

Universal Brotherhood Movement, Inc.

UB GoodNews

Newsletter ~ Winter Edition ~ 2015-2016

WELCOME TO 2016 A Number 9 Universal Year *by Rev. Rosemary Cathcart*

*“Each day is a new beginning
another chance
to learn more about ourselves,
to care more about others,
to laugh more than we did,
to accomplish more than we thought we could,
to be more than we were before.”
~Unknown*

If this is true of each new day, just imagine what the start of a brand new year affords us. In this Leap Year of 2016, we have not just 365 chances ~ but 366 chances to become more than we have ever been before.

Numerology began when life began, because “in the beginning there was 1.” The vibrations of life then began and the #2 appeared ~ creating the first pair ~ and ushered in the real beginning of “Universal Geometry.”

According to “The Secrets of Numbers” by Vera Scott Johnson and Thomas Wommack, published in 1973: “Reference to numbers as metaphysical abstractions can be found in every ancient civilization known to man. Egyptian hieroglyphics date back to 3100 B.C. Numbers were used by the Chaldeans, Phoenicians, Chinese, Hindus, Hebrews, and early Christians. The rituals and writings of all the world’s major and minor spiritual and religious movements have used the abstract symbology of numbers. The Bible is a prime example, with its references to numerical symbology, including the Trinity and the entire book of Revelation, which is a feast for numerical and Numerological symbolists.”

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Welcome 2016 continued...

Numbers, by themselves, represent “Universal Principles” through which all things evolve and continue to grow in cyclic fashion. The study of “Esoteric Numerology” is the art and science of understanding the spiritual significance and orderly progression of all manifestation. Every word or name vibrates to a number and every number has its own inner meaning. The letter and number code, when rightly understood and applied, brings us into a direct and close relationship with the underlying intelligence of the Universe.

As we move from a #8 Universal Year vibration ($2 + 0 + 1 + 5 = 8$) ruled by the Planet Jupiter into a #9 Universal Year vibration ($2 + 0 + 1 + 6 = 9$) ruled by the Planet Vulcan*, a little helpful preparation might be in order.

*My first numerology teacher, M. Carroll Owen, former Director of the American Numerologer’s Association, absolutely believed there was a Planet Vulcan, and I am not about to argue with her at this late date. According to “The Secrets of Numbers” the #9 is representative of all Planets.

We are meant to live in a specific, sequential order of things. The idea being, of course, that we learn, mature and gather skills along the way. At least that’s the “theory” of sequential growth. We can only hope it’s true and work to make it a personal and universal reality. We’re coming out of what was a difficult year on a global scale, and probably on a personal level as well. We were tested strongly in 2015 and our universal consciousness was compelled to s-t-r-e-t-c-h and to hopefully become more accepting of life styles outside the formerly accepted “norm”.

The #9 year we’re moving into represents the personality of “The Metaphysician” and equates to universality and compassion for all peoples and all of life’s many manifestation. It can also be said that a #9 represents the alchemist ~ the transformer in whose hands/mind/spirit entire universes spin and eventually form.

As such it is vital to truly control your brain/mind this year and be very, very careful what you wish for ~ I cannot stress this enough as I’ve already had several personal experiences that demonstrate the plasticity of this most impressionable year. Focus and discipline are good words to keep in mind for all of 2016. What you put in motion this year you will be blessed or cursed to live with for a very long time, so please choose wisely.

Each number has both a positive and negative vibration associated with it. Although there are no “good” or “bad,” “lucky” or “unlucky” numbers, we can choose to consciously express our highest and our best in every situation. The higher octave of the #9 includes compassion, generosity, humane conduct, philanthropy, magnetism, romanticism, intuition, and every manner of artistic expression. The lower octave gravitates more toward indiscretions, impractically, bitterness, vulgarity, fickleness, aimlessness and immorality.

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Welcome 2016 continued...

So here we are at the threshold of 2016, with a national election for President looming, along with global unrest and an ever-increasing imperative to deal with green house gases. Aim for the highest and the best please.

Here are two wonderful quotes from the Dan Millman book, *The Life You Were born To Live*. Both are anonymous, but bear repeating in whatever year we find ourselves:

“The real measure of our wealth
is our worth if we lost our money.”

AND

“Success is sweet,
but it usually has the scent
of sweat about it.”

Let's take a look at the meaning of each number and then demonstrate how to find your **Personal Number** for 2016.

#1. The Pioneer	Leadership/Independence	Sun
#2. The Helpmate	Understanding/Adjustment	Moon
#3. The Artist	Expression/Communication	Mercury
#4. The Builder	Discipline/Organization	Earth
#5. The Adventurer	Freedom/Movement	Mars
#6. The Harmonizer	Responsibility/Healing	Venus
#7. The Mystic	Analysis/Solitude	Saturn
#8. The Executive	Abundance/Power	Jupiter
#9. Metaphysician	Compassion/Universality	Vulcan

**To find your Personal Number for the year,
add your day of birth and month of birth only to the #9
For instance:**

1 + 9 = 10 + 9 = 10 and reduces to a # 1....The Pioneer
4 + 25 = 11 + 9 = 11 and reduces to a # 2....The Helpmate
10 + 2 = 3 + 9 = 12 and reduces to a 3....The Artist
5 + 8 = 13 + 9 = 13 and reduces to a 4.....The Builder
2 + 12 = 5 + 9 = 14 and reduces to a 5.....The Adventurer
4 + 2 = 6 + 9 = 15 and reduces to a 6.....The Harmonizer
5 + 11 = 7 + 9 = 16 and reduces to a 7.....The Mystic
7 + 1 = 8 + 9 = 17 and reduces to an 8.....The Executive
10 + 26 = 9 + 9 = 18 and reduces to a 9.....The Metaphysician

Continued on page 4....

Welcome 2016 continued...

****** If you haven't caught on just yet, the #9 is a magical number that always allows the number you add to it to become the final, reduced value of the number.

When we deal with numerology all we have is $1 - 9 + 0$
#1 is the beginning of a cycle and #9 is the culmination of all we've
learned, digested, matured into and become.

It's especially important in a #9 year to seek out people who are smarter and wiser than you are. Deliberately seek out the company of people with integrity, passion and a sense of equanimity to model yourself after.

#9 brings to a conclusion everything in your life. Be ruthlessly honest with yourself and trust in Divine magic. If something is not working for you, change it ASAP. Let go of a job that does not support you fully. Release any and all relationships that no longer work. If you're starting anything new in 2016 ~ wrap up very carefully all of the old "stuff" from previous years or it will haunt you all year long. AND BE PATIENT – it will take longer than you'd like, cost more than you'd imagined and be 10 times more frustrating than you'd hoped for.

However, remember what I said about alchemy and high magic. If you create something this year (a marriage, a business, a home) and you do it with integrity and the highest of principles, you will create something brilliant.

2016 presents us all with another opportunity to grow in depth and wisdom as we endeavor to "create our own version of Heaven here on Earth." Many #9's from the past, including Yogananda, Mother Teresa and Ghandi, inspire us from beyond and encourage us to find our own highest and best sense of direction and values.

Do the best you can, and if you notice yourself slipping or becoming someone you don't really like, remember that "the art of becoming" is a lifetime challenge. Then make the necessary adjustments.

I'll leave you with a quote from Marianne Williamson:

"Love is what we are born with.
Fear is what we learn here. The spiritual
journey is the relinquishment ~ or
unlearning ~ of fear and the acceptance
of love back into our hearts."

New Year's blessings to you and to all those you hold dear,
Rosemary
January 3, 2016





Just because we LOVE YOU.....

**“The nicest place to be
is in someone's thoughts!
The safest place to be
is in someone's prayers!
And the very best place to be
is in the HANDS OF GOD!”**

In a perfect world we might all be together (in one place) to celebrate the new year with thanks giving in our hearts.

Know that you are very present with us, because we love you and we pray for you EVERY DAY.

THANK YOU for all the goodness you have and are bringing into our life.

*We love You,
Rick and Jeni*



Rolling With The Flow

by Rev. Kelly Graham

I've been thinking a lot about "flow." The idea of "going with the flow." Being "in the flow." The old Charlie Rich hit from the 70's, *Rollin With The Flow*, is kind of stuck in my head. Now and then a little Steve Winwood *Roll With It* pops in.

Yeah, it's like a party up in there.

See, for the most part, flow is not really my bailiwick. The idea of *letting* things happen seems so very passive to me. I like making things happen. But it is an absolute truth that we do not have control (right? Right??), so rolling with the flow is probably, well, pretty smart. So I've been working on it. (Let's sit, just for a moment, with the irony of me *working on* being *in the flow*....).

For example, I've been putting together a particular project for more than a year now. And one of the people with whom I'm working has the most annoying habit of saying, "well, anything can happen!" And I'll be darned – "anything" has happened, over and over and over, and here it is with more than a year gone by, and the project still isn't completed. The good news – the *great* news – is that with each change, the potential for the project has gotten greater and greater. So I've been....well, going with the flow.

On the other hand, going with the flow doesn't mean we do nothing, and just wait for "whatever" to come our way. Nope. You can call that kind of outlook a lot of things. I believe the term "shiftless" fits. Or "lazy." C'mon, you're still a sentient being. We still make choices. We still take action. We still are here, on this plane, to become who we are. There's a balance.

One of the quotes I keep on my desk is "At this exact moment, you are where you are because of the choices you have made in your life," and I believe that with all my heart. Realizing that you are responsible for your life, and that what is in your life results from choices you have made, can hurt. But it's true. You work where you work because you chose to accept the offer. Your clients have the expectations of you that they have because you have chosen to act in a certain way, so you have given them those expectations. You have a relationship with your chosen one because you, well, chose to.

Everyone has choices. You have choices. And you always make a choice, every day, about every thing in your life. "Well, I don't really see a choice here," you say, "I'll just leave things the way they are." But that's also a choice, isn't it? We may not always *like* our choices, but we always *have* choices.

So where does that leave us, in the idea of flow and choice? For me, in the now, the balance is to know what I want, make choices and take action towards that goal, while remaining open to the great big bright ideas of the Universe.

In other words: rolling with the flow.

New Snow

by Rev. Grover Cleveland

**New snow keeps
falling and falling,
a cold lace veil
between the Moon's
face and mine.**

**No wiggle room
even for starlight.**

**Just white snow
and black night.**

**And in the hush
between the flakes,
a silence of angels,
wings poised for
flight, lips pursed
for song.**

**And in the breath
between the flakes,
the universe waits
and worships in
quiet waves.**

**And in the pause
between the flakes,
the stillness of my
heart expands in
Gladness and rejoicing.**

**And for one exquisite
moment, the hush,
the breath, the pause,
are as one as all of
creation rejoices.**

**A hymn of silence
sings in the night
as new snow keeps
falling and falling.**

Rev. Grover Cleveland serves as a Minister/Director in Vermont



Did You Hear What I Said?

10 Tips for becoming an Effective Communicator

by Rev. Taron Puri

Logic says that practice makes perfect, but for a good friend of mine, this wasn't so! Recently, his wife of 23 years made a sweeping statement to him in the form of a question, to which he gave a fair reply. However, he failed in his response to address what she was *really* saying. Consequently, he endured the "tirade" which followed and once again, wondered what happened!

Certainly he realized his error in judgment; yet when I presented him with alternative responses he could have made, by his own admission, he had not thought of them. This left me perplexed in light of the fact that he is a thoughtful, caring and intelligent person with years of experience being married. So what happened? Upon reflection, I realized that he, like many of us, had been caught in the "defend and react" dynamic which, like a silent ninja, appeared out of nowhere, hit its mark, and left within the blink of an eye, leaving him to pick up the pieces!

Getting out of the Groove

One insight I gained from this situation was that "the length of time spent in a relationship does not necessarily indicate how well one communicates within it." Rather, the opposite can happen as we get stuck in a groove, a mutually negative behavioral dynamic, in which we become defensive, reactive and ultimately unsuccessful at communicating our needs.

Add to this the multitude of mental and emotional filters which color our every perception, as well as our expression, and typically we become more confused, frustrated and unhappy when trying to be understood or to understand others. Rather than being simple and direct, the process of communication becomes complicated and fraught with misunderstanding.

As an experienced Life Strategist working with people in conflict, I estimate that at least 60 to 70 percent of client issues involve miscommunication and misunderstanding as a key component of it. Simply put, much of the hurt, pain and suffering caused when needs are not met is due to a lack of awareness on our part of how to be an effective communicator. So it is essential if we want to have better, richer and more successful relationships in our lives that we learn what makes an effective communicator. We, too, can then have our needs met with ease, as well as meeting the needs of those about whom we care.

A Communicator's Checklist

The following inventory of what makes an effective communicator provides a good starting point to assist you in improving your communication skills. Upon reviewing each point, honestly identify where you could improve and then commit to so doing without excuse.

An effective communicator:

1. Responds to a question, comment or situation after hearing, rather than answering while listening. Ask yourself here how often do you interrupt during a conversation before fully hearing, integrating or digesting what is being said. Instead, being reflective and considering or pondering a statement before replying is both judicious and wise.
2. Asks themselves what filters, in the form of biases, beliefs, and defense mechanisms, do they have that color or taint the incoming message. Here, we must be brutally honest with ourselves. We are masters at justifying, denying and righteously defending our "side" of the story, only to

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find out that had we been more “neutral,” there would have been nothing to defend. A typical couples counseling session often reveals that ultimately, both sides seek the same end; however, due to their filters and defenses being in place, what is said and heard are light years apart.

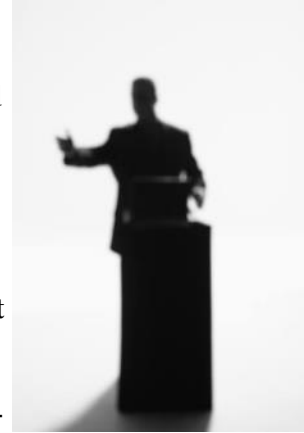
3. Investigates and inquires as to what they thought they heard before responding to the other side. This strategy ensures that you are actually addressing what has been asked, and minimizing the risk of a costly miscommunication. Many of us have learned to not ask questions, for fear of being thought of as slow, dumb or just not understanding. For the effective communicator, there is no such thing. Their goal is to ensure that what they thought they heard, was what was actually said.

4. Is clear about what they are seeking by doing their homework before expressing their thoughts; and conversely, clearing themselves so that they can “actively listen” to what is being said to them. And if unsure, they never assume, but ask!

5. Stays positive despite the negative aspects of a given situation. By never blaming, but rather “naming” a dynamic, the charge is removed from what is being expressed, thus making it more likely to be heard neutrally. One way they do this is by intentionally using “I” instead of “you” when expressing a feeling or a thought.

6. Is self-aware and ensures that their body language is congruent with what they are saying. They realize that 90% of what is communicated is through body language during in-person or visual communication. Thus they are always aware of the pitch, intonation and volume of their voice along with the words chosen, while giving or receiving a message.

7. Ensures that the other person is “tuned-in” and listening before investing their time and energy into expressing themselves. They know how essential it is that there are not competing needs and priorities between the sender and receiver which would clearly lead to a misunderstanding. Here, the use of appropriate eye contact, touch and movement are used to establish a mutual connection before proceeding further.



8. Makes requests, not demands – they simply “ask” for what they want or need. They are considerate of another’s feelings and know that “demanding” only produces resistance and resentment, both of which are blocks to effective communication.

9. Focuses on appreciation. They know the value of tempering their criticism or difficult message with something that is a positive about the other person or the situation at hand. It is said that with appreciation, everything grows in value – including effective communication.

10. Asks “what is it really about” while assessing a conflict which occurs each time a need is not being met. By realizing that, like an iceberg, much of that which creates conflict lies below the surface, they always dig deep to consider the whole picture before acting on it. This ensures the most appropriate action and response with minimal damage.

Many of us live life by default rather than by design. Despite meaning well, we find ourselves in the proverbial soup, rubbing our heads wondering why did things go off the rails again?! The good news is that you have the power to change this

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dynamic by choosing to change yourself. Rather than pointing to how others need to be better at connecting with you, commit instead to reviewing, renewing and rewarding yourself and others by becoming a more effective communicator. It is as easy as choosing one of the 10 points from the list and over the next 21 days, commit to do exactly what it says!

Or, you could go on doing what you have always done — but no complaints when you always get what you have always gotten!

Former Immigration Judge Taron Puri, B.A., LL.B, is a Life Strategist specializing in Energy Management for Busy Professionals. His expertise is on how to “neutralize” rather than “manage” stress in the workplace as well as at home. To have him speak at your next event, or to book a private consultation:

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Blessed Are The Hope Filled



Dear Ones:

Blessed are the hope-filled
The innocent ones
Guided by the Light
Of a living loving Creator
Blessed are we who
Give without reservation
Love without limitation
Serve without solicitation
We are the children of the Divine
Dare we not be grateful
We will leave this Earth
filled night
Into the reception of the Light
And winds will remember
who we are
Much more than a whisper
From a far away star
We will always exist
“We are the children of the
Divine”

Namaste,
Blessings into the Light, M.

*Namenth Channeled through
Rev. Dr. Midge Miller*

*Rev. Dr. Midge Miller serves as a
Minister/Director in Michigan*

Have you been paying attention and are STILL confused?

by Rev. Carole Ramsay

FOCUS - Let's talk about this word which is so widely used. The more we want to use it, the less it works. What is your "intent" for the day, situation, short-term or long-term goal? How unnerving to plan ahead while we are being repeatedly told to "Be in the Present Moment."

FOCUS is a discipline which brings us back into our present moment. Can you allow yourself to "feel" whatever is going inside at any given moment? Many of us are afraid of some emotions that may arise. We have courage and by allowing our emotions to come up, we redirect our "focus," bringing us back into balance.

I need to share with you the Gift that I feel I gain when I focus on the present moment. I have been working on many projects simultaneously and I feel I'm sometimes on "overload". Well, I am when the emotion comes up! I know that I am in the Ego. For me, when my subconscious tells me, "You're late; you're running out of time; not enough time; etc.", this is my way to STOP, take a breath, focus on what is in front of me, my intention, and most importantly, how will I feel with this successfully completed task? Bingo! I'm back feeling calm and "focused."

I am learning so much about myself, my thoughts, beliefs, habits, all energy which "seemed" to be important in the past. These "aha moments" come up to alert us that it's time for change, time to let go and renew...

Much of it, when it does come up can be easily identified as FEAR, ANXIETY, PANIC; any strong emotion that we really do not

want to address. This can be either (1) a repressed emotion which we have hidden deep in the recesses of our being so that we could continue to survive, and/or (2) an emotion that we took on as our own, not knowing that this is energy belonging to someone else, a parent, sibling, friend, co-worker, etc., someone with whom we have identified with as similar to us or as "familiar", in this case, a familiar negative recurring emotion. As many of us are healers, we deal with people releasing their fears and imbalances on a regular basis! Psychic Cleansing is something that I do throughout the day, becoming so sensitive to incompatible frequencies, and have noticed that different cleansing techniques work at different times. For example, remember sage was so widely used to cleanse a space? Sage blesses; however, Cedar Wood cleanses any space instantly! We tend to forget about psychic hygiene, and many times I have remained with a physical or emotional pain until I thought to ask, "Does this belong to me?" Just becoming aware sometimes allows the pain energy to vanish!

These are trying times and yet exciting times as we experience frequent Consciousness Shifts, some shaking us to our core. Change we must...

Born an empath, psychic, prophetic channel, facilitator/healer and teacher, Rev. Carole's purpose is to INTEGRATE a Direction to access High Vibrational Frequencies for Higher Consciousness growth during the shifts in the universes of duality and form. She is an ordained minister through UBM, a Reiki M/T, distributor of Young Living Oils, and Bonded Florida Notary. Carole is Founder and CEO of GODDESS T.O.U.C.H. (Transmuting Of the Universal Consciousness Heart), a unique multi-dimensional technique, including DNA activation methods.
www.goddessstouch.net (954) 655-5490.



2015 Year In Review With Love Notes From President Rosemary Cathcart



You will find all of Rev. Rosemary's Love Notes posted on our website:
<http://universalbrotherhood.org/category/lovenotes/>

Hello All You Sparkling UB Lights 1/1/2016

It's rather hard to believe, but it's time to bid 2015 farewell as we open ourselves to all of the possibilities and potential of the new year ahead ~ 2016!

A year from now I wonder who we all will be? We might just surprise ourselves!

What if we simply allowed ourselves to be enthusiastic at all of the possibilities just waiting to be discovered? What if we all had the courage to breathe our own brand of brilliance into a living, functioning form? What if we could all leave the past behind and only focus on the here and now as if our very lives depended upon it?

What if we all just agreed to have fun with our creativity and explored our highest potentials as we pretended no grown-up was watching or criticizing or belittling our efforts?

What if we just lived a joyful, courageous, compassionate life that focused on goodness and right action inspired by truth?

What if every person cleaned up their own messes and acted as if love was the fuel that propelled their every thought, plan or action?

It's a lot to comprehend, but I believe we're up to it.

For me, I'm going to work at staying present as I continue to express deep gratitude for my life and the opportunity to live. I appreciate so deeply my life, my home, my loved ones and friends who are like family to me. I appreciate my sweet canine companion, Cayce and all she teaches me and shares with me on a daily basis. I appreciate the opportunity to continue growing, changing, learning and exploring this thing called life. I appreciate my work and every client who finds their way to me.



Love Notes Continued...

Sparkling UB Lights Continued....

And for our precious "beloveds" also known as Universal Brotherhood Ministers ~ thank you for demonstrating what dedication and perseverance look like every day. Thank you for continuing to maintain your commitment to your own personal ministry and to the original principles set forth by our Founders, Rick and Jeni Prigmore.

Although I have been a part of this esteemed organization since 1983, I remain humbled and gratified that I have the opportunity to serve as President. No one works alone, and I stand on the shoulders of every UB President that has gone before me, along with our entire Corporate Board. In the company of our outstanding Administrator, Robin Morini, we strive every day of the year to keep our foundation strong as we continue to branch out and grow year after year. We cannot do that without each and every member and your continuing contributions in terms of newsletter articles, inspiration, time and financial backing. You are, after all, the face of UB to the world.

I believe that love is all that has ever mattered. I also understand that what we focus on increases tenfold, so I will be working on my focus and the outreach of UB in the New Year. As we approach 366 days of new opportunities, I'll be focusing on love for myself so that I have more love for this wonderful organization known as Universal Brotherhood Movement, Inc.

May your life in the coming New Year be a testimony to all that you have been and all that you hope to be in the future. You have the support and the encouragement of the entire Corporate Board behind you. I only know two things with my entire being: Divine Order always prevails and the best is yet to come! And so it is!

Blessings and love to you and to all those you hold dear,

Rosemary

Rosemary Cathcart



Love Notes Continued...

Love Notes Continued.....



Valentine's Day 2015



On this anniversary of Saint Valentine's Day, February 14, 2015, let us come together as a community of like-minded ministers and seekers. Let us embrace "love" as the ultimate gift, the ultimate exchange of personal energy.

Understanding we can only come from one of two places – love or fear – let us consciously choose to come from a place of love. Difficult though it sometimes is, if we "decide" to focus on love and become a resource in the world, we can accomplish that goal. Love is, after all, the ultimate reality and fulfills our purpose on Earth.

Please know that you are held in the hearts and the minds of not only the Founders of Universal Brotherhood, Rick and Jeni Prigmore, but every member of the Corporate Board, including our Administrator, Robin Morini. You are showered with love and genuine affection on a daily basis. Please embrace that love and share it with all of those who are near and dear to you and with all of those to whom you minister.

"Knowing that LOVE is the strongest power on EARTH, I willingly attune my heart, mind and body to love as I open myself to experience every aspect of this life I love living!"

Happy Valentine's Day!

All my best,

Rosemary Cathcart



Love Notes Continued...

Love Notes Continued...



April 13, 2015

Easter & Passover Greetings

Spring is in the air, and with it come the joyful celebrations of Easter and Passover. As we join together with beloved family and friends, sharing both prayer and meals, I would like to suggest that your prayers extend beyond those most dear and move outward to include our entire family of mankind. While loving those close, also make space in your hearts and your minds to extend Grace and Blessings to one and all.

To me, these sacred and holy traditions are meant to encompass introspection, reflection and deep forgiveness – forgiveness toward others as well as for ourselves. I don't think it is an accident that the word forgiveness is mentioned 72 times in the New Testament. Could we have been given a clue to the true means of attaining peace and wholeness? Perhaps.

As always, I want you to know that you are being held in the Light by everyone on the Corporate Board of Universal Brotherhood, and by our Founders, Rick and Jeni Prigmore. You are a vital part of this organization and as such we extend to you the warm embrace of genuine affection and caring; I hope you're sensing it now!

May Grace allow you to rise higher and higher on this most special weekend of Easter and Passover blessings.

All my best,
Rosemary



Love Notes Continued...

Love Notes Continued...



November 26, 2015

:
Thanksgiving has always held a special place in my heart. I thoroughly enjoy the idea of serving others and of sharing my bounty with family and friends alike.

This year I'd like to issue a special invitation to Universal Brotherhood ministers around the world to help carry the torch of love and generosity of spirit to one and all.

This Thanksgiving, November 26, 2015, let us come together as a community of like-minded Americans and ministers to the people. By definition, we of Universal Brotherhood want to be of service and we want to spread a sense of hope and hospitality to everyone we encounter. Practice extending that consciousness of thanksgiving and service through your prayers and meditations and daily actions as a living and active work of light.

When we bless the feast this Thanksgiving Day, remember all of the troops stationed around the world, protecting our freedoms and our rights to enjoy such a quintessential American holiday. From the first toast to the last bit of pumpkin pie, treasure the moments and sit in deep gratitude.

Please know that you are held in the hearts and minds of not only the Founders of Universal Brotherhood, Rick and Jeni Prigmore, but every member of the Corporate Board, including our Administrator, Robin Morini. We shower you with love and genuine affection on a daily basis and are all better for your participation and your presence. May abundant blessings grace your life and the lives of all you hold dear.

A very happy Thanksgiving to you.

Rosemary



Love Notes Continued...

Love Notes Continued...

December 25, 2015



Dear Universal Brotherhood Ministers across the world,

On behalf of myself and the entire Corporate Board of UB, I want to extend our gratitude to each and every one of you for another year of service. All of us at UB give great thanks to each member for your continued service and dedication to your own, individual ministry and to the collective body that is UB.

As another year comes to a close, we look back in wonder at the good which Spirit has allowed us to accomplish this year. For every baptism, christening, wedding and end of life ceremony each UB Minister was privileged to perform, we extended our influence and our sense of caring light into the world. We have touched lives at the most important of moments and we have worked at being fully present to witness it all.

May each of you, in your own way, enjoy this beautiful season with the faith, peace, love and joy that it is meant to represent. Whether you're a "Happy Hanukkah" or a "Merry Christmas" person, it's the good intentions and happy thoughts that are meant to be conveyed.

With that in mind, may your journey into the New Year be filled with all of the love, joy and happiness your hearts and minds can hold.

Until next time, blessings to you and to all those you hold dear,

Rosemary

Rosemary Cathcart



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? _____