



*Happy 39th
Birthday UB!*

UB Good News

Universal Brotherhood Movement, Inc.

Newsletter ~ Summer Edition 2015

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Re-Awakening

Rev. Dr. Jeni Prigmore

The new day is calling
My heart hears its voice...
It fills me up right from the core.

How could I possibly
Pass this one by?
It's offering me so much more.

Beauty to see,
People to touch,
A palette of infinite colors
awaits...

Ah yes-the beauty is me:
I'll just love ME so much
And see what that loving creates.

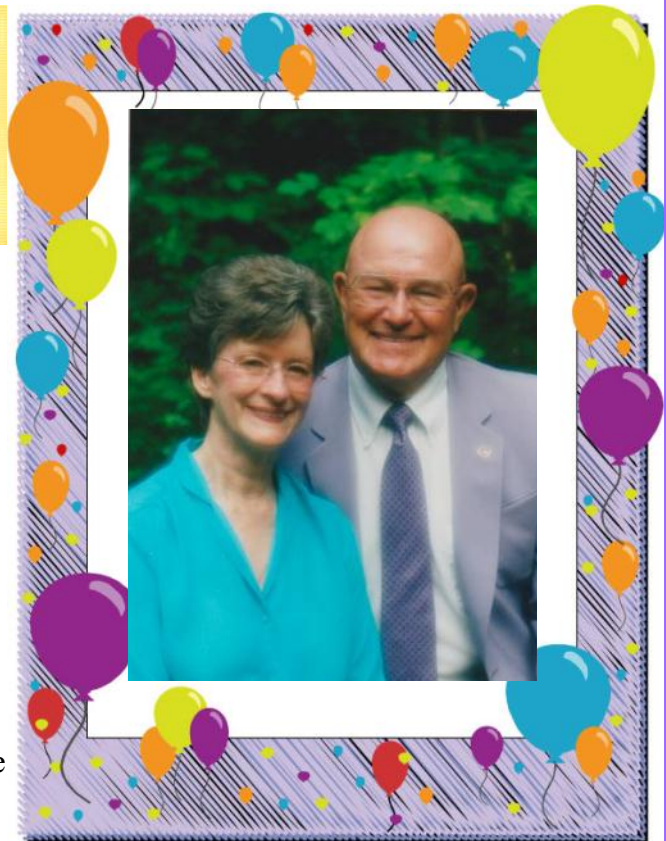


Leadership

by Rev. Dr. Rick Prigmore

We who are on the exposed point of action with our activities as Universal Brotherhood ministers are often criticized, judged to be wrong, sometimes laughed at and frequently ostracized. We have recognized our commitment as ministers to the brotherhood of mankind and we proceed courageously along our path. That takes a great deal of fortitude and leadership.

Andrew Cohen had this to say about leadership: "The thought of being a leader may seem like an appealing idea to the ego, but the reality of what being an authentic leader implies scares the ego to death. It means ego death. Why? Because it means that we actually care so much about a higher purpose, a higher principle, a higher goal, that we're willing to make the most important sacrifices for the sake of what we are aspiring to accomplish. It means we care so passionately about others also reaching that goal that we unhesitatingly sacrifice our own peace of mind, comfort, and security in order for them to succeed. It really means that we have no choice left anymore because we have realized without any doubt that from now on, it is up to us. We have realized that One Without a Second. We have realized that there is no other and there never could have been. What is so interesting about authentic leadership is this very insight: that once we have arrived, there is no longer any point of return. We have become one with destiny itself."



*Rev. Drs. Jeni and Rick Prigmore, Founders
Universal Brotherhood Movement, Inc.
Movement, Inc.*

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

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

Reprinted from the Summer 2005 UB GoodNews





It's Not Your Granddaddy's Rodeo Anymore!

by Rev. Rosemary Cathcart

And it never will be ever again in our lifetime. Anyone's lifetime, actually.

I found myself wandering around Whole Foods Market earlier today marveling at all of the strange folks I was sharing space with. Then just as suddenly, it occurred to me that those folks aren't weird, they are the new normal. Tattooed, pierced, pink-haired and feisty in all of their disconcerting glory; and they are all a part of "us" now. They are a part of our present and more importantly, they are the future.

I laughed out loud as I imagined my parents' reaction to these folks with their ever-present ear buds and headphones seemingly talking into thin air. Then I really started chuckling at the thought of my grandparents' reaction! "*Oh my — creatures from another land!*" would have been my grandfather's reaction. And then he would have run in the opposite direction, very quickly and without a second glance. My old-fashioned forebears were really fond of normal; *their* version of normal, that is.

After a brief but appropriate amount of time wandering backward in my brain to a quieter, more "reasonable" time of life, I was suddenly jostled back into the now by a lovely tattooed and pierced young blonde woman handing me raspberries. A special Whole Foods treat from a rather brilliant friend of mine who belongs to this new generation. She's kind and generous and a Dean's List second-year law student who has already offered her legal services to me upon graduation. I appreciate her friendship and admire how she handles her life. I would not have had that much courage at her young age. I have accepted her offer and look forward to watching her prosper.

This "new crop" of people, born during the era of the Planet Uranus in Sagittarius/Capricorn and the Planet Pluto in Scorpio/Sagittarius present us – the older generation – with a brand-new definition of normal. They're not hesitant to voice their opinions and then take a stand for whatever they believe in. And they believe staunchly in things my grandfather's generation didn't even have a vocabulary for. For instance: TV remotes,

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answer phones, cell phones, computers, iPads, Instagram, Google, email, Twitter, Tumblr and best of all – Facebook.

Upon closer examination, these folks are also the budding new artists and creative techno-brains who see far into the future and have no qualms about moving toward their visions. They are a hearty and fearless bunch, if not always the most cautious.

I'm finding that my role now, as an "elder," is to encourage and to nurture this new crop of talent without cynicism or judgment. Whew, what a tall order that is and it requires a level of mental discipline I'd not expected. It also allows me to witness everything I know and love about astrology actually taking form and shape in the physical realm.

Remember the "be seen and not heard" generation? Yep, that's what I came from and now these new young people can't even fathom such a notion. They were raised by parents who encouraged dialogue, banter and rebuttal between adults and children. And these children listened and took those lessons to heart.

As someone who holds a position of authority in a ministerial organization representing some 4,000 + ministers world wide, I have to keep in mind the changing tides of our time. Universal Brotherhood Movement, Inc. celebrated its 39th anniversary on August 16, 2015. When our Founders Rick and Jeni Prigmore started out, none of these new citizens were even born yet, and their parents were most likely toddlers. I found UB in 1981 and finally "took the plunge" to become a minister in December 1983, allowing me to be a part of many years of growth and development with this organization I so dearly love.

Everything changes in nature, it's all a part of the continuum of life and the wise do more than accommodate, they invite and encourage. My fondest hope and goal as the President of UB is to continue to issue the invitation to all sincere seekers who are ready to choose ordination. Most especially now, I'd like to issue that invitation to this new crop of younger people who represent our future. I want UB to be invigorated by their fresh ideas and new approaches.

UB's dedicated Board of Directors is actively engaged in creating the new programs and activities required to attract this new generation, while at the same time considering and honoring all of our many ministers of every age. Universal Brotherhood is our ministerial community, after all,

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and everyone should have the opportunity to be warmly included and treasured in their role as a minister of God and a minister to mankind. A recent issue of *USA Today* had an article devoted to helping the Oxford Dictionary discover the first use of the word “email.” Just take a breath and recall all the new words and terminology we’ve had come into common usage in these last 10 years, let alone the 39 years of UB’s existence. It’s truly mind-boggling. We can only imagine what lies just beyond the horizon in the next 39 years.

As I was researching this article, I came across a quote from one of the Athenian Philosophers, the eldest, Socrates (470-399 BC). This is what he said then about the new generation:

“The children now love luxury. They have bad manners, contempt for authority; they show disrespect for elders and love chatter in place of exercise.”

That quote made me laugh and gave me a sense of peace that this next generation will, of course, not only make it, but thrive. As we embrace their presence and share our wisdom and our skills with them in a loving and non-judgmental manner, we will allow them to blossom. You cannot extend a hand with a clenched fist, and our hand is open to offer all sincere seekers an opportunity. I have enormous faith in Universal Brotherhood as a living, breathing entity which has been an instrument of wisdom and blessings to countless people in all corners of the world. As we prepare to usher in the next 39 years, we will do so with a freshness of spirit and an eagerness to grow and change in an appropriate and timely fashion.

As it says in the opening affirmation and meditation of our ordination ceremony, *“And so, in the awareness that we are both the rim and the hub of the wheel of the Divine Plan as we know it, let us embrace life with joy, with enthusiasm, and in perfect peace.”* And so it is!

Your input is important and valued, so please do not hesitate to offer it! This is your newsletter and your organization, so please let me or any Corporate Board member know your thoughts, suggestions, concerns and your compliments. You can reach me at UBPresidentRMC@yahoo.com or UBPresidentRMC@gmail.com.

Blessings to you and to all those you hold dear.

UB President Rev. Rosemary Cathcart was ordained by UB Founders Rick & Jeni Prigmore nearly 32 years ago. She lives in Nashville, Tennessee. Learn more at www.rosemarycathcart.com.



Put Your Oxygen Mask on First: Taking / Receiving / Accepting

by Rev. Kelly Graham

I love to give gifts. Do you know what I mean?
It just feels so good: the look on someone's face when you've found just the right thing. The gift the recipient never imagined anyone would think of. The little twinge of pride you feel when you know you've brightened someone else's day.

Yup. It's good.

Giving is good. I enjoy it, and I'll bet you do too. But what about the other side of the equation: receiving?

Not so easy. For me, at least, and I suspect for you as well.

People in a "helping" profession like ministry often have a problem accepting for ourselves. But the truth is, the universe is give-**and-take**. *Everything* is give-and-take. Breathing, for example. You cannot give (breathe out) until you take (breathe in).

When our work involves helping others, much of the time we are loathe to ask for help. Heck, we don't even admit we NEED help. It can take lots of work to realize it's okay to ask! On the other hand, we find it quite easy to give to others: sure I'll help you move to the new apartment / watch the kids / shop for a new laptop / set up the meeting. Sure I'll keep putting up with the wrong relationship. Sure I'll put my hopes and dreams and aspirations on hold for what *you* want.

If we accept anything for ourselves, it can feel like "taking away" from someone else. The fact is the universe has more than enough for all of us. "Take" (accept) happiness for yourself; it doesn't mean someone else must be unhappy, just because you are happy. The universe does not work that way. It is not a zero-sum entity, in that an addition to one side of the ledger necessitates a subtraction from the other side. Be open and willing to accept for your **self**.

Occasionally we can accept in work situations ("Great, thanks, I'm happy to take that new office!"), but we have extreme difficulty accepting in life situations.

At one level or another, all work – *your* work – is about helping others. The reason we get up in the morning and do what we do is because we believe we're helping people and changing lives for the better. You do good for others; accept good for yourself when it is offered. Unless you take care of your **self**, you cannot have the strength, stability, and centeredness to care for others.

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There's a reason the flight attendant tells us to put on our own masks first, then help children or others near us with their masks: if you have not ensured your own ability to breathe – if you're blue-faced and gasping for air – you won't be much help to anyone else.

Many of us who have chosen a profession helping others get what they want stay “on the job” in our personal lives. We are so busy-busy-busy helping other people get what they need that we don't accept what we want or need or deserve for ourselves. When anyone offers us help, whether it's help with the housework or help to pay the bills, we say, “I don't need any help, thanks!” I have some friends (and so do you) who can never say what they want for themselves, but can detail what they want for their children, spouse, parents, brothers and sisters, co-workers, church, club, and on and on.

When you always give, you teach others to always take. A parent who lives for his or her children is raising takers. There's an old joke that goes something like “We're here to help others. I don't know what the others are here for!” The truth is we are all here to help ourselves. Do you know an employee who was loyal to a company for 29 years, then was unexpectedly laid off? Or a wife who lived for her husband, and was taken by surprise when he filed for divorce? What about the single father who cared only for the needs of his children, then wondered why his life was so lonely when they moved away as adults? You are here to live *your* life. Take / receive / accept for your self.

What does “not accepting” look like? Not accepting means that you decide what you want, you take action toward it, you say your prayers / affirmations / meditations, and still, when what you've dreamed of is offered, you don't take it. Sometimes you don't accept because you don't feel worthy, and sometimes because you don't recognize that what is offered is your answer. I've seen people in desperate straits pray for money, for some kind of financial help. Then when someone says “Let me take you to lunch” they say, “Oh no, I couldn't accept.” Good grief, why not?

Sometimes we don't accept our good because it comes in a wrapper we don't recognize. We might not always receive the material expression of our desire – a car, an account, a date – exactly as we envisioned it. We might instead feel, for no apparent reason, that we should look in the business section of the Sunday paper, and there see an old friend who is in a great position to do business. Our role is to be open to possibilities and accept our good.

I once heard a minister say that what is good for you is good for the world. We all are made in the image of God, and if we deny our own good, we are denying God's good. Whether or not you agree with that statement, you must recognize that you are a deliberate creation of the Universe (whatever name you choose to call it), and therefore what is good for you is good. Why not accept it?



Photographed by Rev. Susan Stein

From UB Administrator Robin Morini:

This beautiful photograph was taken by Rev. Susan Stein. From the moment I saw it I felt my heart fill with wonder, compassion, beauty and excitement, and my imagination danced! Below I've shared a few of my thoughts. If you like, email the ideas this photograph inspires in you: robin.ubm@gmail.com

At first glance the beauty of the roses caught my eyes and the boots seemed to be a contrast; yet as I felt further, I saw the beauty of the boots, the brown-toned warmth of the boots reflecting the rich soil of Earth Mother, reflecting to me a feeling of being grounded and balanced. I felt strength: the strength of Earth Mother, and the strength of roses, beautiful soft-petaled roses with protective thorns and rich green stems. And the strength of the boots, molding themselves to the feet and the life of the person who wore them. Protecting those feet in the many miles that must have been walked in these boots. How many long, hard days and nights of work had these boots seen?

As I enjoyed the drifting of my imagination, I noticed the sweet tiny foot in the upper left corner....the foot of a child, fresh, new, not yet accustomed to the long hard work that would wear a boot down. The sweet small foot of a child, another seeming contrast; yet feeling deeper the possibilities of tiny feet growing into adult boots, working in gardens, learning the well-worn paths, and choosing to creating new paths and choices in life.

Again I sat with this beautiful photograph, and I saw faeries: the energy of faeries dancing in gardens. The old boots were familiar and welcomed in this garden. The person wearing the boots smiled and laughed, then joined the faeries with their bright garden song and dance. The small barefoot child heard the tinkling faerie songs and ran from the porch to join in joyful celebration.

These old boots have been around.

The Gift of the Three Blessings

Rev. Lisa Giroux

What a blessing it is to live in the mountains of Colorado! Our summer season is short and stunningly beautiful, with bright blue skies and green mountain meadows. The days are warm and the nights chilly. Every summer solstice, I have mixed emotions as I enjoy the frequency of dynamic sunlight. I dance with delight in the dandelions, and silently mourn as they turn their puffy white, knowing the light is fading.



This solstice I chose to do a meditation and labyrinth walk with another spiritual teacher. It was a beautiful bright sunny morning as we meditated on our own compassion and mindfully walked the labyrinth. Afterward I stopped for a mint chocolate chip ice cream cone that I thoroughly enjoyed while sitting under the beauty of a lilac bush that was in full purple display. I appreciated all the sights, scents and sounds of summer, feeling fully connected and very blessed.

Summer is a great time to reconnect to the earth and prepare for the coming harvest. In spring we plant our seeds of intention and watch with wonder as they come to fruition, as “trees bend with ripening fruit.” When we are connected to all the frequencies and vibrations of the Divine, we are that ripening fruit. Just perceiving this connection is a blessing.

Without connection we are flaky, flighty, fearful and unable to reach toward our potential. We move without confidence or purpose. Across the globe we are sorely lacking this



In early summer, the mountains are ever constant, yet ever shifting

connection, and this lack is seen in the “pockets” of chaos that are now exploding and expanding in all directions as the reset continues.

One way we can move toward connection and regain our confidence and balance is to perform ritual, or righting of the energy. One of my regular rituals is to use “The Ancient Gift of the Blessings.” It is a teaching that originated from the wisdom of the Dead Sea Scrolls.

The Gift of the Blessings is a way to clear our frequency of the negative energies that have become trapped within each of us and cause chaos in our mind and body. Learning to use it regularly will melt away these negative frequencies and restore our balance and our connection to all that IS.

It can be used any time. The more we use it the clearer we become. It is simple, powerful and effective.

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The first blessing is for all who suffer. Those who have been devastated by earthly disasters, man-made horror, political confusion, or their own warped minds. We bless them for their suffering.

The second blessing is for those energies and entities that cause the suffering. They are the perpetrators. They are those who have not come to this planet to weave light or have been damaged by others. They continue to vibrate in dark places and spaces. They have chosen pain and suffering for themselves and inflict it upon others. They are corrupt, and we bless them. Maybe we bless them most for their suffering and the suffering they cause. We are not excusing bad behavior; we are transmuting it for the benefit of all.

The third blessing is for our self. It is for those of us who are sensitive in nature and need to unload the frequency of the horror we witness — whether it is on the news, in our home, in our schools, or in our own minds. We bless our self profoundly and repeatedly for what we have witnessed and let it go. We will know we have released this suffering when we feel the shift in our own vibration.

Without peace of mind we cannot witness peace on earth. Please try this powerful tool to help you rebalance your sensitivities toward the love and light and minimize the damage caused by the images and experiences we are exposed to every day.



Life is a beautiful walk!

With this practice we become strengthened because of our empathy for all beings. Our compassion expands for others AND our self. As the Buddha said: “If our compassion does not include our self, it is incomplete.”

Part of our journey is to be complete and connect each day. Not a fractured frequency contaminating the collective with our own dysfunction. We are here to heal and be healed and thru our daily Simple Practice we do.

Thank you so much for your time. I am wishing you love and light throughout your journey. Continue to be Divinely guided, directed, protected and effective in all you choose to do as we continue to bring about the shift toward the Light.

Namaste, Lisa

Rev. Lisa Giroux resides in Colorado.
Pathways to Peace, Purpose and Prosperity

www.lisagiroux.com

www.facebook.com/reikiwithlisa



We Are Love

by Rev. Anthousa Helena



My dissertation for my doctorate degree was written on comparative religions. At that time I had already spent 55 years of my life actually living and experiencing religious sects, beginning at age 5 when I went to a Catholic boarding school. At some point, I began to study and explore the metaphysical aspects of these organized religions, which was my dissertation's actual focus.

One relatively misunderstood spiritual path today is the way of the Sufi. As a longtime journeyer on the path of Sufism, the principles and practices I received in my Sufi context were those of Unity, the loving nature of the Creator, the importance of living a balanced life, the practices of prayer, meditation, and of being in service.

Sufism acknowledges and honors the truth and wisdom to be found in all the world's major religions and spiritual paths. There are Sufis who are also Buddhists, and Jews, and Christians, and Muslims, and devotees of the Great Mother, and followers of the Red Road (Native American spirituality). Sufis meditate and chant and sing and dance and pray.

The term Sufism has different meanings. According to some, the word is derived from *safa*, which means purity. The focus of this path is the purification of the heart. This path helps people get in touch with the deeper teachings of the religion or spiritual path they are following. It gives the follower tools to wash away the feelings of fear, loneliness and separation.

Most of us are experiencing life from the ego/self layer, which means that we see ourselves as individuals separated from God; lonely, incapable, and fearful. The goal in the Sufi way is to liberate one from this illusion and let all people live in peace, love, freedom and harmony.

We all have experienced pain and suffering in our lives. We all have blemishes in our self-image, such as "I'm not good enough" or "if I only had more money I would (fill in the blank)". The reason for this suffering is that the inner landscape of our heart has not changed. In order for us to experience freedom, we need to have freedom in our heart; and if we want to have peace with our neighbor, we first need to have peace within ourselves.

There are different tools and processes that are used in Sufism to help in washing the heart so that we may manifest and experience our true Divinity which reflects mercy, compassion, truth, peace, love and beauty. The main tool is the practice of *remembrance*. Remembrance of what? Remembrance of the truth that we and everything are all part of One and the same. Referring to an Arabic phrase *la ilaha illa'llah*, which is translated as "there is nothing but the one Reality."

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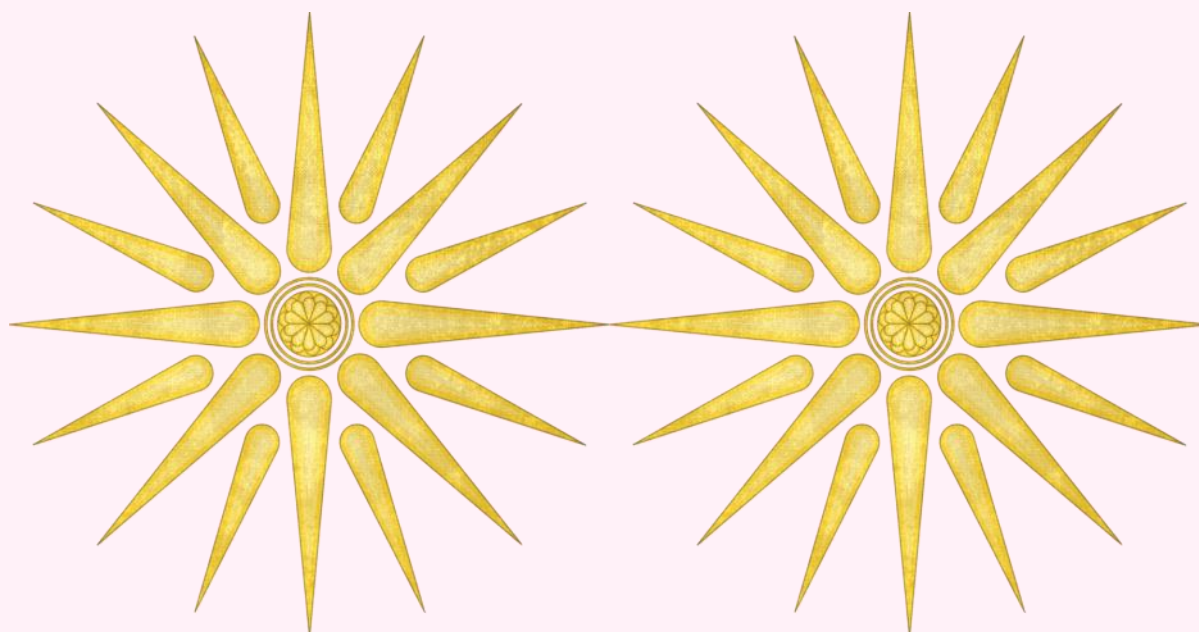
The practice of remembrance is done in a quiet place with your eyes closed while focusing your attention on your heart. You can also place your hand over your heart to assist you in connecting more deeply within. Then simply begin repeating and remembering the name of God; the name you use most often that is your own understanding of God and has meaning for you, as it is your personal relationship with your Divine Creator that is most important.

This repetition process will bring in a white light that penetrates the heart and begins to wash the darkness and pain away energetically and then transforms it to Divine light. As you continue the remembrance, you move from the outer layer of self to a deeper layer in the heart, and then deeper to the layer of your soul. The layer of the soul is the place in our being that carries the true essence of who we really are.

The soul is the part that was created by the Divine, the part in us that has a purpose in this world, that makes us aware of our talents and gifts, what our unique purpose is, and how to manifest it.

When we live our life from the place of our soul we experience a flow; a oneness with everything; a deep sense of satisfaction, beauty, peace and happiness. We are Love.

Rev. Dr. Anthousa Helena is a spiritual consultant specializing in energy psychology. She is the founder and developer of SOLLITE, which utilizes the light of the soul for healing and conscious awakening. She is both national board certified and state licensed in her profession of 40 years. For more information go to www.sollite.com.



Never Give Up

Rev. Bill Wishart



Dear Friends,

Life flows out from you, not at you.

For years and years I looked outside of myself for fulfillment and satisfaction.

Believe me, I looked everywhere — to people, places and things — always coming up empty. Nothing seemed to fill me up, no matter what I took on and succeeded at. I looked everywhere but within. I had read and heard it was inside; however, everyone I knew was in the race to get, not to give. Yes, you can give until you feel “gived out” and that does not work — until you fill your self first.

Fill your self with the Spirit. The Spirit that was and is always there within, just waiting for you to discover. We truly are spiritual beings having a human experience; not the other way around, humans trying to get spiritual.

***Be still* is the answer. We were not created to suffer and struggle trying to be what we call “successful.” Living, in and of itself, is success. All the issues of life have to be settled within your Consciousness. All the answers were implanted there in the beginning by the Architect and Author of all Life. There is One Intelligence. No one has your answers, “Just You” is the whole deal and all that goes on “Just Is.”**

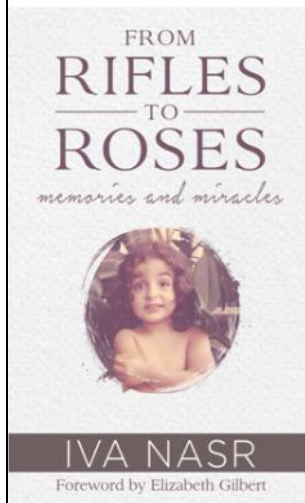
In my eighty years here, I tried everything you can think of and plenty of it. All the searching outside of my self was in vain. Money, power, prestige and all the trimmings will not bring what you seek. Comparing your self to others and imitating them is empty as well; we only need one of each and “Just You” are valuable to the Whole and unique just as you are.

If you are not happy, the answer is not outside. The answer is “Just You,” not your past, not your human parents, not your human children, not anyone else. Not any condition out there.

Stop looking out there. Be still, trust, wait and listen. Be patient. Never give up. Never.

Rev. Bill Wishart resides in South Florida.

Book Nook...



Join Rev. Iva Nasr on her journey of recovery from the spoils of war to restoration and allegiance to earth and mankind. From being a child dancing with a candle flame in a Beirut bomb shelter to adopting an ambassadorship of hope, Iva's purity, imagination, strong heritage, and a series of miracles led her to the light on the other side of life. You'll meet Mowgli, the dolphins, The Candy Maker, and others along the way. Soar on the magic carpet as Iva goes from war to wizardry, reforming healthcare, healing cancer, unifying faiths, and more.

Through her personal stories and with enough light-heartedness she suggests how to:

- Exemplify ideals and recall the best of ourselves
- Ignite a mind-set of unforeseen, remarkable realities
- Listen to inner wisdom and voices from beyond
- Divorce contradictions and distractions
- Forge cutting-edge reform and generate new traditions

Iva invites a dialogue of a progressive mind which, for example, is either discounted, because it is unfamiliar or scary, or is deemed miraculous or surreal and kept at bay. Her mind-bending experiences, that have opened her up to what is possible, fire her to share this conversation with the world, with anyone gracefully willing to explore and to forge forth, united beyond diversity!

"I love this book. Iva has what I call The Bat Phone to the Universe. She has been a guide to me for years. I have admired her, written about her, consulted her during times of trauma, imitated her, aspired to see the world as she sees it — as an ever-unfolding tale of miracles and possibility. Her life story (brave, exotic, stubborn, amazing) is deeply moving and of great use to many seekers." -Elizabeth Gilbert, author of Eat Pray Love

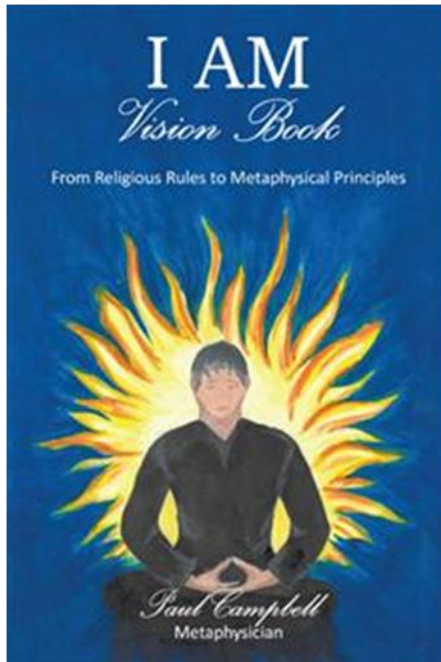
From Rifles to Roses is available at [Amazon](https://www.amazon.com/dp/B07K111111).



Rev. Iva Nasr celebrates the publication of her first book ***From Rifles To Roses ~ Memories and Miracles***. She says, "I was often asked to write a book and shied away from telling *my* story, until I recognized the thirst we have to understand our lives through each other, reaching for freedom. My life has been far more privileged than the lives of many who have endured much more than me. Thank you to everyone who has been a part of this quest. We are not alone, though we each have to make the choice to grow." She also feels the time to propel more global change is imminent.

Rev. Iva Nasr [NUHsir] is teacher, seer, mentor, and writer, working globally. In her anecdotal and light-hearted way, she guides a modern mind paradigm. Her private Intuitive W-Readings©, classes, ongoing dialogues, and life testimonials give hope and inspire mind expansion and action.

Book Nook...



Rev. Paul Campbell, Metaphysician

Many ask, “Why do you call yourself a Metaphysician?” My life’s work is for the God in me to connect to the God outside of me to create what I see in my mind/heart. Then watch how God/Universe makes the path straight for my creating.

In life I’m a Pianist / Organist / Speaker / Teacher. So you say, “Why Metaphysician?” Because nothing conveys energy more than energy that flows from the heart into MUSIC.

I can tell you about me, but an easier way to hear my story would be to read my new book: *I AM Vision Book —from Religious Rules to Metaphysical Principles*, published by Balboa Press.

I was born in Latrobe, PA, raised in a Pentecostal church, The Church of God at Jerusalem Acres, headquartered in Cleveland, Tennessee. From an early age all I wanted to

do was play the piano and at age 5 I got my first piano. With the snow blowing, I saw my Dad’s pickup truck coming up the road with my piano, and I jumped for joy.

We lived at the church. I soon found there was much I couldn’t understand about this thing called church; the rules were always changing and I was a different kind of child, always dreaming. Often I was called “Joseph the Dreamer” and I couldn’t quite fit in. My dream was to play in church, and after hearing a pipe organ on TV one day, I started visiting other churches that had pipe organs and soon started lessons. My vision of what I wanted didn’t fit my parents’, the preacher’s, or anyone else’s picture of what I “should” be doing.

Against the wishes of everybody, I went to college. One bachelor’s degree and two different graduate degrees later, I finished with honors. I continued working in the church, still not fitting in even though I had great positions. In the 1990’s things started to unravel for me: I had a great education, I played well, but I still didn’t seem to fit. I was always trying to do it like someone else would do it.

In 1999 I stopped working in the church, ran away to Atlanta, and promptly became a male stripper. That didn’t last long. Then I opened a piano teaching school with other teachers working for me and resigned myself that I would never play/perform again, denying the gifts/talents God/Universe had placed in me.

Later there was a turning point where I was introduced to Science of Mind, the Rev. Dr. Joyce Rennolds and Munish Warji. I started to change and grow. I learned that I was always looking outside of myself in how others did their art and developed their gifts, nev-

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er thinking that mine were as valuable. I started practicing again, but I changed how I practiced, checking in with myself with various questions like “what was I thinking?” “Was I relaxed?” “What did I say about my work for the day at the end of my practicing?” I started playing better than ever.

Eventually I started playing in really large churches again around Atlanta, interim positions of six to eight months and then I could move on and acknowledge what I had learned and let go of what “I” needed to let go of.

Today, I have expanded my music making into many churches and even Temple worship.

And now I’ve published two books: a children’s book published by Xlibris Press, [Farmer Clark](#), and the book featured here, the [I AM Vision Book](#), Balboa Press.

I also have three CD’s:

Tickling the Keys 2005

God Whispers 2011

Baroque Twisted 2015 (just finished!)

I have much to say and share with others who may be struggling as I did. I’m available to play, speak, or do workshops for you or your congregation.

The most important thing I learned is that when I was looking outside of myself and comparing my gifts to others, I was COVET-ING and not CREATING. When I recognize the “I AM” in me as valuable, Manifestation happens every day.

I look forward to meeting many of my fellow energy workers.

Please contact me if you are interested in my gifts and services:

p.campbell19555@gmail.com

[LinkedIn](#)

[Facebook](#)



UB Minister Directory

Universal Brotherhood Movement, Inc, has a wonderful “tool” for all UB ministers located right on our website, www.universalbrotherhood.org.

In this Minister Directory you will find ministers who have requested a listing in this public directory, and you can request inclusion on this list too.

If you would like to be added, please know:

- You must be an active member
- You must include a link to your website
- You must have a privacy form on file with UB
- We will not list phone numbers or email addresses in the directory

If you are interested, please complete our contact form with a request to be included in the directory, and include your website address.

Send requests to: robin.ubm@gmail.com

Universal Brotherhood Movement, Inc.

Contact Information:

**P.O. Box 670278
Coral Springs, FL 33067**

954-574-9904

www.universalbrotherhood.org



Spiritual Stirrings © by Rev. David Hamilton David's Summer Sangria



Hello and welcome to *Spiritual Stirrings*. These articles will include some of my favorite recipes I've collected along the way on the path of life. Some are original and some are from other sources such as cookbooks, magazines, friends and family hand-me-downs. Thank goodness for the saying "Man shall not live by bread alone." Life is all about the variety, the spice, the sweetness, and yes, even the sour sometimes. It's how **we** take it, blend it and what **we** add to the mix that makes it wonderful, in our cooking as well in our personal lives.

Remember this...Life **is** a banquet — **LIVE!**

Here in Atlanta, we have been blessed to live in a city that has an abundance of restaurants — truly! My partner and I have had something similar at other restaurants, but this was inspired by one of our favorites. This seafood restaurant (ask me the name and I will tell you) has some of the very best seafood and atmosphere in Atlanta. Always fresh, always fun, everyone will have a great time — no time for snooty attitudes for sure — so leave those at home.

One night a few years back we noticed a couple at the next table totally enjoying this refreshing adult beverage, so we ordered one each. **WOW**, a sudden love affair! Oh, let me interject: I DON'T LIKE SANGRIA (red that is). Those of you who know me, know how bold I am.....Uh, Mr. Manager? How do I make this at home???" And, with my charming and magnetically hypnotic smile, he brings back the recipe. Now I have added a couple of things (only to make it perfect of course). So here we go...*David's Summer Sangria!* We have made this for years now. Many friends invite us over for BBQ, as long as we bring this! (LOL)

**"Sangria" - Just the sound of it conjures images of a Latin paradise!
This is truly a refreshing adult beverage!**

You will need:

- | | |
|---|--|
| <ul style="list-style-type: none">2 Empty 101.4 fl oz (3 liter) bottles of Deer Park 100% Natural Spring Water. Reserve 1 cup of the water for the simple syrup. Drink the water, transfer it to another container, or use it for plants!1 Cup simple syrup (1 cup water and 1 cup sugar, boiled until clear)1 3 Liter box + 2 small bottles of white wine, preferably Chardonnay. Hint: use cheap wine! Once fruit is added it won't matter. | <ul style="list-style-type: none">1 Granny Smith apple, peeled and sliced into 8 wedges1 Peach - ripe-n-ready to use, peeled and sliced into 8 wedges1 Anjou or Bartlett Pear (or 2; I like 2 in mine), peeled and sliced2 Kiwi - peeled and sliced into rounds1 Pineapple - a whole fresh pineapple if possible, or pre-cut from the store, peeled and wedged (do not use canned!)1 Lemon, sliced into "wheels"1 Lime, sliced into "wheels"1 Asian Pear - optional, but I like it in there, so try it, peeled and sliced |
|---|--|

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Spiritual Stirrings ©
by Rev. David Hamilton

Special Equipment:

Cutting Board

Vegetable Peeler

Large Sharp knife - Chef's knife is great

Small Sharp knife - paring knife or similar

DIRECTIONS

1. Empty water bottles RESERVE 1 cup of the water to make simple syrup
2. Make simple syrup by combining 1 cup water and 1 cup sugar. Bring to a boil and stir until clear. Remove from heat and let cool
3. Meantime, slice lemons and limes into "wheels", set aside
4. Peel pineapple with large knife, and cut into wedges or spears (be careful! it gets slippery)
5. Cut ends off kiwi, peel and then slice into "wheels," set aside
6. Take all remaining fruit and peel, then slice into wedges
1. Pour ½ of the simple syrup into each plastic water container
2. Divide the sliced fruit equally, half into each container, and fill the bottles with the wine
3. Chill overnight and enjoy!

NOTE THAT IF you use a 5 liter box of wine, this will make three bottles of White Sangria.

You can garnish the white sangria with a strawberry or a few blueberries in the wine glass for a touch of class! If you want a little sparkle in your day, mix ½ a glass of the Summer Sangria with a ½ glass of sparkling water — now that is truly a real refresher!

ARTICLE SUBMISSION

To submit an article
for our newsletter:

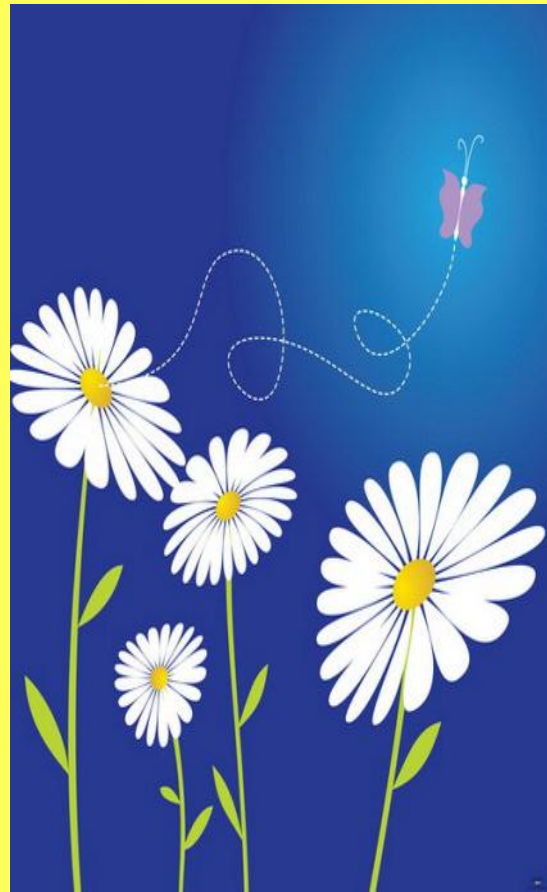
Email your poetry, article, recipe,
blessing/prayers, shared thoughts
and ideas to:

robin.ubm@gmail.com

You can also mail your articles to
our office:

Universal Brotherhood Movement,
Inc.

P.O. Box 670278
Coral, Springs, FL 33067



Reaching Out In Prayer....

By: Rev. Paula T. Webb



While I was in Chicago I performed my first "street" ministry. Here I was, walking back from Water Tower Mall with four shopping bags in my hands, carrying a leftover dinner from a great Italian restaurant, and right outside my hotel was a homeless man sitting on the sidewalk asking for a handout. Normally I give just about anyone I meet a couple of dollars, but for some reason this man kind of tugged at me.

It was beginning to rain, and he said he was trying to get a room at the Pacific Garden Mission (a Christian shelter that I used to donate to when I lived in Chicago...great people), but that it cost \$14. Now I don't know if that is true or not, but I handed him \$20 and said, "Can I get you something to eat?" He began to cry and asked if I would pray for him, because he really wanted to die. He said he was so tired and wished that God would just "take him" but knew that He wouldn't. And again, the man asked if we could pray together, otherwise he didn't know what he would do because he just wanted to die.

I was kind of surprised; no homeless/street person has asked me to pray "with" them before, but I put down my bags and tried to step into praying for him. Not knowing what to say really, not knowing if he was suicidal, I kind of winged it (!), but as I stood there holding hands with him in the rain, I was aware of all the people walking down the sidewalk making a wide berth around us. You know how most people ignore street people. And at that moment, I felt this man's aloneness, how deeply isolated he felt, and it was not a good feeling. Of course, I don't know his circumstances, but that didn't matter; I felt what he was feeling.

When I had done my best to pray for him, I assured him that God loved him and that everything would be ok, even if he wanted to end it all, and he stood up and asked if he could hug me and could he pray for me. Of course, to be honest, I was realistic and made sure my purse was zipped first, and then he gave me a quick hug, took my hand, and began to pray for me in such a loving manner, that I wondered if he wasn't some sort of minister who may have lost his way. His "sermon" was so profound

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Reaching Out In Prayer...Continued

and so heartfelt that I almost burst into tears on the spot. It was as if he and I were the only two people on the planet for those few moments. It really was incredible.

Then he was done. He thanked me for my gift of prayer and my offer of food, and he picked up the plastic milk carton he had been sitting on and walked away into the rainy night. As I began walking toward my hotel a garage attendant looked at me. Apparently he had been standing to the side watching while having his smoke break. I smiled at him and said, "What can I say, I am a minister, this is my work," and he smiled back and said "Good job!" As I got into the hotel lobby, the doorman asked me if "that street guy" had been bothering me. I said no, we prayed together. He seemed rather upset. I told him I was a minister, and then he seemed relieved. It was as if he didn't want to ask if the man was bothering me but he had to because that's his job, and so maybe I gave him a new perspective that sometimes "regular" people do "ministry" to those less fortunate, and that's ok.

Did the homeless man go to the shelter? Did he commit suicide? I don't know, but that has nothing to do with me. Did he use the \$20 for food, or drugs, or booze? I don't know. I didn't give it to him with any qualifications, because I don't want anyone giving

me money with stipulations!

We prayed together, and maybe that is what he really wanted: to know that someone, at least for a few moments, didn't ignore him.

Now, dear reader, you may know what I am talking about because you may have had this type of experience many times! But this was the first time I actually let a homeless/street person touch me, and hug me, and of course pray "for" me. I am not saying I am going to roam the streets doing this kind of ministry, but it was a really special event. I felt that God was telling me that this man was ok, and that I don't have to have a physical church; I can be a minister anywhere and any time. Of course, I "knew" that, but this was the first time I "did" that. To be honest, this was the first time I "let" myself do that. And it was beautiful.

*Rev. Paula T. Webb currently resides in Arizona. In the Book Nook column of our [UB Good-News Summer 2014](#) edition, you will find an introduction to Rev. Paula's book **The Complete Companion ~ One Woman's Spiritual Journey In Animal Ministry***





Wedding Information

*Happy Weddings~
Comfortable and Confident*

*Daybreak Ceremonies Services available
Rev. Jim DeKornfeld*

*Resources ~ www.usmarriagelaws.com
Ceremonies For Life*

Wedding Officiant Check List

For more information please go to:

www.universalbrotherhood.org

[Summer Edition 2014](#)

Pages 16-27





“Comfortable & Confident”

A quick study of the websites where wedding officiants offer their services shows many have one thing in common: each says the couple can feel “comfortable and confident” in choosing that officiant.

Over and over you see phrases like “I feel comfortable and confident officiating various kinds of weddings.” And in the testimonial section of many websites, you see comments from couples like “We felt comfortable when we met with her, and we were confident because she was so responsive via email.” More than anything, the couples you serve will want to feel comfortable and confident in making the choice of working with you.

But it’s important to remember that YOU will want to feel comfortable and confident as you provide guidance to each excited and nervous couple before, during and after the wedding ceremony. If YOU are comfortable and confident, that will be communicated to the couple in your words, in your facial expressions, in your body language, in your energy, and more.

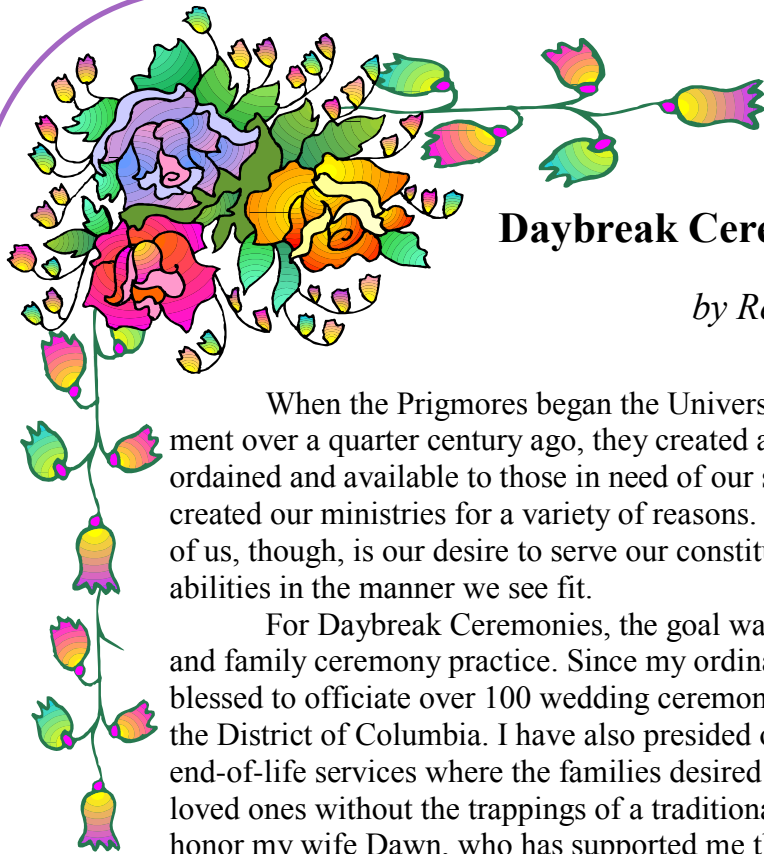
It gets easier with time and experience in conducting weddings; but always, the key to your own comfort and confidence is *preparation*. Before the wedding date you may be involved with consultations, assisting in planning and possibly creating a customized ceremony, attending rehearsal, and making sure you are familiar with the directions and requirements on the marriage license.

On the wedding day you will want to feel confident as you perform the couple’s special ceremony, sign the license and enjoy the love that is present with friends and family of the bride and groom. Once the wedding day is over you want to feel comfortable that you have legally met all requirements of each state and county and the newlyweds are legally married.

Read and re-read the license instructions. Read, re-read and practice out loud the ceremony. Visualize the ceremony going perfectly and visualize the nervous and excited couple becoming happy and confident as the ceremony concludes.

One way to know you have prepared is to “check off” tasks as you complete them. On **page 25** **you will find a checklist created for you** to move forward with grace and confidence as you begin the journey before each wedding ceremony. Please print it and use it if you like. And if you would like to customize the list, please email UBPresidentRMC@yahoo.com with CHECK-LIST in the subject line, and you will receive the list in a Word document so you can make it your own.





Daybreak Ceremonies Services Available

by Rev. Jim DeKornfeld

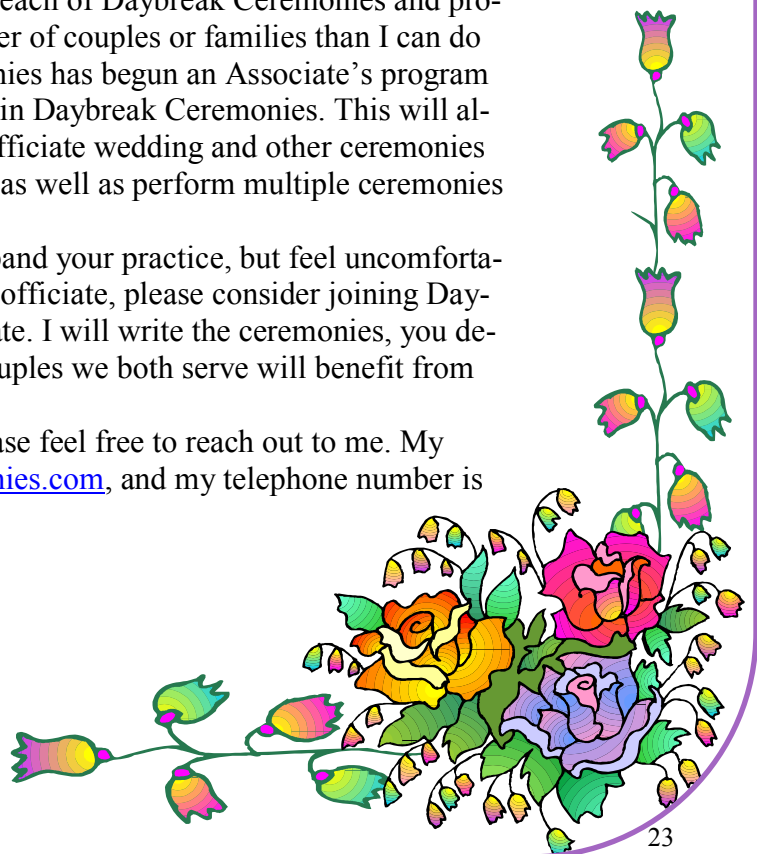
When the Prigmores began the Universal Brotherhood Movement over a quarter century ago, they created a framework for us to be ordained and available to those in need of our services. Each of us has created our ministries for a variety of reasons. The one constant for all of us, though, is our desire to serve our constituents to the best of our abilities in the manner we see fit.

For Daybreak Ceremonies, the goal was to create a marriage and family ceremony practice. Since my ordination, I have been blessed to officiate over 100 wedding ceremonies in four states and the District of Columbia. I have also presided over a dozen or more end-of-life services where the families desired a ceremony for their loved ones without the trappings of a traditional church service. To honor my wife Dawn, who has supported me throughout my UB experience, I named my practice Daybreak Ceremonies.

It's time to expand the reach of Daybreak Ceremonies and provide services to a greater number of couples or families than I can do on my own. Daybreak Ceremonies has begun an Associate's program where like-minded officiants join Daybreak Ceremonies. This will allow Daybreak Ceremonies to officiate wedding and other ceremonies over a greater geographic area, as well as perform multiple ceremonies on the same day as necessary.

If you would like to expand your practice, but feel uncomfortable writing the ceremonies you officiate, please consider joining Daybreak Ceremonies as an associate. I will write the ceremonies, you deliver the ceremonies and the couples we both serve will benefit from our joint service.

If this is of interest, please feel free to reach out to me. My email is jim@daybreakceremonies.com, and my telephone number is 910-695-8626.



RESOURCES



www.usmarriagelaws.com

[Usmarriagelaws.com](http://www.usmarriagelaws.com) is a website that covers United States marriage license laws. In this site you will find valuable information for ministers who are seeking the location and phone numbers of the county clerk or clerk of the court's office. You will also find information regarding whether or not you are required to register with the clerk of courts office and, what the requirements are if you have been asked to solemnize a marriage in another state. Listed are also the duties of the officiating minister—the required number of witness signatures and the required time frame for the marriage certificate/license to be sent back to the appropriate state agency that records marriage certificates.

ALWAYS CHECK WITH THE CLERK OF COURTS FOR THE INFORMATION YOU SEEK OR CHECK TO FIND WHEN THE MOST CURRENT UPDATE WAS ENTERED ON THIS SITE.



Universal Brotherhood Movement, Inc.

For all questions, required minister's verification letters and other paperwork please contact the office:

954-574-9904

robin.ubm@gmail.com

PO Box 670278, Coral Springs, FL 33067

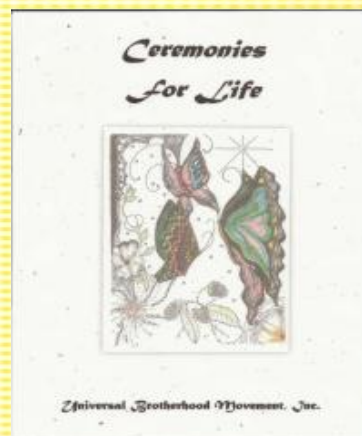


Ceremonies For Life is our beautiful UB book of ceremonies. UB ministers have created and shared their ceremonies and services for our spiral bound 153-page book. Included in ***Ceremonies For Life*** are wedding ceremonies, baby naming ceremonies, house blessings, funerals, commitment ceremonies, ministry and officiant guidelines and much more.

You may order a copy of [***Ceremonies For Life***](#) through our website:

www.universalbrotherhood.org

Or call the office: 954-574-9904



UB Wedding Officiant Checklist

Authorization to Perform Weddings

- ☐ Contact UB Administrator Robin Morini to be sure your membership shows "current" on the UB books. Call 954-574-9904 or email robin.ubm@gmail.com (please be sure to put your name and OFFICIANT CREDENTIALS in the subject line)
- ☐ Do you have a current Universal Brotherhood Movement, Inc. ID card?
- ☐ Do you need a verification letter from UB for the state?
- ☐ Do you need to complete an application with the state / county / city in order to perform weddings? (check with all three)

Wedding License

- ☐ Contact the county official who oversees wedding regulations and go over the process for properly completing and returning the license. ASK all the details: time frame to return the license; whether or not a return envelope is provided; if witnesses are necessary, and if so, how many; etc.
- ☐ If no envelope is provided to mail the license, prepare your own envelope with the correct address
- ☐ Do you have: a pen to sign the license? Stamps to mail the license on the way home? A folder to hold the paperwork and instructions?
- ☐ BEFORE THE WEDDING: When the couple receive their license it will be accompanied by a list of instructions and directions for the officiant. Go over this list several times to be sure all three of you are clear about what is required
- ☐ AT THE WEDDING: Immediately upon arrival, locate whomever has the paperwork and place it in your folder
- ☐ AT THE WEDDING: As soon as you have the paperwork, find out who is designated to sign the license and tell them you will need them for five minutes immediately following the ceremony
- ☐ FOLLOWING THE WEDDING: drop the license in the mail on your way home

Ceremony / Local Custom

- ☐ Do you have a ceremony book to help you guide the couple?
- ☐ Have you investigated typical wedding services offered and prices charged in your area?
- ☐ Have you considered including a reminder to silence cell phones before the ceremony?
- ☐ Check with the couple to be sure you are pronouncing names correctly

Personal Preparation

- ☐ If you have seasonal allergies, bringing your allergy medicine might be a good idea
- ☐ A notepad and pen (sounds simple, but so easy to forget!)
- ☐ Stamps to mail the license
- ☐ Reading glasses, if you need them
- ☐ Emergency preparation: a couple of Band-Aids, a small sewing kit, a safety pin or two, floss, breath mints, a protein bar and a bottle of water

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

Or scan the completed form and email it to

UB Administrator Robin Morini via robin.ubm@gmail.com.

Name: _____

Address: _____

Phone Numbers:

Home: _____ Work: _____ Cell: _____

Email Address(es): _____

Website(s): _____

Anything else you would like to share? _____

