

Universal Brotherhood Movement, Inc.



UB GoodNews

Spring Edition 2013



A Brief History of the UB GoodNews Newsletter



Shared by Rev. Drs. Jeni and Rick Prigmore

Rick and I remember back to the very first "Newsletter" — it was a welcome letter that we did (by hand) from our motor home.

There had just been 12 ordinations in the home of Revs. Dorothy and Winslow Schlosser near San Francisco, CA. We traveled back to my brother's home in Indiana, and there we wrote that "Welcome to UB" to all 12.

UB GoodNews evolved out of that beginning. Later, Rev. Shepard Brooks and Rev. Byron Howard (of Walt Disney World) created a header (banner). The header changed and evolved through the next few years. During this time Rev. Brooks and Rev. Howard also created the little cartoon characters UB and Hundredth Monkey; these characters did interesting little inspirational things to bring home messages for our ministers.

What a long and beautiful history we all are creating in this world! Thank you, God, for each and every minister.

We're wishing you a blessed day.

***Namasté,
Jení and Rick***



Note: This has truly been a long and beautiful UB history! The first ordinations of Universal Brotherhood Movement, Inc. took place in August of 1976. Since then over 4,275 people from every corner of the world have chosen to be ordained ministers through UBM, Inc.

Meet our new President: Rev. Rosemary Cathcart

Hello once again! Seems like just a short while ago I was talking about my 29-year journey with Universal Brotherhood Movement and now I'm saying **hello** to everyone as the new President!

I have immense appreciation for the two past Presidents I've worked most closely with, Gregory Possman and Barbara Lancaster-Lyman, and a loving connection to UB's founders, Rick and Jeni Prigmore.

My entire life has been guided by strong mentors. All teachers who willingly shared their skills and taught me to honor the training, no matter what the discipline was. Every path I've chosen has required discipline and reverence. With that in mind, I'll be holding a reverence for the past in one hand, as I endeavor to spearhead appropriate growth and changes with the other!



Please join me in honoring our past as we all work together to create an organization that's prepared to move into the future from a position of cohesiveness and strength.

I require motivation and I enjoy sharing what motivates me with others. The quote I've chosen to guide my journey with UB at this point comes from American scholar Warren G. Bennis: "Leadership is the capacity to translate vision into reality." Which is precisely my goal for Universal Brotherhood Movement, Inc.

We closed our first Board meeting of the year with an equally inspiring poem from the great Sufi master, Hafiz:

“Every child has known God,
Not the God of names,
Not the God of don’ts,
Not the God who ever does
Anything weird,
But the God who knows only four words
And keeps repeating them, saying:
‘Come Dance with Me.’
Come Dance.”

~ *Hafiz* (1320-1389)



OF NOTE:

You can find Rev. Rosemary Cathcart’s article “My 29 Year Journey With UB” in our [UB GoodNews Winter 2012-2013](#)

Meet our new Vice President: Rev. Kelly Graham



Hello, everyone! My name is Kelly Graham, and I'm your new Vice President.

The fifth anniversary of my ordination (by our current President, Rev. Rosemary Cathcart) is fast approaching: April 11. In July 2008 I was privileged to meet many UB members at our international conference in Nashville.

President Cathcart and I have been friends for a long time. I first met Rick and Jeni Prigmore at Thanksgiving in 2007, and I have admired, respected, and loved them ever since. I am a huge fan of our Administrator, Robin Morini, and looking forward to working even more closely with her.

Prior to the current office of Vice President, I have been serving (and continue to serve) as Chairman of Standards & Ethics for the Board of Directors. In that capacity I've helped update our bylaws, design policies, and create processes.

I thought you might want to know a little about my background: I'm a financial advisor by profession, with 31 years of experience in the investment field. Through corporate relocations (good times!) I've lived in Nashville and San Diego and New York City, with shorter-term stays in lots of other places along the way.

I like to learn. I've studied leadership at the Darden School of Business, earned certifications in TimeLine Therapy and Neuro-Linguistic Programming, and earned three designations from the College for Financial Planning: Accredited Wealth Management Advisor®, Chartered Retirement Planning Counselor®, and Accredited Asset Management Specialist®.

I'm a published poet. I've written two manuscripts on sales and marketing; one a sales training manual, and the other a metaphor for practical metaphysics. I'm a trainer and a coach and a business design consultant. I've built a few websites, edit a newsletter or two, write and update resumes and business letters, and work on projects through my businesses Richland Street Creative and Common Sense Consulting.

I like process, I like procedure, and if they don't exist I can help create them. I'm practical and pragmatic and straightforward. I am excellent at discerning ramifications—of decisions, of actions, of deciding not to decide.

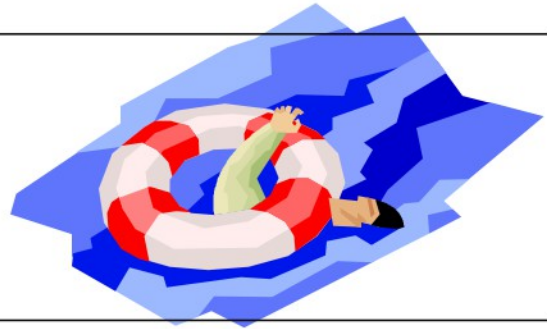
As your Vice President, I hope to help contribute to President Cathcart's goal of creating "an organization that's prepared to move into the future from a position of cohesiveness and strength." That's the plan, and we all get to participate!

Kelly Graham
Vice President

How I Became Mrs. G the "LifeSaver" Lady

Written by:

Rev. Sandy Groven



My "LifeSaver" Lady journey began when I went to a PWOC (Protestant Women Of the Chapel) conference in the spring of 2011 in Northern Virginia as part of the Ft. Lee army base chapter. The theme was *Light of the World*. At the end of the conference, under dim lights, we were asked to share what type of light we thought we were. Of course, lighthouse, lamp stand, and such were mentioned. When it was my turn, I blurted out, "I am a volcano." Surprised by my response, I said to myself, "God, that's destructive!" God responded to my spirit, saying "You will be a great light in a very dark place, touching many." Thinking about it, erupting volcanoes can be like that, I guess.

I went on to Colorado for the summer. I was sent a notice of employment for the Henrico County School system as a substitute instructional aide in Richmond, Virginia, and flew in to accept the job on September 11, 2011.

I soon became a board substitute at a high school in an area of apartments and projects filled with kids from broken homes and lives. It was acted out by rude, defiant attitudes, vulgar jesting and talk, pants down almost to their knees. I prayed for God to show me a way to touch these damaged, hurting kids in a positive way. I thought, what would I do with my own great-grandchildren, who are in school now?

A plan came to me: reward manners and random acts of kindness with a simple wrapped LifeSaver that I had prayed over, sending out blessings to the receiver.

The first gentleman who volunteered to open and hold the door for the ladies of the class to go first, got a LifeSaver. Ladies were to promptly say thank you. That grew into other ways to earn a LifeSaver, like giving me a slight hug. I know

that touching can be healing and, who knows, perhaps save a life? And so I became known as Mrs. G., Lifesaver Lady.

Here are a couple of ways God used me to touch lives:

There was a boy about 15 whose dad was in prison and his mother dead. I had talked to him often. He was a very troubled soul and he earned a lot of LifeSavers. He had gone from foster care to group homes and juvenile jail until he got into a major fight and almost killed a man. Now he was going to court to face a sentence of attempted murder that could put him away until he was 18. A few days before court he told me his last five dollars was in his computer, which he left in class and when he remembered it, the five dollars was gone. I told him how sorry I was and I hoped it would be returned. The next day I talked to him and was able to give him a G. I. New Testament, which has a lot of help references for the soldier in the field. I placed a five dollar bill in the book of John and told him what he was looking for was inside. After a short prayer and a hug, he left. I never saw him again.

Another boy who seemed to stay in trouble, yet had a sweetness and smile that lit my heart up, was really into getting the LifeSavers. Sometimes for something really special I would reward the kids with something different. This boy had asked for a Snickers candy bar. He surprised me by coming through with his assignment, so I told him I would bring it to him on Friday. Well, by Friday he was suspended again. About two weeks later I saw him at a McDonald's with his parole officer. He said "Hi, Mrs. G, you got my Snickers? I said "Yes, it is in the car. I'll get it." He asked, "Can I trade it for some fries?" I said "Of course, for a hug."

Continued.... Mrs. G LifeSaver Lady

The following year I saw him again. He remembered me and asked for a hug and, of course, a LifeSaver. Once he came for a hug and I did not have any LifeSavers on hand, so I owed him one. A few days later as he was going into detention, he saw me and asked about the LifeSaver. I told I would be right back. When I came back, the other kids wanted to know how they too could get a LifeSaver. He stood tall and said, "It costs a hug or doing something nice." After getting a hug from all the kids in the class, I gave a LifeSaver to the teacher as well and said, "Everyone can use a LifeSaver in times like these."

A teacher once said to me, "Mrs. G., who knows if you could be the last person to touch a child with all the school violence everywhere." None of us know when it is the last opportunity. Reach out and touch someone with a random act of kindness. Who knows, you may be a LifeSaver too.



Rev. Sandy Groven resides in Virginia. She shares her heart-touching stories in her book *Tipsy and Drunk*, about God answering the prayers of a mother.

ARTICLE SUBMISSION

To submit an article for our newsletter: Email your poetry, article, recipe, blessings or prayers, shared thoughts and other ideas to (500-700 words max) to: robin@universalbrotherhood.org.

You can also mail your articles to us:

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

Solstice Night 2012 (tune of Silent Night)

Rev. Jamie Throneberry

Solstice Night Twenty Twelve
Aren't we glad the world didn't end
It's the same time after time
Aren't we tired of the old paradigm
We can write a new story
Inner peace is the way

Solstice Night Solstice Bright
All is calm all is right
We are here to transform fear
We are here to love and live
We are the light so bright
Shine your light so bright

Solstice Night 2012
Change the ways of history
Be the change you wish to see
Love and live in a new world
Peace and Harmony
Love and live a new

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“Edu-taining” with Positive Music



Written by
Rev. Phil Muntun

When I was ordained through UB, I knew my ministry was going to be in music, and that's why I picked the name of "Singing Souls Ministry."

I've loved music since I was eight years old, and it's continued to be a big part of my life. In fact, it's bigger now than ever. I also knew that within my ministry, I wanted my music to do more than entertain folks. I want to educate and entertain, or "edu-tain" as my father used to put it, back when he was alive and making a living giving public speeches. Well, I like the teachings of a lot of different religions, but I consider myself more spiritual than religious nowadays.

My dad had this tiny plaque on his wall, about the size of a Lorna Doone cookie, that said, "As Ye Think, So Shall Ye Be." I wanted to shrink those 7 words down even smaller, without losing the meaning, and came up with "Change Inside, Outside Follows." In other words, change the way you think, and your surroundings will change. I know you get it, and I'm sure most UB'ers will too. The album is my most recent attempt to offer the world a chance to learn positive thoughts in the way we learned our ABC's, by singing!

From 2000 until 2005, I worked with 7-12 year old boys in a residential treatment facility who had been neglected, abandoned, and abused mentally, emotionally, physically and sexually. The worst part of the day for them was always at bedtime, because that's when their abuse usually took place, so they would act up to get staff attention. We would end up sitting in the doorway of their bedroom, keeping guard after they got calm, and that made them feel safe. The program manager told us to talk to the boys, or read stories to them. Well, one night, I brought in my guitar and started singing to them and that became a new bedtime ritual for the boys. I also used some of my original positive songs to kick off our group therapy sessions sometimes to get the discussions rolling.

In 2005 I learned that this boys' home was going to be closing down due to state cutbacks. They told us it would be shutting down in about 30 days. Well, I wanted to give those boys something to hang on to, so I quickly rushed to record and make a CD of the songs they had been requesting to hear every night. By the way, when they asked me to sing and play, they would say, "Hey Phil, can sing you us your God songs?" Well, as God would have it, I finished the 7 song CD/album and got it back from the disc maker one day before the program closed its doors. As each boy left the residential treatment facility I was able to give them a copy, and in their honor I named that album "God Songs." A couple of those tunes are online at <http://www.indieheaven.com>



My music has taken me to a place where I feel my offerings to the world may be discovered by younger people who are still learning some of life's greatest lessons.

Another example of a positive song I wrote is called "You Are An Eagle You Can Fly." This is the story of an eagle who is raised by chickens and told she couldn't fly. Then one day she found out who she really is. I decided to make an illustrated children's book out of that song and now some of those books are in children's hospitals, pre-schools, churches, daycare centers, and in the hands of folks who bought them online or in person. That hard cover, illus-



Continued... "Edu-taining With Positive Music"



trated book comes with a musical CD of the title song and it has four different mixes of the song on it. Recently too, I turned the book and music into a short music DVD movie or slide show if you will, so parents can pop the DVD into a DVD player and the music plays while the pages of the book show up on the screen. So God has allowed me to expand my music ministry to people I don't know personally, but I hope that the messages ring true for people just the same.

In continuing with my *Singing Souls Ministry* "edu-taining" music, I am trying to promote an end to violence against women, children and all domestic violence. The name of the *free song is "Where Does This Anger Come From?" and it has some good ideas for folks to use who might have (or know of someone else who has) anger management issues. I've already sent the song information to Facebook communities such as StopViolenceAgainstWomen and StopChildViolence and a few other groups along that same line.

Reports are coming in informing me that people are going out there and getting the free download, so I know there's some interest. My hope is that some of my fellow UB'ers might be able to use that song if they're doing any pastoral counseling with someone who is dealing with anger. There are also more positive, encouraging, musical affirmation songs on the album as well, which may be of some use for you too.

Many Blessings!
Rev. Phil Munton



*The link for the album "Change Inside, Outside Follows" is
<http://www.cdbaby.com/cd/philmunton2>
and that's where the free song download is for "Where Does This Anger Come From?"

Rev. Phil Munton has been an ordained minister with UB since 2001. Rev. Munton invites you to go to the mentioned websites where you can hear his wonderful songs.

It has been said the Spiritual Path is an alone Path and It is.
However It is not a lonely Path when you can remember that
you can practice the Presence of God anytime you want.
I cannot describe that to you and no one can really do that.

Imagine taking time out, getting still and feeling overwhelming
Love and total Fulfillment.

When that happens "Just You" will know the Truth.

Rev. Bill Wishart

From his South Florida residence, Rev. William Wishart
faithfully posts his "Just You" thought-provoking,
heart-reaching words of wisdom.

SPRING Clean Your Finances

by Kelly Graham, Vice President, UB

Spring cleaning is a tradition. Something about the chill lessening, or the brave little flowers that emerge early in the season, or a little more sunshine; *something* makes us tidy up, clean out, air out, and refresh our homes. Why not do the same with your finances? Here are some ways to bring SPRING to your finances:

Save: Make yourself a priority: **pay yourself first**. Make sure “Savings” is a line item in your budget, and fund it each month before anything else. Have payroll deduct an amount from your check, or set up automatic transfers from checking to savings at your bank. **Coupons** can make a big difference when you shop: find them online (try [here](#), [here](#) and [here](#)) or in the Sunday paper. “Like” the Facebook pages of products you regularly use and you’ll often receive coupons and special deals; ditto if you join the email list of restaurants and businesses you frequent (consider a separate email just for this). **Businesses that price match** can also be useful; Best Buy, for example, will [match](#) prices on qualifying products from many retailers, including Amazon (check the rules!).

Protect: **Check your insurance coverage** to be sure it’s adequate; replacement cost for household items, for example, is often overlooked. If you have life or health insurance through your employer, consider “shopping” it with your insurance agent; often you can find it for less. During your income earning years you are 3½ times more likely to be disabled than die; **consider disability insurance and long-term care insurance**. Check your credit report [here](#) each year to make sure there are no incorrect entries and to help protect against identity theft. **Update beneficiaries** on your retirement plans, insurance policies, and IRAs. **Difficult-but-necessary conversations** include end-of-life wishes, medical powers of attorney, and making or updating wills. One more thought: consider preparing a **letter of instruction for your loved ones** listing what they would need to know if you were gone. You might include a list of “digital keys” – passwords for email accounts and Facebook; administrator information and passwords for computers, routers, and websites; and information and passwords for any online banking you do. See some ideas for this project [here](#) and [here](#).

Retirement: Planning for retirement – or for company downsizing – truly is important. A January 2013 survey showed that 57% of workers aged 55+ have less than \$25,000 in total household savings and investments—and that includes 401(k)s and the like. 36% of all respondents have less than \$10,000 total, and 28% have less than \$1,000. And remember, Social Security was never intended to be a retirement plan – it originally began at age 65, in a time when life expectancy was age 58 for men and 62 for women. The question of whether it will even be available for workers today is ongoing. What to do? Well, **if there is a retirement plan at your work, participate** to the maximum you are allowed. These plans deduct your retirement savings before you receive a paycheck, making saving for retirement (almost) painless. If there is no plan, **set up an Individual Retirement Account** ([IRA](#)) or a Roth IRA, and set up automatic payments into the IRA directly from your payroll (*cont.*)

department at work. An annuity can also be worth considering (see [here](#), [here](#) and [here](#)), but please consult a professional for help with annuities (and that doesn't mean the folks you hear on the radio!).

Invest: When we think of investing, we often think of stocks, bonds, and mutual funds. But investing includes so much more: **why not invest in your business?** If you work for yourself, consider building or updating a website, producing brochures that tell your story, or joining a Yahoo or LinkedIn group that your business can serve. Some of these ideas cost a few dollars, and some cost a bit of time – but all can produce results for your business. **How about investing in yourself?** Reading is one easy way to do it, and it doesn't have to cost a lot: consider the library! There's the local public library, state and federal libraries, and college and university libraries (see [here](#), [here](#) and [here](#)), and libraries offer CDs, DVDs, and other media as well as books. Another way to invest in yourself is to study for certifications or licenses, or enroll in a college or university for classes or a degree – like Universal Brotherhood University. Investing also includes the aforementioned stocks, bonds, and mutual funds, and **one way to spring-clean this area is to consolidate your assets.** For example, if you left a job and haven't rolled over your 401(k) balance, move it to an IRA now for more control of the funds. And if you are aged 50+ ask your company's benefits department if they offer *in-service non-hardship withdrawals*. This allows you to withdraw funds from your company 401(k) and deposit them into a personal IRA while you are still employed with the company. Be sure you follow the rules for this maneuver in order to avoid tax consequences. And if you don't have a financial plan that gives you a roadmap to your personal goals, consider making one. You can try online sites for this, or see a professional for more in-depth analysis.

Needs: **Needs versus wants is an easy way to budget.** You *need* to pay the rent or mortgage; you *want* to eat out from time to time. You *need* utilities like lights and water; you *want* cable television. Preparing a budget can seem complicated, but you really don't need to download software or learn accounting or buy Quicken; you can just use a template. [Here](#) are several versions from Microsoft Office. Google docs offers a selection, too; [here](#) is one to try. Mac users might like [this](#) version from the iWork community. "I'm on a budget" can sound akin to "I'm on a diet" – but **a budget doesn't mean money deprivation; it means money direction.** That is, directing your money where you want it to go. And the key is to recognize *needs* versus *wants*, and then to stick to it!

Give: Spring cleaning often re-introduces us to our...stuff. The basic rule for holding on to "stuff" is this: **keep it if you love it, use it, or need it.** Examples might be: I *love* the tea-pot my mother gave me; I *use* my tea kettle; I *need* the receipts for tea I buy for my office for tax purposes. Receiving an item as a gift does not obligate you to keep it: I realized recently I had kept a gift I never liked because a friend had given it to me, but I had not seen that friend since, oh, 1997! So this spring, **if you don't love it, use it, or need it, why not give it away?** Your local [Goodwill](#) is one option. The Association for Retarded Citizens ([ARC](#)) is in many communities, and they will pick up donations. Check with your local charities; you likely will find several eager for what you no longer wish to keep. If you want to deduct your charitable donation, remember to get a receipt for [tax](#) purposes. And **think about non-traditional giving opportunities:** your old computer may not have enough memory for the applications you use today, but a local Senior Citizens' Center might find it perfectly fine for emailing grandchildren; you might not get a tax write-off, but you could get – and give – a lot of joy! And you can also donate money; you can even make a line item for charity in your budget.