

UB GoodNews

*Universal Brotherhood Movement, Inc.
Newsletter ~ Spring Edition 2014*

Happy Spring~ Things Are Looking Up! *by Rev. Dr. Jeni Prigmore*

I AM looking around me ~ and believe it or not, I'm encouraged by so much of what I see.

People are HELPING PEOPLE, ENCOURAGING each other,
genuinely CARING.

Families are acting more like families, it seems to me.

From a frozen (long time frozen) landscape, we've watched the magic:
The emergence of another Spring.

YES, the leaves and flowers survived.

The air is warming and the songs of wild birds fill the symphony of the dawn.

Perhaps you also are seeing (hearing) people returning to a "quiet time" (meditation) as a "rock" on which to stand in this sea of uncertainty. For many YOU are the "rock" that people who are in need of encouragement touch for reassurance.

We are BLESSED TO BE A BLESSING !
BE THAT, Beloved Ones.
KNOW that about yourself.
SHARE YOUR LIGHT.
YOU are the Light of the World, remember?



*You can find Rev. Dr. Jeni Prigmore's article Whether Report for UB Ministers
All Over the World in our UB GoodNews [2009 Spring](#) Edition.*



*Greetings From The International Office of
Universal Brotherhood Movement, Inc.*

Joyful UB Congratulations!

Congratulations to UB Administrator Robin Morini's beautiful daughter, Rhiannon (Morini) Di Marzo!

It was a sunny spring day as Rhiannon, Chris and her daughter Lily celebrated their wedding in mid-March. UB minister Teresa Santangelo, a longtime family friend, officiated this joyful occasion.

Rhiannon has been working as part-time Administrative Assistant in UB's office since 2007.



A Happy Spring Hello
From Our
Universal Brotherhood Founders
Rev. Drs. Rick and Jeni Prigmore



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The Legend of Wesak

From the works of Alice A. Bailey

Shared by Rev. Rosemary Cathcart



THE LEGEND OF WESAK

“There is a valley, lying at a rather high altitude in the foot-hills of the Himalayan-Tibet ranges. It is surrounded by high mountains on all sides except towards the northeast, where there is a narrow opening in the mountain ranges. Up towards the northern end there is a huge flat rock.

“At the time of the Full Moon in May, pilgrims begin to gather; the holy men and lamas find their way into the valley and fill the southern and middle parts, leaving the northeastern end relatively free. There, so the legend runs, gathers a group of those great Beings Who are the custodians on Earth of God’s Plan for our planet and for humanity. The Christian believer may prefer to speak of Christ and His Church, and regard Them as constituting that great Cloud of Witnesses Who guarantee to humanity ultimate salvation. The esotericists of the world may call Them the Masters of the Wisdom, the planetary Hierarchy, Who in Their varied grades are ruled and taught by the Christ, the Master of all the Masters, and the Teacher alike of Angels and of men. Or we can call Them the Rishis of the Hindu Scriptures, or the Society of Illumined Minds, as in the Tibetan teachings.....Their wisdom, love and knowledge, stand as a protective wall around our race, and seek to lead us on step by step, from darkness to light, from the unreal to the real, from death to immortality.

“This group of Knowers of divinity are the main participants in the Wesak Festival. In front of the rock, looking towards the northeast stand Those Beings Who are called by Their disciples the *Three Great Lords*. These are the Christ, Who stands in the center; the Lord of living forms, the Manu, Who stands on His right hand; and the Lord of Civilization, Who stands on His left.

“As the hour of the Full Moon approaches, a stillness settles down upon the crowd, and all look towards the northeast. Certain ritualistic movements take place, in which the grouped Masters and Their disciples of all ranks take up symbolic positions, and form on the floor of the valley such significant symbols as the five-pointed star, with the Christ standing at the highest point; or a triangle, with the Christ as the apex; or a cross, and other well known formations, all of which have a deep and potent meaning. This is all done to the sound of certain chanted words and esoteric phrases called mantrams.

“As all participants raise their eyes towards the sky just a few moments before the exact time of the Full Moon, a tiny speck can be seen in the sky. As it comes ever closer, it grows in clarity and definition until the form of the Buddha can be seen, seated in the cross-legged Buddha position, clad in his saffron-colored robe, bathed in light and color, with His hand extended in blessing. As He arrives at a point exactly over the great rock, hovering in the air over the heads of the Three Great Lords, a great mantram – used only once a year, at the Festival – is intoned by the Christ, and the entire group of people in the valley fall upon their faces.

“This invocation sets up a great vibration or thought current which is of such potency that it reaches up from the assembled group to God Himself. It marks the supreme moment of intensive spiritual

Continued.....

effort throughout the entire year, and the Spiritual vitalization of humanity and the Spiritual effects last throughout the succeeding months. The effect of this Great Invocation is Universal or Cosmic and serves to link us up with that Cosmic center of Spiritual energy from which all created beings have come. The Blessing is poured forth, and the Christ, as the Representative of humanity, receives it in trust, for distribution.

“So the legend runs, the Buddha returns once a year to Bless the World, transmitting through the Christ renewed Spiritual life. The whole ceremonial Blessing, from the time of the first appearance in the distance until the moment the Buddha fades from view, takes just **eight minutes**. The Buddha’s annual sacrifice for humanity (for **HE** comes back only at great personal cost) is over, and He returns again to that high place where He works and waits.

“Year after year He comes back in Blessing; year after year He and His great Brother, the Christ, work in the closest cooperation for the Spiritual benefit of humanity. Through the Buddha, the wisdom of God is poured forth. Through the Christ, the love of God is manifested to humanity. It is this wisdom and this love which pour forth upon mankind at each Wesak Full Moon.”

~ From the works of Alice A. Bailey



From President Rosemary Cathcart:

This year the WESAK FESTIVAL FULL MOON occurs on Wednesday, May 14 at 2:16 pm CT. This is an extremely powerful Full Moon, intensifying changes in the electromagnetic fields of the Earth and all of its inhabitants. This Full Moon highlights the polarity of Taurus (our current Sun sign) and Scorpio (the Full Moon), clarifying what we cherish and what we must transform. We are being compelled to go deeply inward and question our personal beliefs about money, security and the purpose of our lives here on Earth. The sign of Scorpio, especially in the Moon placement, is associated with intense psychic energies, emotion and physicality. Be aware of your emotions and consciously direct them inward, towards personal Spiritual growth and empowerment. Although everyone will feel the impact of this important event, Scorpio Sun signs and those with a Scorpio Ascendant or prominent Planets in the sign of Scorpio are liable to be more sensitive to these powerful forces.

To participate fully, be aware of the exact moment of this Full Moon and for as long as possible, or for the entire eight minutes, remain mindful in prayer, meditation or quiet reflection. If there is any opportunity to be outdoors during this time, your mind, body and Spirit would benefit immensely, as would our Mother Earth. The ideal would be to repeat The Solar Mantram and most especially the third paragraph, which is called *The Great Invocation*. This is channeled work received by Alice A. Bailey many years ago. Read reverently and with purpose, you will feel the impact and the power of these words not only vibrating within yourself, but extending outward into your World as well. For your convenience, you will find The Solar Mantram on the next page.

May abundant Blessings, peace and inner wisdom be yours!

Continued....

THE SOLAR MANTRAM

Let the forces of Light bring illumination to mankind. Let the Spirit of Peace be abroad. May men of good will everywhere join in the spirit of co-operation. Let the Spirit of Forgiveness be invoked by men everywhere – one toward the other. Let Power attend the efforts of the great servers of humanity.

Let the Lords of Liberation issue forth. Let them bring succor to the Sons of Men. Let the Rider from the secret place come forth, and coming, save. Come forth, oh Mighty One! Let the souls of men awaken to the Light and may they stand with massed intent. Let the fiat of the Lord go forth – the end of woe has come. Come forth, oh Mighty One! The hour of service of the saving force has now arrived. Let it be spread abroad, oh Mighty Lord. Let Light and Love, and Power and Death fulfill the purpose of the Coming One. Come forth, oh Mighty One! The will to save is here. The love to carry on the work is wide abroad. The active aid of all who know the Truth is also here. Come forth, oh Mighty One, and blend these three. Construct a great defending wall; the rule of evil now must end. Come forth, oh Mighty One!

From the point of Light within the mind of God, let Light stream forth into the minds of men. Let Light descend on Earth. From the point of Light within the Heart of God, let love stream forth into the hearts of men. May Christ return to Earth. From the center where the Will of God is known, let purpose guide the little wills of men – the purpose which the Masters know and serve. From the center which we call the race of men, let the plan of Love and Light work out, and may it seal the door where evil dwells.

Let Light and Love and Power restore the plan on Earth.



**Full Moon
Wednesday,
May 14, 2014
2:16 pm CT**



Steadying the 3-Legged Stool

by Rev. Kelly Graham

In the Spring 2013 *GoodNews* we talked about spring cleaning your finances. We offered six ideas about financial planning:

- **Save:** pay yourself first
- **Protect:** check your insurance coverage
- **Retirement:** plan for retirement
- **Invest:** in your business and in your self
- **Needs:** needs versus wants is an easy way to budget
- **Give:** stuff, money, time

We've looked at several of these ideas in depth, and **this quarter, our subject is retirement.**

"Retirement" is a word that can strike fear in the heart. It also can bring great anticipation. Sometimes, it brings both at the same time!

The fear can be due to a few different things – worry about missing friends from work, about filling one's time, about having *enough* time – but often it's due to worry about having enough money.

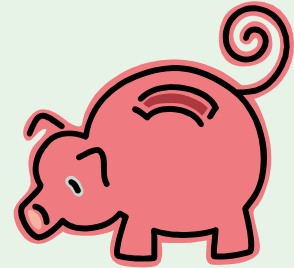
"Retirement" is the goal most often mentioned by workers today. What we actually seek, according to financial author Nick Murray, is "the endowment of a long, comfortable, and totally worry-free retirement, with no compromise in lifestyle, and no real concern about ever running out of money."

Where do funds come from to "finance" retirement? The framework for retirement security in the United States is often described as a **three-legged stool: pensions, Social Security, and personal savings.**

The first "leg" is pensions. If you have a career that provides a pension, congratulations! Most of us are not in that group. Today, about 14% of non-union workers have pensions, and that number decreases every year. In 2005, the average monthly benefit for those who do have pensions ranged from \$650 to \$1400.

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How much does **Social Security – the second leg** – provide for retirement? In February of this year the average Social Security retirement benefit was \$1,250.56 per month. **You can click [here](#) to set up an account and access your own personal benefit statement.** For most of us, the Social Security benefit is usually a relatively minimal amount, and that is by design: Social Security was intended to be only *part* of our retirement funding. Social Security originally began when workers were age 65, in a time when life expectancy was age 58 for men and 62 for women.



Our **personal savings are the third leg** in the three-legged stool. **This is the factor we can most control and influence**, but we tend to save very little. The Employee Benefit Research Institute reported this month that some 36% of workers have less than \$1,000 in savings and investments, including 401(k)s and Individual Retirement Accounts (IRAs). About 60% of workers have less than \$25,000 in savings and investments. Of workers who have no 401(k)s or IRAs, 73% have less than \$1,000 in savings and investments.

Fewer than half of us (44%) have even tried to calculate how much we might need to save for retirement. Last year workers 55 and older were surveyed and asked how much money they would need to invest in order to receive additional income of \$500 per month. Most answers were pretty far off the mark: nearly 75% said \$25,000 should do it. In fact, at the generally-accepted planning rate of 4%, \$150,000 is needed in order to draw \$500 per month. **If you want to try your hand at figuring what *you* need, calculators are available [here](#), [here](#) and [here](#).**

What's the most important thing we can do? Take control where we can: in the area of personal savings. The best (and simplest, and easiest) way to save is to automate it by putting a percentage of each paycheck into savings automatically every month. There are three general ways to do this:

- **401(k):** consider participating in your employer's plan, if one is offered. In a 401(k), for example, your savings will come out of your paycheck and go directly into an investment account, and this also lowers your taxable income. And if your employer will "match" part of your contribution, great!
- **IRA:** if there is no employer plan, authorize your employer to send a portion of each paycheck directly to your Individual Retirement Account. You can generally open an IRA at a bank, an insurance company, an investment firm, or directly with a mutual fund. Depending on several different factors, an IRA may be deduct-

Continued.....

ible from your taxes as well, and you may be eligible to contribute to an IRA even if you also participate in your employer's 401(k).

- **Savings Account:** authorize your bank to move a specific amount or percentage from your checking account each month directly into a savings account. There's no tax deduction for this, but it does help automate your savings.

And one of the newer trends in retirement planning is great news: today, instead of a three-legged stool, we now consider that retirement security is supported by "four pillars," and that fourth area may be **the most useful idea of all for those who are in or near retirement.**

The "fourth pillar of retirement" is the choices we make, both in retirement and about retirement. Prudential Financial produced a study on this concept in 2008. And one of the best parts of this fourth pillar is that we tend to have a lot of control over the choices we make. This includes choices like:

- When to start retirement
- How to convert assets to income
- Whether and how to work
- How to spend leisure time
- How to allocate assets
- Where and how to live
- When to begin drawing Social Security
- How to provide care for dependents (children and parents)
- Whether and how to access home equity

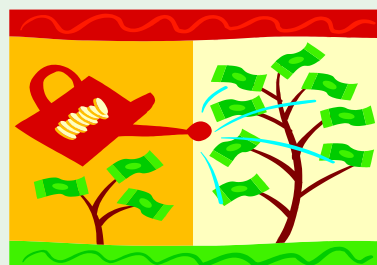
These ideas and more can give you greater control over your plan for retirement.

UB Vice President Kelly Graham has worked in the investing and financial field for more than 30 years. Currently a Corporate Vice President at one of the world's largest private banks, Kelly works with business owners, executives, individuals and families.

With her clients, Kelly emphasizes wholistic portfolio management with a focus on retirement income planning, and also helps with structures for charitable giving and estate planning.

Kelly holds College for Financial Planning designations of Accredited Wealth Management Advisor®, Chartered Retirement Planning Counselor®, and Accredited Asset Management Advisor®. She lives in Nashville, Tennessee.

Email your money and investing questions to Kelly via getcommonsense@yahoo.com



IMPORTANT REMINDERS

For All UB Ministers



Spring is wedding season!

So if someone has asked you to officiate a wedding ceremony:

- Check your ID card to make sure you are current and active
- Always 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 administration office
- If a minister's verification letter is required, contact the UB office and we will be happy to send a letter to you
- In some states you can be subject to a fine of up to \$1,000 and up to a year imprisonment for failure to follow certain regulations
- When performing wedding ceremonies, you are the one who must have the marriage certificate signed by witnesses, if required, and/or sign it yourself. This must be done on the wedding day
- You are responsible for sending the marriage certificate within the required time to the Clerk of Courts office/local licensing agency, as required by the local rules. The directions you must follow should be on the license, or call the local county before the wedding day to learn what is required of an officiant



When Sending Emails To The Office

If you would like to contact the office through email please note our two addresses:

robin@universalbrotherhood.org

or

robin.ubm@gmail.com

When sending an email, **please remember to include a subject line**. This will help us differentiate between emails that have unfortunately been hacked and emails from our ministers and friends.

Thankfully, Personal Challenges Make Us Better Ministers

by Rev. Dr. Jacqueline Zaleski Mackenzie



After 65, most of us expect to “wind down.” For some, the road to retirement, especially since the recent economic crunch, has often been a pathway (or waterway) to somewhere else. For my family, Mexico was to be our last move.

Having always wanted to “get back to the ranch,” a small ranchette in Central Mexico was the perfect place. I grew up in New Mexico. All our savings went into making the Central Mexico ranchette the best place imaginable. We brought all our worldly goods to the place, including six dogs, four horses, chickens, rabbits, a pool, hot tub, and a greenhouse. We also have countless friends in a nearby city, and 150 economically marginalized kids that my family and I volunteer teach. We have watched the children grow and glow these last six years. Our Mexican friends have become “our family.”

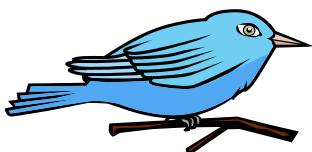
However, as we all know, **the only constant in life is change**. As ministers, we must be always ready to handle a new crisis — even our own. Spirit will often give us a personal challenge to overcome just before a series of challenges we are to help others through.

Our crisis is my adored husband’s health. Having nearly lost him in 2001 and again 2009, I deeply honor the fact that he is fighting for his life because he is a Purple Heart Vietnam Veteran who has 100% service-connected disabilities. I do understand the military, because my deceased father served in WWII and Korea, my deceased beloved uncle in Vietnam, and my son in the Army. I feel honored to make my husband’s life easier.

Unfortunately, what is best for him is not what was in my life’s plans. Our tiny ranch is at 6,700 feet in a cool, arid, high desert climate with industry not too far away. The air is dusty and smoggy. In August, seven doctors said that my husband’s heart and lung issues have caused him to need warm, moist, clean, oxygen-rich sea level air to have any quality of life. I gasped as we searched the world for the best location for him: it was not in Mexico. It was further south.

He blossomed when we visited Ecuador for five weeks at sea level. He seemed 20 years younger, and looked at least 10 years younger. So our new home is a ninth-story condo, with a view of the ocean on a narrow 10-road-wide peninsula. The air is warm and clean.

What lessons has this transition offered me? After 400 applications for a teaching position with no success — the three places I visited in Ecuador all wanted me to work for them. There also is a school for disabled children in that tiny town; my PhD is in special needs. Unlike most of South America, in Ecuador there are 28 native groups speaking; my doctoral minors are bilingual education and sociocultural studies. This new place is a gold mine of service opportunities. Clearly, it’s not just my husband who is blossoming: I also belong here.



A Gift of Warmth And the Promise of Spring

by Rev. Mary Colburn

To my utter surprise and complete amazement, a brightly colored bluebird was at the suet feeder yesterday. I have been in Connecticut for eight years now and this is the first time I have seen one. And he hung around a bit! I couldn't believe it. I went out and filled the mealworm feeder thinking if I were a bluebird a tasty mealworm might be just the ticket. What a remarkable gift to see a bluebird. He had no idea how his presence warmed my heart. I never knew how these birds that visit our backyard would become so important to me. Especially in the early spring, there is so much change. The titmice are sending out their courting calls now, even with a foot of snow around. The beauty of these creatures moves me profoundly.



WHO AM I?

by Rev. Gloria Cooper-Moran

I AM....resilient, transcendent,
and eternal.
I AM authority and dominion over all
circumstances of my life.
I AM power to transform my life.
I AM faith that knows the truth.
I AM love that blesses and heals.
I AM truth that sets me free.
I AM abundance that supplies every
desire and need.
I AM joy and happiness.
I AM peace and oneness with my
divine plan.
I AM expression...unique, individual in
the image of God.



Follow Up and Moving Forward....

Healing Without Medicine

by Rev. Albert Amao

Dear Ones,

For those who have not heard my interview *Healing Without Medicine*, the link is below (\$20 membership required).

Please hit the link, enjoy it, and leave comments if you like. Remember, be happy!

The Donna Seebo Show: Healing Without Medicine

(original USA air date March 10, 2014)

<http://bit.ly/seebo-20140310>

Rev. Albert Amao's book *Healing Without Medicine* is available at [Amazon](#). See other books by Rev. Amao [here](#).

You can find Rev. Amao's article The Dawning of the Age of Aquarius (Redefining the Concepts of God, Man and the Universe) in our *UB Good-News* [2012 Spring~Summer](#) edition.



UB Love & Inspiration



*Opening our Autumn 2013 UB GoodNews Newsletter was the inspiring article **Your Ordination**, written by our co-founder Rev. Dr. Rick Prigmore. The response from our UB ministers was heartwarming! Below we have reprinted this wonderful article, and in the following pages we share some of the inspired thoughts, journeys and especially the love from emails and notes that were sent to the office.*

Your Ordination

by Rev. Dr. Rick Prigmore

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

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

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

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

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

Responses to the original article follow....



The Honor of Being a UB Minister

by Rev. Shalandra Abbey

UB and Reiki found me in 1988 and they haven't let me go. It has been a profound love relationship opening doors to more love and joy than I ever imagined possible.

To some degree, Reiki Natural Healing and UB are similar. A person's soul needs to graduate to a level of awareness before energetically being invited to partake of their treasures. In a way, both could be considered a mystic order, as they are lovingly promoting deeper understanding for soul growth resulting in creating spiritual community.

Thank you, Rick, for your Ordination article in the Autumn GoodNews, and thank you, Rosemary, for your UB Dues article. I connected deeply with both articles and they encouraged me to send in my words.

This year I will celebrate 25 years as a UB Minister and 23 years as a Minister/Director in Hawaii. I was ordained two days after my 48th birthday and two months after receiving First Degree Reiki initiations. They both were the start of a fabulous new life. Never have I hesitated for an instant to send in my yearly contribution to UB. Like Reiki, there isn't enough money in the world to pay for what we receive. It goes so far beyond physical reality.

As a full-time Reiki Master for 20 plus years, I consider Reiki Natural Healing my ministry. It is the best and quickest way I've found to help make this a better world. UB has given me the gift of deeper connection and participation with students by performing their wedding and vow renewal ceremonies, providing

home and business blessings, baptizing children, etc., etc. Living on Maui allows me to do this year-round in nature on beaches and beautiful places in paradise. Reiki gives me the gift of distant sending to all my UB ceremonies writing the perfect, unique ceremony for individuals.

Rick and Jeni, and (of course!) beautiful Robin are an incredible inspiration for all of us. Always there to support and nurture us with loving words. And, how special is UBU? I probably wouldn't be the author of a popular Reiki book today if it weren't for the encouragement of my UBU faculty coaches. "Living a Life of Reiki, From Complete Healthcare to Ultimate Freedom in Day-to-Day Life" was my thesis submitted for the degree of Master of Divinity, and the resulting book, *Living a Life of Reiki*, can be ordered [here](#).

Rejoicing in the Oneness of Life, I am grateful and honored to be walking this UB pathway with you and dedicating my life to the Brotherhood of Mankind.



M/D Shalandra Abbey
www.ReikiHawaii.com



Journey to Ordination

by Rev. Dr. Meshrill Christallene

Your Ordination was so beautifully written and reflected much of what I felt/feel, especially the day of my ordination. I know how we all have a unique story of how we got to that place where we chose ordination, but I think my own is a fairly unusual story:

I felt like I was getting married that morning as I got dressed in preparation, and I was so emotional. It took me till the evening to finally tune in to why I'd been so emotional throughout the ordination and why it felt like a sacred marriage. I thought about what "marriage" really means — the union of two becoming One — and I realized that it was the formal union between me with the Divine. It was also my formal commitment to the Divine that I was here in service to humanity. I was born knowing I was here in service, but it felt special and sacred to make that declaration formally through ordination. I'd been brought up Catholic and I got to a place where I never wanted to have anything to do with church, priests, ministers and religion....and I used to say I wouldn't touch any of it with a 40-foot pole. And then Rev. Gregory Possman showed up when I attended the Festival of Joy in the interior of British Columbia. We connected, I did his Ascension Process workshop and then got a call from him asking if I would be interested in sponsoring him to Vancouver, BC.

Well, my business partner and I sponsored Gregory to Vancouver twice, and the second time we noticed that his outline of workshops, etc., also said he ordained anyone who was ready. Something spoke to me and I knew I had to look into what that meant and who this UB was. Next thing you know, I had filled in the application and was just waiting for the next time when Gregory would be in my area so I could be ordained.

The shift from "I wouldn't touch church, priests, ministers or anything religious in nature with a 40-foot pole" to "I know ordination is the next step in my soul's journey," came about at the Festival of Joy itself. Not only did I spend four glorious joy-filled days in utter bliss at the Festival, but Spirit challenged my "rejection" of all things ministerial in nature. The joke was on me, it seemed. Every one of the speakers was a minister, and I knew Spirit was testing me. The first speaker looked like what I always had imagined Jesus would have looked like, and when he spoke, his words echoed my own beliefs. After his talk, all I could think about was finding out what church he was a minister with. It was a spiritual organization and he'd been "made" an honorary minister in recognition of his work with them. That seemed acceptable. And then when every one of the other speakers were also ministers, but also echoed my own truth in some way, I knew Spirit was telling me to open my mind and heart to other possibilities. I knew that not every organization connected with a minister and their ministry had to be simply trying to indoctrinate others.

And here it is, 20 years this coming year since I took my **formal** vow to be in service to the brotherhood of humanity. And it seems fitting that in my 20th year as a minister I will reach my lifelong goal of become a doctor. Although I may have had a different kind of "doctor" in mind when I was 2 and told my mum I wanted to be a doctor and make people well, I know this is exactly the "doctor" my Soul had intended.

Ministry + Reiki

by Rev. Mary Ann Barry

Nine and a half years ago I was ordained through UB as an Interfaith Minister. It has been an amazing journey and I am grateful for every step along the way.

The original date of my ordination was the day my mother died. Fortunately, we got to the hospital in Delaware from Massachusetts in time to have three days with her before she passed. Her funeral was the first one that I would do. That was my first ordination. It would also be my personal touchstone for my future ministry as a hospital chaplain, funeral celebrant, and Reiki Practitioner.

After eight years in hospital pastoral care, I now am blessed to be offering Reiki and pastoral counseling to first responders. They are on a healing journey, recovering from PTSD, addiction, family trauma, etc. It is a joy to volunteer at their recovery residence, once a week. On other days I may be planning or celebrating weddings, baby blessings or funerals.

Reiki, as part of my ministry, has opened a door to God's work through me that I never anticipated. I am in awe of God's power and wisdom. Reiki seems to be a channel of intuitive information that is extraordinarily helpful to me as a practitioner. Clients cannot believe how that energy connection can tell me so much about people I have just met. I am humbled to be God's instrument and I am always clear to people that I am just God's messenger.

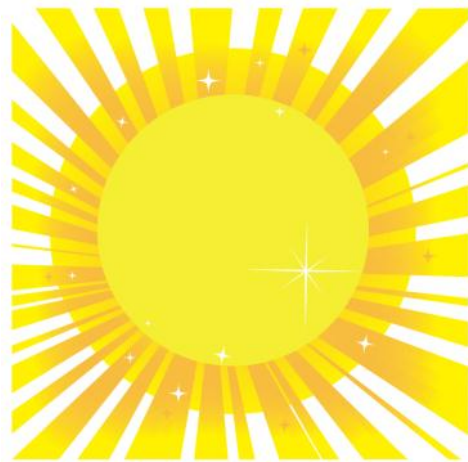
I offered Reiki to staff and patients and their families when I was a hospital chaplain. The nurses were so grateful and would always ask "for my turn" when I visited the Critical Care Unit. Hospitals are challenging environments because of the palpable stress and multiple interruptions. Now I have the luxury of time, space and quiet for the Reiki sessions.

It is such a gift to belong to the UB family of

ministers. I will never regret leaving the confines of my faith tradition in order to follow God's call to Interfaith Ministry. I always tell my patients/clients, "I am not the religion police – I do not check I.D.s. My ministry is about peace and healing."

Love & Blessings to all,
Rev. Mary Ann Barry

*Rev. Mary Ann Barry is a UB Minister
residing in Massachusetts*



Chaplaincy: Organized Religion and Service

by Rev. Lisa Shaw

"Why would you want to be around death and dying?"

This is what people asked when I shared that I was in training as a hospice chaplain through the Clinical Pastoral Education (CPE) program.

After seven months of hospice chaplaincy training, I can share many areas of growth, but the most relevant to our organization is the religious question: *Everyone wanted to know my religion.*

I began as the "eclectic" chaplain in a group consisting of a Chabad rabbi, a Baptist minister, a

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Presbyterian minister, and an Orthodox Jewish woman. The supervising chaplains represented diverse backgrounds as well: my mentor was a female Methodist pastor, and others were Unitarian, Buddhist, AME, Church of Christ.

I was the only one with the amorphous spirituality, perhaps questioned in the minds of the others. In my homework assignments I brought in readings from all traditions and indigenous communities. It was part of my stated goal as a chaplain trainee to find/define my spiritual path. Becoming a full-time chaplain requires that I have ordination from a body recognized by the Association of Professional Chaplains as well as endorsement from my affiliate religious group.

Well, what am I? I am a metaphysician, a Reiki Master, and animal communicator who is ordained by UB. I am not very mainstream and my candidacy for any such title is doubtful, given my “freewheeling” spirituality.

I have found, without variation, that every time I introduce myself to patients or families, I am asked one of three questions:

- “what denomination are you?”
- “what is your church?”
- “are you Jewish?”

The first two questions come from Christians who automatically assume when I say “chaplain” that I am a particular brand of Christian. The last one, obviously, comes from Jews who want to make sure I am not imposing an unwelcome faith on them.

I answer them all one of three ways:

- “I am an interfaith minister”
- “I don’t have a particular church. I’m comfortable everywhere”
- “I am Jewish but work as an interfaith minister”

Not one of those answers ever stopped me from engaging patients in conversation.

The few times I was not invited in to chat further happened with Catholic families who had already called in a priest, or with Jewish families who

had their own rabbi; and even in those cases of people with very specific religious preferences, I would make an offer to call a priest or a rabbi if needed.

Most of the time my own practice never interfered with my work, and a couple of times, my metaphysical practice actually enhanced it. One dying patient told me how she loved Unity, which started a discussion that was right up my alley; and another one said something about Reiki, which led to the two of us doing Reiki together on her mother just before she died.

The woman was so excited about Reiki that she told our team manager, the head nurse, who came looking for me shortly after. It actually worried me, because I thought that I had perhaps done something taboo. Instead, she said, “I didn’t know you did Reiki! I wrote my thesis on the use of Reiki in nursing!”

At that moment, I knew that I didn’t have to seek a more “mainstream” religious affiliation because I am fine with my beliefs. My beliefs are fully congruent with all the principles of the Metaphysical Churches and Buddhist philosophy and anyone who believes in a higher consciousness anywhere.

If we as chaplains must serve patients where they are spiritually, then the Association of Professional Chaplains should also be able to meet me where I am. I have found that my path is *not* amorphous. I don’t need an institutional name and address to be valid.

So in the end, I remain who I am, still exploring for myself, not for any “governing” body, and I’m comfortable with that.

Rev. Lisa Shaw resides in Florida.



Gratitude, Its Magical Energy of Change

by Rev. Marcella Zinner, MMA, ChT.ThM.

Gratitude is a magical method of achieving a complete transformation in one's life and circumstances. The very act and thought of giving thanks in gratitude changes us and all that is around us.

Gratitude is an energy thought process within us that is creative and activates change. This gratitude energy generates an astonishing power of feelings within us. These feelings facilitate change because they are able to shift ones' thoughts into a motivating force.

It is by thoughts and feelings that we live our lives. Our thoughts are empowered, influenced and magnified by the positive emotions we attach to those thoughts. Emotions are like a "supercharger" to our thoughts, because from emotion we invoke our passion. Our passion enables us to accomplish our desires and live the lives we wish because passion will attract the same type of energy.

Emotions move us to activity, and positive emotions lead us to positive activity and to results that we deeply desire and work to achieve.

When we live in joy, happiness and love as evoked by our passionate emotion of gratitude, we can move into a universal feeling that emanates outward from ourselves. This attracts like-minded people into our lives, thus enhancing our quality of life.

The saying about "like attracting like" is so true; the old adage of "birds of a feather flock together" is truth and can be readily seen if one observes one's own life. Take a look at how people congregate and move together. E-harmony and other online dating services use the same approach, which is that like attracts like. We can see in the animal kingdom that species congregate – such as flocks of birds, schools of fish and herds of herbivores such as deer, elk, etc.

Gratitude, in the very instant of its realization, can simply transform one's life. The happiest people we have known are those that have given simple gratitude for their life's circumstances! It is a positive way of approaching life and spirituality and combining the two.

Gratitude enhances our lives because it is a spiritual way of living and growing in the realization that positive energy manifested through thought and emotion is the Universe's way of teaching us the magical secret of life: being happy!



Let's Stay In Touch!

Staying in touch with our worldwide membership means we work every day at updating the contact information for all UB ministers.

It's important that we have your current contact information, **especially your email address**. All but one of our UB GoodNews newsletters are sent via email, so a current email address ensures you can receive our newsletter and stay better informed.

Please print this page, complete it, and mail to:



UB Administrator Robin Morini
Universal Brotherhood Movement, Inc.
PO Box 670278
Coral Springs, FL 33067



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Anything else you would like to share? _____