receiver I am, of its health-giving good.

Each bite is blessing my body, I know.

Gratitude, Dear Creator, for making it so."

(I like to hold my hands slightly above my food as I think / speak the "blessing". I often feel the "energy of it" rising to meet my own. Truly, WE ARE ONE WITH ALL LIFE.) Jeni

Please share your favorite recipes with us here on our new page! If you feel inspired please include your inspirational thoughts/, before meal blessing or grace. This will be included in our quarterly on-line newsletter that you can find at universalbrotherhood.org

Email recipes and Blessings to: robin@universalbrotherhood.org

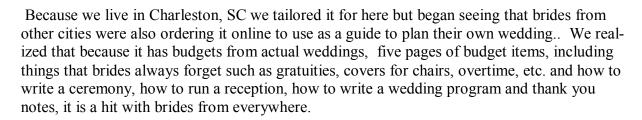
### Bride's Advisor

Article written by: Dianne Shaver

#### Everything You Need to Create Your Dream Wedding

My business partner, Suzette Latsko (also a UB minister), and I decided that brides needed a whole lot more information than they currently had to create a wedding without stress. We spent a year

and 8 months researching and writing this 320 page hard cover coffee table sized book with over 250 photos of weddings and wedding details. Since we were both in the wedding business we had lots of experience with crying and upset brides. We knew what they needed and we gave it to them.



We are fortunate in that we did what we set out to do. We helped brides to organize and answered their questions ahead of time so they could be free to remember what's really important – marrying the love of their life. We love hearing from our brides and knowing we made a difference. You can't ask for more than that! If you are interested you can view our book, press release and gallery at: www.bridesadvisorcharleston.com

I was ordained in n. Kingston, RI in1994. At that time my ministry was counseling which I did until 2006. At that time I switched my ministry to writing custom wedding ceremonies for each couple and also performing the ceremony. In 2006 we began researching and writing Brides Advisor Charleston. It was finished and published in 2008.



We would like to hold this page for anyone who would like to share with us about their ministerial service involving weddings, baby naming, house blessings, funerals and other ceremonies. If you would like to submit an article, please send it to this email address:

robin@universalbrotherhood.org

You may also want to check out our web store for our new Ceremonies For Life ceremony book. www.universalbrotherhood.org
This is a beautiful, spiral bound book with all contributions from UBM, Inc. ministers.

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

If you or anyone who may inquire with you has any questions please call the office: 954-574-9904.



#### The Still Small Voice

Contributed by:

Newly Ordained Minister Jane Hughes Gignoux

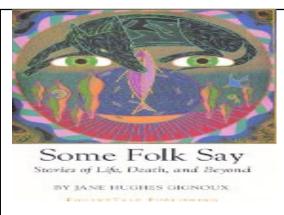
A few stories to illustrate how this phenomenon has shown up in my life.

One summer day in 1972 I found myself in turbulent, deep water trying to save a young woman whom I had just met from drowning. Trained in life-saving techniques, I repeatedly attempted to get her out of the water only to find both of us swept back by a strong undertow. Suddenly I heard a clear voice in my head state, "You're going to have to let go of her!" Shocked and appalled at this command, I summoned all my remaining strength and with one last surge, threw her up onto the rocks, calling out, "Hang on!" She did. Free from her weight at last, I clawed at the barnacle and seaweed coated rocks with my toes and fingertips, finally crawling up to safety.

It took me several years to realize that the person I was being directed to let go of was myself, my false self. Spirit, I have found, however, doesn't give up. The message that ultimately propelled me into action was a waking vision of lying in my own coffin, aware that "they" were about to come and nail on the cover. This scene repeated itself night after night for two weeks. Little did I know that in order to follow the directives I had been receiving I would have to leave, not only my marriage, my house and community but my precious children.

In the early eighties, when I heard about "boarder babies,"—AIDS babies with no parental involvement—at Harlem Hospital, the inner voice cried out, "No one should be abandoned! Go there!" Uptown I went, became a volunteer and for eighteen years weekly hung out with these special children. They had no visitors, besides the wonderful nurses and other hospital staff. I learned so much from them and am deeply grateful for their great generosity of spirit. They taught me how to relate to death honestly and fearlessly.

It was during this period that the inspiration for my book, Some Folk Say: Stories of Life, Death, and Beyond (FoulkeTale Publishing, New York, 1998), occurred. This time the voice spoke out loud. While in conversation with the hospital senior psychologist, he suggested, "Someday I'm going to write a book



of stories from around the world about how people die," my heart leapt up and much to my surprise I heard myself declare, "Oh, Michael, I want to help you with that!" After a year Michael dropped out of the project but I continued to feel compelled to bring it to completion. It wasn't until the book had been out for six months, however, that I learned the rest of the story.

A letter from a California writer looking for stories of people who had been visited by loved ones who had died, sent me to review a tape of group trance session I had been part of in 1986. When it came to my turn, the medium described "a man, standing to your left, who loved you very much when he was alive... part of your family." As the medium continued, I knew it was my father, who had died in 1964. The medium described how pleased my father was with the healing work I was doing and asked for forgiveness "for he knows he is partly responsible for some of the pain you have experienced in life." At the very end, the medium says, "He smiles and says that you will carry on your conversation in the future over the writing of a book."

I drew in a startled breath as my jaw dropped when I heard that last line. While I had remembered the rest of the transmission, *I had completely forgotten that final sentence*. In 1986 I had no intention of writing a book.

...continued from page 6

The same week, a package arrived from an inmate in a Federal prison in Florida, where I was about to go for the first time to give a workshop for inmates based on folktales in my book. Along with a three-page letter was a carefully wrapped gorgeous beaded medallion. The writer explained that he had been raised by a Cheyenne family and that "The medallion bears the 'Foot Print' of a 'Wolf'; a Red, Sacred woman Wolf. It is who you are!"

Once more my jaw dropped. When I had chosen FoulkeTale Publishing as the name under which to publish my book, it seemed a natural choice since the stories are mostly folktales and it connected me to the endeavor. My paternal grandmother's family name is Foulke and a Red Wolf is the symbol on the Foulke family heraldic shield dating back to the Middle Ages. Since childhood I have seen the Red Wolf's head depicted on family silver and my father's book plates. A large image of the Red Wolf is carved into his gravestone. Under it flies a banner declaring in Gaelic, *Red Wolf to the Fore!* At last I fully understood those directives and source of support.

Rev. Jane Hughes Gignoux is from New York City. She can be contacted through her website: www.lifedeathbeyond.com



"Thought is a powerful tool

And when any of us focus on positive

Change in our lives and the world,

We can begin to create the type

Of world we have all been waiting for"

From the pages of **Life is a Spiritual Soup** *Discovering Your Spiritual Legacy* written by Rev. Jilliana Raymond.

As well as author, Jilliana is a spiritual teacher, visionary and life coach who has been introducing individuals to the spiritual presence of watchful guardians for many years.



# Your Light Remains

Rev. Jacquie Riker

In the joy of your heart, Your light remains. In the gift of your caring, Your light remains Where you reached out to help, Your light remains. Where you sat in silent peace, Your light remains. In the place where you worked, Your light remains In the stillness of the starry night, Your light remains In the light of each day fully embraced, Your light remains. like the touch of an Angel, Your light remains. When you live as a light, Your heart is joined in the Infinite Light of Love. And that about you which is eternal...

© 2008 Jacquie Riker All Rights Reserved
This poem can also be found published on the site
"World Prayers"

Remains.

Minister/Director Jacquie Riker lives in Florida and has been ordained with UBM, Inc. since 1996.

#### Universal Brotherhood University

Rev. Shalandra Abbey completes Master's Degree

#### Congratulations Shalandra!

Hawaii Minister/Director Shalandra Abbey has completed her Master's Degree work with UBU. Her thesis is an exquisite

book and gift to the world: **Living a Life of Reiki -** *From Complete Healthcare to Ultimate Freedom in Day-to-Day Life*, published July 29, 2009.

#### **Shalandra writes:**

Little did I know when I completed my Intention of Study for the Master of Divinity program that it would take me on such an exciting journey. At times I felt I had gone completely away from the original intention only to return right back again to the starting place.

Writing a book to assist people to live a healthier and happier life seemed like an easy enough intention. That intention took me around the world and back again. It seemed as though nothing could be written that wasn't being fully lived.

My degree work has lifted me spiritually in many ways. Three major accomplishments are:

- \* Helping others to live a healthier and happier life through Reiki Treatments, Training, UB Ordinations and Ceremonies all around the globe.
- \* Encountering cultures across the world shaped my life by understanding that we live our lives differently and yet we all have similar goals.
- \* When I began my investigation of understanding the spiritual aspect of my nature, the missing pieces of the puzzle of the human condition began to fall into place.

As mentioned within the text of the book, in 1991, after I quit my corporate job and became a full-time Reiki Master, there were only a handful of books on the subject. Today, you can find Reiki books everywhere, yet I still have not found anyone who has shared what it is truly like to live the life of Reiki and integrate it into all aspects of life. This to me is the real pearl in the oyster of our practice and essential material for Reiki practitioners, and especially for students. Enjoy my journey of Usui Shiki Ryoho (Usui System of Reiki) as I take you through my 20+ years of real-world experience to support new students and enrich the lives of existing practitioners.

This personal sharing of my life as a practicing master is designed to move you step-by-step towards the next phase in the Reiki growth process. Within these pages you will find a comprehensive study on Usui Shiki Ryoho (Usui System of Reiki) and a path towards greater health, love and harmony in your life. And if you are already a Reiki practitioner, you will find helpful reminders and new ways to utilize more fully the precious gift of healing in your hands. This book will not only provide more awareness of Reiki, but can easily become a reference book for making positive lasting changes in all areas of your life.

The perfect companion book to any Reiki practice, from beginner to practitioner, *Living a Life of Reiki* takes you on a personal journey that supports new students and enriches the lives of current practitioners.

The book includes a large collection of Reiki success stories that demonstrates the power of



Reiki and inspires anyone interested in the practice.

Reiki Masters who offer *Living a Life of Reiki* in their classes and other people who wish to order a quantity to sell or give as gifts will receive a volume discount. Books can be ordered from my website: www.ReikiHawaii.com

October 12, 1989 M/D Mary Darlene Skillas performed a beautiful UB ceremony with my dear friend and Reiki sister Yumnah Aguba-El awarding us our Degree of Bachelor of Divinity. I am honored now to have the Master of Divinity Degree and plan not to wait 20 years before starting the journey provided by the Doctor of Divinity program.

One of the great gifts of UB of course is not just the loving friendships or the excitement of performing ordinations; it is the lifelong friendship that is provided by its founders Rick and Jeni. I am grateful for my life and the many possibilities that Reiki and UB have provided and I continue to look forward to many more days of living in this Universal Bliss.

M/D Shalandra Abbey discovered a simple way to heal herself and other people through Reiki in 1988. She left the IBM Corporation in Coral Gables, Florida in 1990 and moved to Hawaii to live the life of a fulltime Reiki Master. Since that time she has been a member of The Reiki Alliance-an international, professional organization of Reiki Masters.

Her classes are approved for continuing education credit by the Hawaii and Arkansas Nurses Association and the National Certification Board for Therapeutic Massage and Bodywork. She is a guest speaker for various organizations and has appeared on several radio and TV shows. Shalandra

provides hands-on and distant treatments and trainings in Hawaii, on the mainland and internationally. As she travels she is in contact with hospice, hospitals, clinics, schools, business groups, churches, etc. to assist them in establishing Reiki programs in their areas. Shalandra Abbey is the author of **Living a Life of Reiki** – *From Complete Healthcare to Ultimate Freedom in Day-to-Day life*. She currently resides on the island of Maui, Hawaii. Ms. Abbey can be reached through her website: www.ReikiHawaii.com

## **Universal Brotherhood University**

"Dedicated to Higher Learning"

#### UBU for You

**UBU** moves a student into a greater spiritual consciousness awareness where students can continue to further their growth awareness and service to the brotherhood of humankind by designing a master's program (M.Div.) and doctoral program (D.Div.).

For more information check out the UBU website at:

www.universalbrotherhooduniversity.com



Universal Brotherhood Movement, Inc. P.O. Box 670278 Coral Springs, FL 33067 www.universalbrotherhood.org



# Warm & Wonderfilled Holiday Greetings From the Florida Office!!!!

From our hearts to yours we send gratitude to you for another wonderful year of growth, kindness, compassion, love, devotion and inspiration. I love how UB Ministers walk their talk, live love and radiate light far beyond the world we know. It is a joy and an adventure to be in the office every day!

I'm excited to share with you the new look of our UB GoodNews Newsletter. Jeni, Rick and I put our thinking caps on and came up with a few new ideas...such as our new recipe and blessing page, log entries from Jeni's book in progress, '365 Days of Joy', Bride's Advisor (Minister's Advisor), Welcome page for a newly ordained minister to introduce her/himself, and a column for a graduate of Universal Brotherhood University to share their UBU journey!

Come on in and take a look!

With Love, Robin & Rhiannon