

UB GoodNews

Universal Brotherhood Movement, Inc.

Newsletter ~ Summer Edition 2010

INTENTION

Words of Wisdom shared by beloved

Rev. Dr. Jeni Prigmore

July, 2010

Any of you who have studied with me, or come for counseling, or sought inspiration for a particular situation or challenge, will undoubtedly find within this writing some of the things we've talked about. This is not by way of apology or any exposure of private conversation... it's what is IMPORTANT - in anything we're facing in life, be it pleasure or pain.

You've heard me say time after time (now, Dear Ones, hear it once more) Your INTENTION is more POWERFUL than you can begin to imagine ! BE AWARE of that in all that you do in life, PLEASE. Because WHAT YOU INTEND WILL AFFECT my life... It will AFFECT ALL OF LIFE !

What I'm asking us all to do is LIVE CONSCIOUSLY !

Live your LIFE with ENTHUSIASM (this word, translated from its Greek origin, is EN "with" THUOS "God". What greater commission could we possibly accept in our daily living than to CONSCIOUSLY "walk our path with God"?)

One of my favorite poems of all time is "Psalm of Life" written by Henry Wadsworth Longfellow; an American Poet, Translator and College Professor. The three verses (out of order, by the way) that I'd like to share with you in regards to ENTHUSIASTICALLY INTENDING your way through life, may give you just the encouragement that will boost your own JOY in living today, tomorrow

and even into next lifetime.

From "Psalm of Life"

Written by Henry Wadsworth Longfellow

Stanza 2

"Life is real ! Life is earnest !
The grave is not its goal;
Dust thou art, to dust returnest,
Was not spoken of the soul"

Stanza 9

"Let us then be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labor and to wait.

Stanza 7

"Lives of great *** men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time."

(*** Of course YOU know

that this is generic and implies MEN and WOMEN.)

Go ye therefore, My Beloved Sisters and Brothers
and create a better world, a greater influence,
a more magnificent life,
because YOU CARE.

INTEND IT, and it's yours, indeed !

Lovingly,
Jeni

"Healthy, Wealthy Service for All - Fun(d) Raising That Works!"

by Rev. Roger Engel (Asheville, NC)

I live in the question of What If? And then I allow my curiosity and love for life lead me to the people, places and opportunities that enrich and enliven my life. What I've noticed is if I begin within my self, ask for clear guidance, what shows up always serves me.

Such is the case with GBG's 10 - in - One Liquid Vitamin. Having taken supplements for most of my adult life, I was finding myself spending lots of money and still looking to feel better.

About four months ago I was introduced to GBG and was most impressed by the stories I heard from so many folks.

Stuart the founder of the company, was a multi-millionaire prior to getting into the nutrition business and was frustrated that with all his wealth, his wife & his uncle were having serious health problems. When they begin taking the 10-in-1 Liquid vitamin, things dramatically changed in their lives and Stuart started really focusing on how to help more people.

Based on what I was hearing, I bought a bottle, 32 ounces (an ounce a day delivered to my door) "shake it & take it" - it tasted great and I too, began to notice more energy and was sleeping much better. I've eliminated the majority of my store bought solid, hard to take vitamins.

Having this experience has allowed me speak from personal experience and to also fulfill my desire to make a positive difference wherever I can.

Another major benefit I continue to discover is this company has integrity. In addition to a high quality product, they offer a fundraising opportunity that works better than anything I've seen.

Coming at a time where money issues are on most people minds, where important programs and services are being cut in schools, clubs, in religious institutions and throughout communities, this is providing hope and service in action.

I realize there are lots of vitamins out there and many more "claims" being sold in the world AND what I'm finding is this one works for the largest number of people I've ever heard of.

Doing this business wasn't something I planned to do; I'm semi-retired, work in the creative arts and have many other interests.

What I've found, is a sense of satisfaction in knowing I'm helping people on many levels, and since I've always been into service, it's a perfect fit.

If you're someone whose story is similar to mine, lots of vitamins for lots more money, still looking to feel better and wondering how to be of service, please be in touch with me and I'll be happy to share more and to assist you in an easy and profitable fundraising opportunity where everybody wins.

Oh, by the way, GBG stand for "guided by God."

Rev. Roger Engel is a performer and teacher with Asheville Playback Theatre, former co-Publisher of Spirit in the Smokies magazine under the professional name Raphael Peter.

You can contact Roger at - raphaelpeter@buncombe.main.nc.us or call (828)779-3062

Ceremonies For Life

Universal Brotherhood Movement, Inc. Ceremony Book. UBM, Ministers have created and shared ceremonies and services for our 147 page spiral bound ceremony book. Within the pages of our book you will find ceremonies for weddings, baby naming, house blessings, funerals, memorial services for pets and so much more.

You may order a copy of *Ceremonies For Life* through our webstore: www.universalbrotherhood.org ~ or ~ call the office at: 954-574-9904.



"You Are Desperately Needed"

If you'd like to use it (in any way), please do, with Naomi's blessing.

"We ask you to cast, anchor, and hold the Net of Light steady for the Gulf of Mexico," the Grandmothers said. "This crisis is affecting the entire world, and humanity is asleep. Wake up!" they cried. "Animals are dying, plants are dying, and your Mother is writhing in agony. If you hold the Net of Light steady at this time you will help stave off further catastrophe.

"You have been lulled into a false sleep," they said, "told that others (B.P.) will take care of this problem. This is not so," they said. "And this is not the time for you to fall into oblivion.

Determine now to stay awake, and once you have made that commitment, think of, cast, and hold the Net of Light. Hold it deep and hold it wide. Amplify its reach to penetrate the waters of the Gulf and dive deep beneath the crust of Mother Earth. Anchor it at the earth's core and as you hold it there, ask it to unify with the mineral kingdom of this planet. It will do this and will harmonize with all the solid and liquid mineral states on earth—including oil and gas. The Net of Light will call these minerals back into harmony.

"Whatever human beings have damaged, human beings must correct," the Grandmothers said. "This is the law. We repeat: This is the law. You cannot sit back and ask God to fix the mess humanity has created. Each of you must throw your shoulders to the wheel and work. We are asking for your help. Several years ago we gave you the Net of Light so you would be able to help the earth at times like this. Step forward now. This is the Net of Light that will hold the earth during the times of change that are upon you," they said.

"First move into your heart and call on us. We will meet you there. The Net of Light is lit by the jewel of your heart," they said, "so move into this lighted place within you and open to the Net of which you are a part. Bask in its calming presence. It holds you at the same time that you hold it.

"Now think of magnifying your union with us. We, the Great Council of the Grandmothers, are with you now, and all those who work with the Net of Light are also with you. There are thousands, even millions now connected in light," they said.



"Along with this union, call forth the power of the sacred places on earth. These will amplify the potency of our joint effort. Then call on the sacred beings that have come to prevent the catastrophe that threatens to overwhelm your planet. We will work together," they said, nodding slowly.

"Think of, cast and magnify the presence of the Net of Light in the Gulf of Mexico. See, imagine or think of it holding the waters, holding the land, the plants, the sea life, and the people. Holding them all!" they said. "The Net of Light is holding them steady; it is returning them to balance. Let the love within your lighted heart keep pouring into the Net of Light and hold, hold, hold. Calmly and reverently watch as the light from your heart flows along the strands of the Net. It will follow your command and continuously move forth. As soon as you think of it, it will happen. We ask you to practice this for only a few minutes at a time, but to repeat it throughout the day and night.

"We promise that this work with the Net of Light will do untold good," the Grandmothers said.

"We are calling you to service now. You are needed. Do not miss this opportunity. We thank you and bless you."

--The Indigenous Grandmothers

Sharing the Summer Harvest

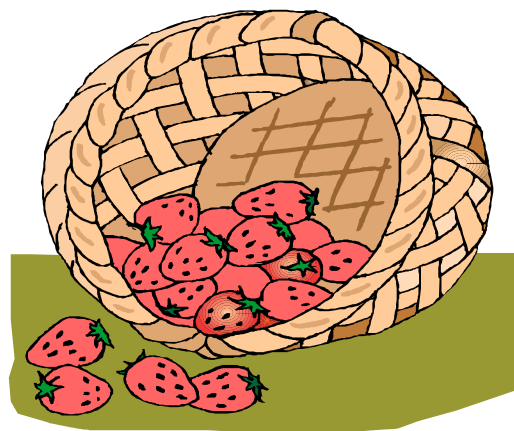
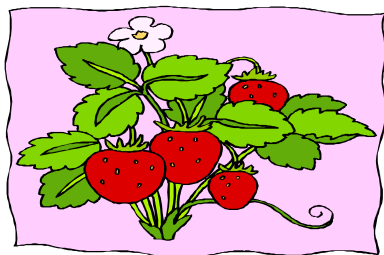
UB Recipe Corner

Recipe from: Serving From The Heart
Divinely Inspired Recipes~ Collected Recipes From Members,
Friends and Family of Universal Brotherhood Movement, Inc.

Turkey-Fruit Salad

1/3 cup low-fat yogurt
1 Tbsp. mayonnaise or salad dressing
1 Tbsp. honey
1/2 tsp. finely shredded orange peel
1/8 tsp. salt
2 c. cubed, cooked turkey or chicken
1 c. fresh strawberries, halved
1 small banana, cut into 1/2 inch slices
1/2 c. sliced celery
2 medium oranges
Lettuce leaves

In a bowl, stir together yogurt, mayonnaise or salad dressing, honey, orange peel, and the salt. Cover and chill. Combine turkey, strawberries, Banana, and celery. Fold in the chilled yogurt Mixture, mixing lightly to coat. Cover; chill up To 2 hours. Peel and section oranges. Arrange Lettuce on individual serving plates. Arrange orange sections on each plate and mound turkey-fruit mixture in center. Makes 4 servings.



To grace our lovely meal:

*In beauty I walk
To the direction of the rising
sun*

*In beauty I walk
To the direction traveling with
the sun*

*In beauty I walk
To the direction of the setting
sun*

In beauty I walk...

*All around me my land is
beauty
In beauty walk.*

*Navajo Chant
(Yebechi)
"Songs of the Earth"
Copyright Running Press*

*Thank you
Rev. Paula T. Webb*

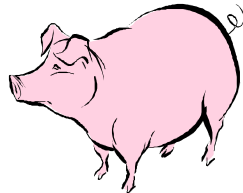
A Four Legged Story

Love from one Being to another.
The species has no bearing on this truth.

Written by Rev. Jan Saks

One of my animal communication clients has seven skunks (including rescues) and also a rescued little pig named Wilbur. While I was with my client, the skunk matriarch told me her job: introduce newcomers to the rest of the family, show the newcomer where they get fed and the best cubbies (dark places to sleep in), also, to put a stop to fights, protect the newcomers, and come to the nurturing aid of an animal who is frightened or lonely. The skunk matriarch acts as a guide and a teacher.

When Wilbur, the pig was brought home the skunk matriarch instantly befriended him and then protected him from a few skunks that had often attacked him. The skunk matriarch lay down beside him as a sleep-mate, to comfort him and let him know he is truly not alone. They have been together awhile now and Wilbur has grown to his present large size, the skunk matriarch still sleeps with him when he is in need of a friend!



With a loving and grateful heart,
Jan

Rev. Jan Saks is an Animal Communicator.
From the Ft. Lauderdale, FL area
She can be reached at Animal Healing with a
Loving Heart 754-214-3567

Request from the office:

Dear UBM Family,

The photos for your ID cards should not be cut from drivers licenses or other forms of ID. Although the size is correct, the thickness causes our laminating machine to get stuck and burn the ID card. Please call the office if you have any questions about photo size for ID cards. 954-574-9904

OFFICE HOURS AND CONTACT INFORMATION

Universal Brotherhood Movement, Inc.

PO Box 670278
Coral Springs, FL 33067
954-574-9904

Rev. Dr. Rick Prigmore~
Rick@universalbrotherhood.org

Rev. Robin Morini~
robin@universalbrotherhood.org

OFFICE HOURS:
Monday~Thursday~ 11:00 a.m.-4:00 p.m.
Friday~ 1:00-4:00 p.m.

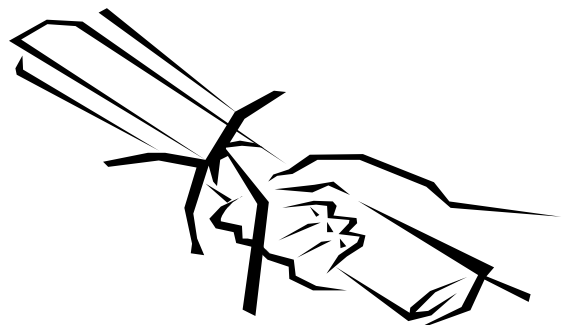
www.universalbrotherhood.org

~~~~~  
**UNIVERSAL BROTHERHOOD  
UNIVERSITY**

www.universalbrotherhooduniversity.com

President Rev. Dr. Michael Dearing

Email Mike at: revmike1950@comcast.net  
Or call: 317-504-8225



Amidst grief, loss and loneliness...

## *“You are a spiritual being of light”*

Written by: Rev. Ruth Hoskins, Ph.D., H.H.S., LCSW

Standing in line at the Home Improvement Center, purchasing a product I had debated about buying for several weeks, I suddenly felt a shift in my energy—a lightness something I had not experienced in months. Caring for a sick husband for two years, and then grieving his death had consumed my life. Now, standing in line, I heard a voice that said, *you are a spiritual being of light. You are a spiritual being on an earth walk.* I had heard that phrase before, but this time the words created a physical response; lightness and joy filled my body with a Presence, a light. The light expanded and encircled me: as if a light bulb had been turned on and my inner vision wiped clean. A bright flashing neon sign and a voice repeated, *you are a spiritual being of light.* To savor the moment I took in a deep breath. I wanted to hold on to this heavenly spiritual experience forever.

When I left the store I was elated. I felt a oneness with everything and everyone. Walking back to my car I reflected on the experience.

For weeks I had been trying to make a decision about what flooring to buy for the house. It was my second trip back to the Home Improvement Center. Struggling to make a choice, I decided to tell the salesman how I was feeling. “I feel frustrated and exhausted making all of the decisions repairing the house,” I told him. I didn’t tell him about all of the frustrations and decisions I had made over the last three years after my husband was diagnosed with cancer: decisions that now included helping the children through their grieving process, additional work hours and pressures over money. I didn’t tell him about the grief when my husband was first diagnosed with cancer, or about the dozens of trips for chemo and radiation, surgeries and more surgeries to redo the ones that didn’t work. I didn’t tell the

salesman how the relationship with my husband changed when he received his diagnosis, and the feelings of loss that followed. The many hours and long days I sat alone and watched him sleep trying to recover from the toxic drugs that filled his once strong robust body.

I didn’t tell the salesperson about my husband’s last week in hospice and the ending process; seventeen people gathered around him to say their final good-bys. He, true to form, labored each breathe until the relatives arrived from overseas. By some miracle he held on, dying forty-five minutes after they arrived. His waiting was one more gift to all of us. I didn’t tell the salesman any of these things only that I was frustrated, and then with relief I laughed. When I walked to the front of the store to pay for my order the lightness and joy continued to grow and my heart expanded. A shared moment had been created and the Holy Spirit moved in and filled it with love.

Rev. Ruth Hoskins, Ph.D., H.H.S., LCSW, is a UBM, Inc. minister, the Director of Relaxation International, adjunct professor at Chestnut Hill College teaching Health Psychology, Mind-Body Connection. Ruth is a licensed psychotherapist, trained hypnotherapist and stress management consultant. For over thirty years she has been counseling individuals and couples teaching Effortless Meditation Therapy (EMT) and dream exploration techniques. She completed her Doctorate and research on Dream Incubation solving problems in your sleep. She is the author of *The Voice in Your Dreams, and No Time for Down Time*. She is the author of several books and products to enhance one’s mood.

# *When All Else Fails, Hold Hands and Pray*

Written By: Rev. Brenda McCoy Lappin



In January of 2006, I had a vivid dream, and the feeling or tone of the dream told me it was important for the times in which we are living.

In the dream, I was with a group of people. We were watching strange lights in the sky, like an odd electrical storm—reminded me of a Sci-fi movie. We pondered; was this the end of the world? Instantly, it was clear that we all needed to hold hands and pray, then we would be okay and at peace. Our group needed to split into four groups, and go tell others not to be afraid, to hold hands and pray, and they would be okay.

I received a confirmation on the importance of this dream while visiting my twin sister, Linda. On telling her of the dream, she had a surprised look on her face, immediately got a spiritual book she was reading, and explained that she had just read a section that was very similar to my dream.

The passage in the book was about a turbulent sky, and the importance of keeping the mind quiet, staying out of fear, and praying. We both felt shivers down our spines, our confirmation for truth. This felt like important information for the times ahead.

Not until January of 2007 did I know, fully, what this dream meant. We were having an ice storm in Springfield, MO, unlike anything we had ever experienced. I will never forget that Friday evening when it started. About midnight as I sat in the cold stillness, I could hear my beautiful trees cracking and falling from the weight of the ice and distant sounds of the neighborhood trees crashing too.

I knew my prayer for the “tree angels” to hold up the limbs, wasn’t going to happen. Inwardly, I prayed, asking for direction. The answer was clear, as the above dream came to mind and I heard, “Now is the time to hold hands and pray.”

As I surrendered to, “what is, is” and prayed, a peaceful calm came over me. I then asked Spirit what to pray for. A clear voice inside my mind, said only one word—“Grace.” Grace is given when we have done all that we can do or the situation is clearly out of our control, and at that point of total surrender (call/prayer for help), Divine Grace/help IS GIVEN. With tears in my eyes, I let my trees go; not my will but Yours be done.

I finally knew what the dream meant, and what I had to do. I knew too that I didn’t have to be with anyone physically, as in prayer our hearts would join instantly, through our intentions. I visualized holding hands with my angels/guides and all of my “heart friends” in a huge circle surrounding the city and prayed for Divine grace.

Eventually, we saw many blessings come out of this challenging experience. No trees fell on our home, and I was reminded that Mother Nature had just given the trees a good pruning, and sure enough, two years later, the trees were beautiful and lush with new growth. We even started an organic garden where one of our trees had been.

Stay in your heart center, life’s challenges arise and rest assured that when you, “hold hands and pray for grace,” the peace of God that surpasses all understanding will be your guide. Then trust that, Grace will be given to open your heart, and show you the way!

This is an excerpt from Brenda’s new book co-authored with her twin sister, Linda. [The Living Code—Deciphering Life’s Spiritual Messages by Learning to Live From the Heart](#) to be featured in the Winter 2010 newsletter. Available at Amazon, and [www.thelivingcode.com](http://www.thelivingcode.com).



For over a decade Rev. Brenda has been a Reiki Master/Teacher, a Past Life Regressionist/ Instructor and an artist and teacher of Intuitive Soul Symbol Paintings. She is a certified instructor and practitioner of Quantum Touch.™  
Contact: [brendamccoy@intuition2.com](mailto:brendamccoy@intuition2.com) or 417-869-8551



# ***KNOCKS WITH INSISTENCE***

## ***Kindness***

*Shared and Written by Rev. Jann Rossbach*

Kindness.

“Knocks with Insistence” is at my front door. That’s a good name for this particular warrior.

“Knock – Knock – *KNOCK!*”

Now awake, I jump out of bed and go open the door.

“Notice to Foreclose on this property”, he said, handing me papers. He went on to say more but my mind was racing and I could not hear. I knew this day would come.

“No...no...no!”---the words pounded through my head. I’ve learned from experience that no matter how much I don’t want what is happening to happen; *that* is not always enough to stop whatever IS happening from happening.

I’ve also learned that God is a complete thought. God is. I am. I am an extension of God. We all are. God’s nature is kindness. Kindness is my Basic Nature. Kindness is my essence.

I will share two events that happened to me in which my trust in Loving Kindness grew. Journey with me into this kindness land.

That knock came on my door in Sept., 2009 and presented another opportunity for kindness to be shown to me when circumstances become intense and frightening. It had been a long 2 years.

In November, 2007, the man I had been living with for 8 years was sent home from the hospital to die. Immersed in a whirlwind of intense events and emotions, the night before he was discharged, I came home and got my tape recorder. I taped myself telling myself to “Remember, good things *are* happening. Remember, you are love and you are loved”

I knew that I would need to hear this Divinely inspired message over and over again in the weeks ahead. I listened to that tape recording of my voice and that message

often.

Throughout the whole ordeal of his dying, kindness was gracefully extended to me through Divine Source, from other people, and finally from deep within myself. I am in awe of the absolute power of Love. It is from Love which true kindness flows.

The journey continues.  
November, 2009.

I’m standing in the kitchen of my home for the last time.

I look at the new owner and her mother who were visible to me through the doorway. They exchange a glance which conveyed exasperation. The new owner made a gesture of “shooing” me away.

I was no longer welcome in my home.

Memories flooded into my mind. I remembered welcoming people into my kitchen. *This* kitchen. My creative expressions were apparent on every wall, on every cupboard of that room. So many segments of my life were experienced in this kitchen.

I felt a combination of pissed off and excited to be leaping into the void.

Then something larger happened. I made the decision to surrender to Divine Love. I drew on my insight gleaned through the experience of Paul’s death.

In that moment Kindness pervaded the scene.

I had a shift in perspective, yet I could not explain what had happened.

I turned and walked away.

Now, I explain what happened like this: I allowed myself to let go of my resistance to the ever-flowing stream of Divine Love. When I did, I experienced expanded vision and a sense of relief and well-being.

*Continued.....*

"One thing and one thing only will bring you into the transformation you have sought ~ the *willingness* to abide where you are differently." (Way of Mastery, p.157)

I may abide differently and experience transformation as I practice conscious appreciation and bring awareness of beauty into my life every day. I trust that Inner Guidance *is* flowing to me from True Source. Kindness is essential.

Meditation, breath work, mindfulness in movement and stillness enhance my daily practice.

The Dali Lama has said, "This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain. Our own Heart is our temple; the philosophy is kindness"

I believe that I have chosen to be here in this place and time. As I allow the Divine (true) nature of loving kindness to flow into my experience, through grace and with no resistance, I come into alignment with who I have been all along. I am able to extend kindness, the holy and the beautiful and move forward in service to my life's purpose from an attitude of joy.

This poem came to me as I was experiencing stillness in the midst of kindness.

### *Kindness Land*

"So, take a trip to kindness land!"

I ask, "Does that exist?"

"Well, yes, it *can*!"

"Just *where* might this be?, I ask. "Tell me!"

What's the location?

so that I might set my route  
to arrive at this destination?"

"Set your sights on Love's Source  
which flows through your essence  
here to remind you

that you reside in Love's presence.

As you place one step after another

extend Loving Kindness and know

adventures await amidst Kindness's glow

Choose to be kind

And extend Divine view

Kindness Land exists each moment you do!

Take the trip.

Enjoy the ride.

It's all created from the inside."

Aho.

May we all experience and offer the gift of kindness to ourselves and to all of creation. Blessings abound....enjoy your life... appreciate...extend kindness.



### *To Submit an Article*

*We would love to hear from you!*

If you would like to submit an article you  
may either email your article to:  
[robin@universalbrotherhood.org](mailto:robin@universalbrotherhood.org)

~or~

Send your article to Universal Brotherhood  
Movement, Inc.  
PO Box 670278  
Coral Springs, FL 33067

Your article should be about 500-600 words,  
11 font.

