UB GOOdNews Universal Brotherhood Movement, Inc Newsletter ~ Spring Edition 2017



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## ReJOYce!

by Rev. Dr. Jeni Prigmore

Oh Cypress Tree, Oh Cypress Tree, Thy branches tipped with fresh green Remind me that through Winter's Chill Your life force stays forever keen.

Those brown and silver branches Bare of leaves That left me feeling ill at ease,

Have given me a new resource Of hope and cheer So I reJOYce.

SPRING is surely just around the corner!





### JOY is a word that always makes me think of our Founders, Rick and Jeni Prigmore.

Jeni is known for sending notes where she urges the recipient to "en**JOY** life" or to be "**JOY**-full" about an opportunity or event.

And Rick, of course, wrote in his wonderful book *The Joy of Living*, "Perhaps, as you read these reminiscences, they will stimulate your memory to recall some of the best times in your life. It is my understanding that we are here to be **joy**ful and experience happiness, that the world's best and all its abundance are here for our asking. I've asked for and received the best. Life is good. May it be so for you. Happy trails."

I think it's fitting that these two visionaries, who have brought so much **JOY** to so many, bring **JOY** just at the thought of their loving kindness.

### With deepest thanks and everlasting JOY from Rev. Kelly Graham



## "And Sometimes You Just Show Up..."

### by Rev. Rosemary Cathcart

I was so frustrated with myself that I hadn't finished my article for the Spring newsletter yet, forgetting all about that thing I preach about all the time ~ **Divine Order**. It's a really good article, too, entitled, "**Re-Invent Yourself!**", and you'll probably be reading

it in the Summer edition instead. Because life happened this afternoon, as life often does, without much warning.

Earlier today while at the gym around 2 pm (Sunday April 23) I got a message from a client asking if I did baptisms. I responded that I absolutely did and she countered with, "Can you do a real Catholic baptism?" Having been born and raised as an official "Lace curtain Irish Catholic," I told her of course I could. Mind you, I'm thinking I had days, perhaps weeks to plan this and make it "real Catholic and nice...." Her next message was a question about her mother's continuing descent into Alzheimer's disease and could I come and baptize her as soon as possible,



perhaps even today, please? My client's father was concerned that his wife had not been properly baptized into the Catholic faith and her now rapid decline was causing him extreme anxiety.

Many years ago, perhaps 1991 or 1992, our gifted Founders, Rick and Jeni Prigmore and I were all at a conference together in Sedona, Arizona. It was completely unplanned that we should all be there together, but then again, that Divine Order thing was prevailing. At one point in the conference, Rick and I were talking together and I was inspired to ask him what he thought was the most important thing any minister could do? I was expecting some mind-blowing statement when out of his very wise mouth came the words, "Sometimes the most important thing any of us can do is just show up."



I remembered that today as I drove home from the gym and hurriedly pulled together "a real Catholic baptism" for a precious woman who is now closer to the other side of life, and not at the beginning of this Earthly voyage.

As I packed my case with my Rosary from Dublin and a freshly anointed candle for the fulfillment of all *Hopes, Wishes and Dreams,* sacred oils and Holy Water Blessed by our current Pope Francis (how lucky I'd just been gifted with this...), and a quickly downloaded Catholic Baptism Ritual (God Bless Google.....really!) I had to stop for a minute just to breathe and take in the very real miracle that is my life.

What a Blessing my life is!

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"How extraordinary: 40 minutes ago I was on the treadmill at the gym and now I'm downloading the proper baptism requested by a grief-stricken husband and father who is the main care-giver for his wife of 54+ years. My real life is better than any fiction, with an intricate and ever-changing script that is totally unpredictable, and Divinely directed at all times."

Then I remembered that perhaps gym clothes WERE NOT THE PROPER AT-TIRE. I scrambled to the bedroom thinking of what outfit I could pull together quickly. An outfit I was "told" that should be black and white and all washable. The "all washa-

ble" is because I have a habit of "picking up" entities wherever I go and in the bedroom of a bed-ridden Alzheimer's patient there was bound to be a huge crowd.

Ta-Da!!! The only non-washable items were the black boots and they got sprayed down with Lavender Oil and Sage Oil after the fact. All of the pearls I was wearing (because I am **that** Irish Catholic girl at heart and we baptize, marry and bury wearing pearls) along with the Rosary, are also being cleansed right now by a combination of crystals and oils on the Altar in my office.



En route to the baptism, I called a gifted friend of mine who loves me dearly and asked him to lend his sup-

port to the ceremony, to protect me from harm and to help "clear me off" after the fact. There was no real time to make any other calls or to ask for assistance from anyone else, but I felt confident that I was well-protected.

Thanks again to technology for getting me to the destination without any out-of -the-way drama. The home was an elegant white with lovely green shutters and beautifully landscaped. People who cared occupied this home and now I'd been invited to bring a sense of peace and comfort to everyone inside.

Sadness and relief hit me as soon as I was ushered into the dining room to take off my raincoat and get myself organized. My sweet client hugged me as she cried, explaining she'd called in late to work and they understood completely. The quiet barking of the family dogs could be heard behind closed doors; they knew something magi-



cal was afoot and a stranger had just arrived. It was only Courtney, her sister Leslie and their very tearful father; a man of once towering importance and now, simply a very exhausted husband and father. Death does have a distinct aroma to it; in this case kind of musky and pungent and imperceptible to the unaware. It permeated the whole home but got stronger as we approached the master bedroom.

I was not prepared for the sweetness of her mother, snuggled comfortably in bed and dressed in a pretty white gown. She watched me intently as I set out the altar of oils, candles, sacred bells and holy water. The oil I selected to take is called *Stress Away* and it felt so appropriate for all of us.

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As Courtney snuggled close to her mother, hugging her shoulders and Leslie sat on the bed touching her quilt-covered legs, I began the very Catholic baptism for Helen Elizabeth. Her husband Chuck stood dutifully at the foot of the bed, paying close attention to his wife's every move.

All of the pages of the ceremony had been highlighted in yellow and I know I was wearing my glasses, but some other force put the words in my mouth and they flowed with an effortless ease. A couple of times I caught myself not reading but speaking nonetheless. What a brilliant, God-given sensation to be so Divinely guided in such an effortless way. Helen Elizabeth knew exactly what I was doing as I made the sign of the Cross on her forehead with oils and doused her hairline with Holy water. As I made the sign of the Cross with oil in the palms of her hands,



her eyes never left my face. I know in every fiber of my being that she knew something special was happening and it was happening with kindness and love.

It was all one long, exquisite moment that I will cherish forever.

It is, of course, no accident that all true Catholic baptisms are scheduled on a Sunday.

In our Ordination ceremony, which is filled with many brilliant channeled works, some of my favorite lines are found in the opening UB Prayer:

> Father, Mother, God, In the quiet of this hour I come to Thee for Peace, for Wisdom; Power to view the world today through love-filled eyes. To be patient, understanding, gentle and wise. To see beyond what seems to be and to know Thy children as Thou knowest them: so naught but the good in anyone behold.

Thank you to those words for guiding me so well this afternoon. Thanks again and again and again to Rick and Jeni Prigmore for thinking I deserved to be a minister and for declaring me to be one all those years ago in West Palm Beach, Florida.

There were no dry eyes in Helen Elizabeth's bedroom this afternoon, except for hers, which were alert and beautiful. And yes, there was indeed a crowd of participants, including countless family members on the other side of the veil, along with many Angels and Arch Angels, all present to help create a cushion of deep and profound love. What a privilege to have been asked to do this holy work today.

Rev. Rosemary Cathcart is a practicing Minister and the President of Universal Brotherhood Movement, Inc. She resides in Nashville, Tennessee where she has a practice in wholistic healing, spiritual counseling, Astrology and numerology. She is also a Traditional Reiki Master originally trained by Virginia W. Samdahl. Learn more at <u>www.rosemarycathcart.com</u>



*From UB President Rev. Rosemary Cathcart:* "This is the wedding I performed Wednesday, April 8, in Nashville at Percy Warner Park for UB Minister Gregory Fisher and his longtime love, Brian T. Bauman. "Aff



"After we found the access road to the original site had been blocked off, we chose this setting next to a running stream and a Grandmother tree for the early morning nuptials."



Rev. Rosemary Cathcart with newlyweds Brian T. Bauman, left, and UB Minister Gregory Fisher



## **New Beginnings Every Day**

### by Rev. Kelly Graham

*Always We Begin Again.* That's the title of a book by John McQuiston II on the Rule of Saint Benedict and the Benedictine monks. The title of this book, published in 1996, caught my eye: I find it to be a hopeful statement.

One reviewer writes, "I love this book. Written by a lawyer, it is a very readable interpretation of the Benedictine way of life - won-

derful guidelines for living. My favorite is the First Rule, which, in essence, is to always be grateful."

*Always We Begin Again* also can be viewed as a simple statement of fact: because always, we begin again.

Every day we face a "new beginning." Every day we are renewed, in work and in life. We have the chance every day to develop new beliefs, make new choices, and take new actions.

You can look at this concept in different ways. You can give it a negative slant: "I have to begin *again*? Don't I ever get beyond just *beginning*?" And you can see the positive connotation because, hey, if you messed up today, tomorrow's a brand new start, a blank slate.

I see it this way: each of us has an incredible responsibility, to ourselves and to the world, to believe, make choices, take actions, and accept what's received with gratitude, to the very best of our abilities every day. We can set our intentions and do our best every day.

What a wonderful reality! We are so fortunate that we can start over each day and make adjustments and corrections to our attitudes, our actions, and ourselves.

We also must recognize each day that the past is gone, and no one can live in the future. The present—today—is all we have. Precisely because each day is new, each day is whole in and of itself and we must realize its importance.

If you are an athlete, you know that the activity you are engaged in is the only focus you can have; you must swim the race you're swimming right now, not tomorrow's race. Golf is played one shot at a time; the last swing of the club and the next swing are of no consequence. The golfer is concerned only with the shot right now, and a two-foot putt counts the same as a 250-yard drive. If you're a singer, you can only sing now, in the present. If you're the one who cooks at home, what's for dinner tonight? In work and in life, today is all we have.

Thoreau said that most people lead lives of "quiet desperation." You don't have to be one of them. You can make a different choice. Worry about tomorrow and regret about yesterday need not affect the new beginning you are given today.

Enjoy your new beginnings – every day!

UB Vice President Kelly Graham has worked in the financial field for more than 30 years. She is honored to have been ordained by both UB President Rosemary Cathcart and UB Founders Rick and Jeni Prigmore.

Reach her at getcommonsense@yahoo.com

## Being a Warrior in the New Age



by Rev. Julie Post

Dear Fellow Ministers,

I have dreamed of putting forth these ideas for three decades. My higher education, years before becoming a minister, was in history and political science. Later on in life I became a teacher of alternative healing techniques, a writer covering newspaper articles about the alternative healing field, and much later on my degree in divinity.

As someone active in politics, I have noted that social change can be a healer for society, much like anything else involved in healing, such as Western medicine, alternative medicine or prayer.

In 1970, I was a participant and witness to how thousands of us high school seniors and our teachers descended on a nuclear power plant due to open on Long Island, New York, to protest and attempt to stop its opening. There were enough of us to attract the attention of mass media and the politicians of New York. Thanks to us "Mongol hordes" and the teachers who alerted the media, the Shoreham plant closed and remained closed to this day. All because as vulnerable and powerless us youngsters were, we newly held the right to vote, and the powers that be were aware of that.

Years later I became active in getting acupuncture legalized as a legitimate medical practice in Missouri. Acupuncture is now not only accepted for Western medical practices here but for independent Oriental medical doctors in their own right.

In 2011, an earthquake shook my apartment

here in Springfield and I was inspired to research why. We are not significantly close to any major earthquake fault. With the help of the U.S. Geological survey team under the Department of the Interior, I compiled dates that revealed the source of the quake as originating in Central Arkansas, several hundred miles away. Why it was affecting us here led to more research on the topography and geology of the region. To get my data I spoke directly to the scientists working for the Geological Survey teams by phone, and learned that the quakes had been caused by hydrofracking operations, a method of extracting gas from shale rock deposits that was spreading like wildfire at the time. After figuring out what inept geology technology was doing to create the guakes, I decided it was necessary to get politically active to stop the spread of this practice. My home state of New York was next to be vulnerable to the practice, as it was being targeted for its rich shale deposits. However, it is also the site of four nuclear power plants, and as Japan had demonstrated, earthquakes and nuclear power plants are incompatible.

I compiled my research and sent it off to the governor of New York, Andrew Cuomo, and asked him to ban the practice as New York was economically diverse enough not to



need the jobs that the oil and gas industry could attract there, which usually is a powerful reason to let the oil and gas industry do anything in any state of the union. Also, I informed him that a major earthquake fault lay right beside a nuclear plant near the St.

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Laurence river, at the border of New York and Canada. I suggested that a nuclear radiation spill there could set off an international incident.

A couple of weeks after my research had been sent to Governor Cuomo, I learned that hydrofracking had been banned in New York. Hooray for all of us who chose to comment.

Getting active politically is so pivotal to social change, and so many New Agers are "allergic" to politics and need to get engaged in that aspect of experience in order to further our ideals, that I put together written guidelines to teach methods of accessing one's inner power in order to participate in the political process. Politics is part of being a spiritual warrior as much as any other form of healing or prayer or other spiritual disciplines. It requires confidence, willpower, and the ability to convey one's ideas in a manner using the powers that be in this country, our elected officials and the concerns they have nationally and locally.

Rev. Julie Post, a UB Minister since 2007, resides in Missouri.



## **BUSINESS** CARD ADS

# Now available in UB GoodNews!

Active members may place an advertisement that is a snapshot of their business card, OR advertising copy the same size as a business card for only \$25 per issue.

We are accepting ads for your ministry from members in good standing. Please pay in advance, and remember we may edit for content and clarity.

To submit an ad, simply email your copy to <u>robin.ubm@gmail.com</u>. There are several ways to send it:

- 1. scan your business card and email it as a jpg or pdf; OR
- 2. save your business-card-sized advertising copy as a pdf; OR
- 3. simply take a snapshot of your business card on a flat surface from directly above and email it.

## Easy!

Questions? Please email Executive Director Robin Morini at <u>robin.ubm@gmail.com</u> or call 954-574-9904.

## **Positive Speaking**

by Rev. Bill Wishart

#### Dear Friends,



Most of us have heard of The Power of Positive Thinking. It is the title of a popular book written by a well-known clergyman several years ago.

It occurred to me during a meditation that positive thinking is very powerful. However, how about "positive speaking?"

Can you imagine how your life would change if you spoke all your words in a positive way? Instead of announcing what you don't want to happen in your life, why not announce what you do want? When you are alone driving, why not turn off the noise and repeat some positive affirmations about yourself?

When I do my morning walk, lots of times I will keep time (like marching) with statements such as "I am whole, I am happy, I am healthy, I am prosperous." Makes me think of my old Army days of over fifty years ago.

The great thing is, I know it works. More than the walking gets the blood pumping and the attitude working in my favor. Sometimes I get so excited about what I am saying and feeling my walk gets into four and five miles.

I can assure you, after a workout like that, you know you are healthy and happy and whole too — which, by the way, produces prosperity of all sorts.

If you can't get out there and walk, still you do have some time during your day to get positive statements going.



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### Love, Laughter and Healing Shared thoughts from Rev. Bobbi Pomeroy

Years ago, when I first joined Universal Brotherhood Movement, Inc., I wanted to bring love, laughter and healing to the world. Of course, life interfered and I continued my mission in spite of it.

Today at 76 years young, my life is the very message I wanted to convey to others.

Love yourself so you may love others, offer honesty and integrity in all you do, keep things light and filled with kindness and laughter. You are a "lightworker for God;" let your life be the divinity you share with others.

God bless you, our ministry and all who continually inspire me and all others to shine.

Rev. Bobbi Pomeroy resides in Florida.

## 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 back yard would become so important to me. Especially in the early spring, there is so much change. The beauty of these creatures moves me profoundly.



## Fireflies in the Great Smokies by Rev. Marcy Larkin

Pointing down cellophane covered flashlights we step along the forest path. *It's starting,* my daughter whispers. June twilight settles in Elkmont Valley.

Sierra Club members gather to see this light music. Lightning bug suitors flash sets of six here and there, like an orchestra tuning up.

Hiding under a leaf, where she will lay eggs, a female beetle senses her species. Quickly, she double flashes. Males swarm to mate.

Soon all fireflies synchronize. Six, Two, Dark, over and over. Standing amidst thousands of sparkling fireflies creating a cosmic disco,

Our hearts sing with the etheric light song, *The Oneness of it all.* 

Rev. Marcy Larkin resides in Florida.





Happy Equinox — This is such an inspiring day that I had to share the following with you all, my dear friends and family and also request if it so moves you to feel to share this information with your friends and families—Thank you

"Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality." *—Jonas Salk* 

As we roll into spring and feel the equinox tugging at our head and heart, all of us at Living Well Group are shaking off the winter and leaning into a new season of growth and opportunity.

This day also brings some exciting news to share! *Vermont Business Magazine* recently published an article on Living Well's origins and vision for elder care in Vermont and nationwide. You can read about this exciting news here: <a href="http://vermontbiz.com/news/march/aging-community-how-living-well-group-changing-elder-care">http://vermontbiz.com/news/march/aging-community-how-living-well-group-changing-elder-care</a>

I hope you will take a minute to read, refresh, and renew your connection to us and how it all began.

Also, we are humbled to have the support of a well-known philanthropist, Tony Pomerleau, who has offered a challenge. During the *Circle of Care Challenge*, Tony will match all donations to Ethan Allen Residence dollar-for -dollar. Read more here about this amazing gift: <u>https://vtdigger.org/2017/03/02/tony</u> -pomerleau-offers-community-challenge/

And please, if you are able, consider making a donation to the *Circle of Care* by donating here: <u>https://www.givegab.com/donations/new?group\_id=ethan-allen-residence</u>

And finally, thank you to all of you who had the hope and courage to believe in our mission of resident-focused caring for elders that promotes wellbeing within a wide range of community connections. We can't do any of this without you.

In Gratitude, Paul on behalf of everyone at <u>Living Well Group</u> In 2013, Living Well Group purchased Ethan Allen Residence at 1200 North Avenue in Burlington, VT. This former church is home to 39 residents from all walks of life with many stories to share. To learn more, visit: <u>www.ethanallenresidence.org</u> or call 802.658.1573.

Contact Rev. Paul Kervick: <u>pkervick@livingwellgroup.org</u>

## **Practical Candle Magic** by Rev. Halley Elise

Candle Magic is one of the when you were a child at you

Candle Magic is one of the simplest forms of ritual.... Remember when you were a child at your birthday party and made a wish? Funny enough, most adults still close their eyes and make a wish before blowing out the venerable candle. Though as an adult, you have most likely shifted from wishing, to having more of a clear intention.

Candles have been used in every denomination and faith through-

out history. No matter the station in life or religious upbringing, we as humans connect with light.

Candle Magic is known as sympathetic magic, simply meaning it is a methodology you may use that costs very little and is not complicated. There are not a lot of expensive tools involved, nor is it necessary to prepare difficult ceremonies. Best of all, everyone can choose to use Candle Magic to focus their intention, attention and manifest dreams.

When it comes to using candles, more is more, versus the customary less is more — at least this is my take on the matter. You may use a plain candle, no scent, no color, no herbs, no focus on cycles of the moon and simply use the light of the candle to draw your desire to you. I personally enjoy dressing my candles with all the fanfare mentioned above — scent, color, herbs, etc. — to add more energy and power to my ability to attract.

Candle Magic may be used solely for the purpose of giving power to your intention, or it may be used as a divination tool or even your entry into an altered state for meditation. No matter the purpose it is used for, the practice truly is quite easy and usually fun. Candle Magic brings out the child in us that enjoys color and dreaming.

### What is the symbolism of the melted wax?

The melted wax may be looked at in a similar fashion to reading tea leaves or coffee grounds. You can easily see shapes and form in a candle that is not housed in a glass. Candles enclosed may be a bit harder to understand their meaning.

When your wax melts into a flat, even puddle-Your intention has been activated and is worked well.

When the wax is melting very fast-The energy you put out is enthusiastically at work.

When your wax melts slowly-What you desire is going to take longer than expected.

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When your wax melts forming long droplets, such as hanging down the side, similar to a waterfall, and this shape remains after the candle has completely been extinguished: you will be successful, but there may be some difficulty getting there. The below list is a guide, but beyond any guide you may find, always defer to your own intuition.

Symbols to look for:	Spider Web- Time to create anew
Balloon, Pinwheel-	Scissors-
Difficulties leaving soon	Breaking away
Baby, Cradle-	Boat-
New beginnings	Going on a Trip
Cat- Beware of gossip, Your intention is not in the right place.	Sun- Auspicious sign of all you are working on
Dog-	<b>Herbs, oils, scents to use:</b>
Someone may be passing on, the need to	+For Money
build up the self	Cinnamon, Nutmeg, Lavender
Flame-	+Rid Negativity
Spiritual connection, growth	Basil, Lemon Verbena
Tree- Growth, needing to nurture spiritual and physical	+Love, Psychic Ability, Money Jasmine
Heart-	+Luck, Prosperity, Love
Love growing	Nutmeg
Circle- Forgiveness, reconnecting, opportunity com- ing around	+Protection from unwanted energies Bay Laurel
Cloud-	+ Purification, Protection, Spirituality
Freedom, peace	Myrrh
Bird-	+Purification, Spirituality
Need for communication, someone delivering	Frankincense
a message	+Welcoming, Faithfulness of a relationship Rosemary
Two Rings- Marriage	Continued

Herbs, Oils, Scents To Use continued...

+Balance energy in a space, create friendly environment Sage & Clove together

+Protection, Clearing, Wisdom Sage

+Clearing, Female balancing Cleary Sage

+Luck Thyme

+Good luck and/or protection Dragons Blood

+Clairvoyant dreams Marigold

+Sensuality, Breaks Spells on you, Attracts Money Patchouli

+Purification, Love, Psychic ability Peppermint

#### Candle Noises:

Pops, hisses, etc. are often sounds made by your candle. These are usually interpreted as your guides, angles or other entities communicating with you.

Be still for a moment and ask, "Is there a message for me?" Sometimes you will get a warmfuzzy feeling, other times it is more subtle, and at other times, a very clear communication comes. Simply be open and aware.

Use Candle Magic like any other practice of intention and manifestation. Start when in a good mood, or at the very least peaceful. If you are comfortable, begin by saying a little prayer that ascribes to your belief system. Be clear of your intention and allow your good to come.

*Rev. Halley Elise lives and works in Boca Raton, Florida, and is heard Mondays on FM radio 95.5 the Palm. See <u>www.halleyelise.com</u> for more information.* 







I found among my possessions the casing of a red velvet heart pillow I sewed 12 years ago. The red velvet heart needed stuffing, so I bought polyester packing and filled it. Then I remembered I still have the pattern I used to make the heart. I used newspaper to create the pattern. So, I searched and searched and finally found the newspaper pattern.

My inner voice commanded I create a second heart to accompany my lonely velvet heart. I searched for fabric but nothing I had was the correct fabric to create my new heart. Then the same voice said "use the burgundy crochet thread you have and with the newspaper pattern as a template crochet your heart." And I did.

Upon completion of my crochet heart a third heart appeared. It's a gold and beige heart I kept from the many hearts I crocheted for my cousin Rochelle's wedding (at least 14 years old).

"Valentine's is in two days so you must make a heart pillow and sew on the crocheted heart," my inner voice demands. I reminded myself that I need a sewing machine to sew the pillow. Again the voice spoke and reminded me that pillows can be hand-sewn. **My Mended Heart** *by Rev. George Flores, Jr.* 

But, I need white fabric to make my heart pillow. Where among my things is the white fabric? "Your chest of drawers is where you will find it" the voice replied. So I looked in the dresser and there it was; a white T-shirt.

Valentine's Day is tomorrow and I felt that I must complete the pillow and sew on the crotchet heart. My velvet heart needs a valentine. So, the T-shirt pillow was hand -sewn, stuffed and the crochet heart was pinned on. Now all that was needed was to hand-sew it to the pillow. Tomorrow is Valentine's Day, I must finish the companion heart.

Among the many items in my sewing kit sat a small crochet heart. It too is from the ones I made for Rochelle's wedding. There it laid, wrinkled and abandoned. This heart was my heart, very much in need of repair. "Make it beautiful again" the voice said.

I found my pin box and on a white towel I lovingly used the pins to restore the heart and block it. Now it will keep its beautiful heart shape.

It's early morning on Valentine's Day and I am sewing the pinned crochet heart to my white pillow. Somehow, the chores of the day kept me from sewing. "You must complete all four hearts on this Valentine's Day, for you are your own Valentine this year and four hearts are needed to mend your lonely heart," my inner voice demanded.

See my hearts, restored, above.

Rev. George Flores resides in Washington.





## **Minister Directory**

Universal Brotherhood Movement, Inc, has a wonderful "tool" for all UB ministers located right on our website: <u>www.universalbrotherhood.org</u>

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 your request to: robin.ubm@gmail.com



## **ARTICLE SUBMISSION**

To submit an article for our newsletter: Email your poetry, article, recipe, blessing/prayer, shared thoughts and ideas to:

robin.ubm@gmail.com

You can also mail to our office:

Universal Brotherhood Movement, Inc. PO Box 670278

Happy Joring!

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## Top 10 Tips for Creating a Baby Welcoming or Child Blessing

by Rev. Elisa Chase

Family is the core of peaceful loving societies, and the entry of a child into a family unit is one of the most powerful and transformative events

in their lives. Offering your community, a meaningful way to honor this time by creating a nontraditional Baby or Child Welcoming ceremony is a perfect way to serve or expand your existing practice.

Here are my top 10 hints for creating these ceremonies:

1) Do spend some time talking to the family before you fully build out a service. Not all families look alike, and you will want to ensure your ceremony is on point to serve all without falling flat due to assumptions. Start with the basics as either a conversation by phone or in person, or as an intake form you send by email: what is the age and gender of the child(ren), how many parents are being named and will they all be present at the ceremony? Don't assume there are always two parents. There could be less, or even MORE. Ask about their spiritual beliefs, and be open to agnostics and atheists, for the power of ceremony is here to serve all. Ask about the other folks who will be present at the ceremony and if there are people they want to include in the rite.

2) Suggests the inclusion of other siblings when appropriate. New children are like a pebble cast in a pond, the ripples of their arrival spread outward to everyone in their circle of community, even their existing siblings. For young children, reminding them they remain a vital force in this family is reassuring and for older siblings, their role as a guide or mentor can be acknowledged.

3) Ask your client(s) about their desire to include elders, especially the ones still living, but don't be afraid to honor their ancestors who have crossed to the great beyond. This new life is a branch on a family tree rooted in all who came before us.

4) Don't make any presumptions about how the child came to exist in this family. Children come into our lives in a variety of ways, and every parent(s) journey is different, yet they are all valid, none more than the other. Children come to us through birth, adoption, surrogacy-children come in times of great happiness and in times of tragedy. Without pressing for personal detail, you should ask some open-ended questions so you can align your ceremony to suit the needs of each client. Parents who waited a long time for their child (on adoption lists, finding a surrogate, coping with infertility, miscarriage, the loss of a previous child or loved one, etc.) may have a desire to honor this part of their journey in some way.

Continued...

5) Consider the creation of a ritual that can metaphorically represent this new family constellation. Remember ritual elements should be baby- and child-friendly; before you smudge or use anything scented ensure you have discussed your intention with the parent(s). Children with respiratory conditions or family members with scent or smoke sensitivities should be accommodated. If there are young siblings be cognizant of using things that are a choking hazard such as small pebbles.

6) For clients who do not align with a male-focused theology, you can consider using different titles for the traditional role of "God parent." Guide parent, Spiritual Guide, Honorary Mother/ Father, even having the family create their own title can work. One of my families chose to create their own name for the roles assigned to the mentors they chose for these special people by using titles from their own beloved ancestors.

7) In terms of ceremony structure, the run time of the formal ceremony should be kept in alignment with the age of the child it serves. Ceremonies to welcome infants should not run longer than 20 minutes. Ceremonies for older children can expand a bit if they are of an age to sustain their energy and their interest.

8) Discuss in advance strategies or solutions if the baby/child is crying, spits up, etc. Don't be afraid to have a rocking chair nearby and to make use of it during the ceremony. This is one of the reasons people want to hold these rites in less formal environments.

9) Ceremony elements can include vows from the parent(s) to the child, and from the community to the parent(s) and/or the child. Let your clients write their own, or help them with this task. Sometimes when you are barely sleeping, getting up every few hours, cleaning the house for a family gathering, parent(s) are not in a space to create vows. Ask if they would like to, or if they need some help.

10) If the ceremony is part of a fuller event, you might want to consider a ritual that can take place during the reception or party that is self-directed. Have the family obtain the supplies needed to create any number of physical manifestations of welcome and blessing to the child and their parent(s). Ideas include the creation of unique handmade blessing flags (cut the flags and supply arts and craft supplies to decorate them), the creation of blessing stones, or a

"gifting tree" where everyone in attendance is given tags that can be tied to a live tree or a sapling on which they write a heartfelt blessing for the child. There are many ways to extend these rituals outside of the ceremony to be cognizant of the logistics.



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## **Children's Prayer**

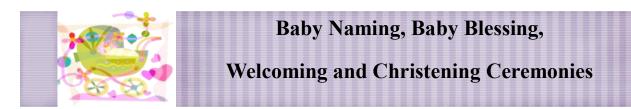
Mother Earth, in which lay the seas, the air, and the fire, In which all food and animals have come to be, In which lives all that breathes and moves May You confer on us the finest of Your yield.

May this newly born child Be free from sickness and waste, Spiritually wakeful through a long life, And become a bearer of tribute to You.

Earth, our Mother, set this child securely with bliss, In full accord with Heaven, O Wise One, uphold this child in grace and splendor!

~Atharva Yeda (11th Century)~



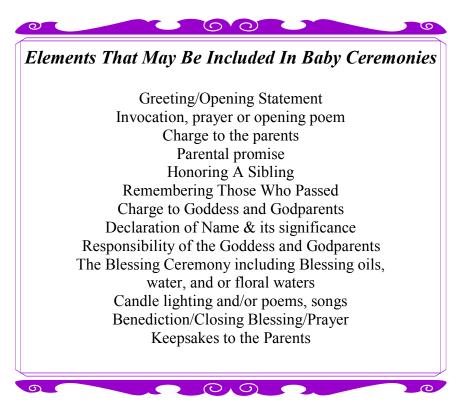


As ministers we want to create a ceremony that will reflect the wishes of the parents and shine the love and joy in all our hearts as this new life is welcomed into the world.

What should you charge for a Baby Blessing/Welcoming Ceremony? The pricing can range anywhere from \$150-\$400, depending on the area you will be officiating the ceremony. This generally will also include an in-person consultation where you will discuss what will be involved in the ceremony. At this time you should have a prepared agreement that lists responsibilities, obligations and payment expectations.

Once you have created the ceremony, you will want to meet or speak with the parents again to reapprove the details.

On the next page you will find a recipe for creating your own floral waters, and in the Resource Section we have ideas for a keepsake of the ceremony and a keepsake certificate.



## Recipe For Flower Petal Cold Water Infusion For Baby Blessings

1 cup organic flower petals 2 cups filtered water Glass container with a lid Container for the infused water

Place one cup of roughly crushed wilted or dried flower petals in your container Cover the petals with two cups of filtered water, cover and let infuse for 3-4 days When ready, pour the water through a sieve or cheesecloth into your second container

To create a stronger scented infusion, repeat this process with new petals in the same infused water

You can also make an infusion with herbs

*TIP*: To wilt fresh flower petals and fresh herbs, place them in a single layer between paper towels overnight.

\*Please note: the flower petals and/or herbs you work with should be free from pesticides. These can usually be found at green markets or from gardens that haven't been sprayed.

## A Blessing

A little drop of the sky, A little drop of the land, A little drop of the sea~

> On your forehead, Beloved one.

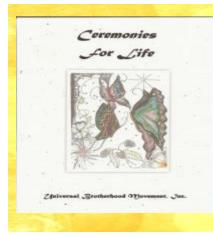
*To protect, To shield And to surround you.* 

A little drop of the Three, To fill you With the Graces.

Traditional Celtic Prayer

## Resources ~ Books





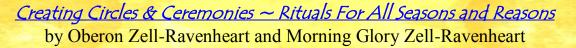
*Ceremonies For Life* ~ a compilation of wedding, commitment, funeral and memorial ceremonies and poetry, psalms, blessings and more, shared by UB ministers. Also available in the 153 pages of *Ceremonies For Life* are christening services, infant/child baptisms, naming ceremonies, and adult baptism and immersion ceremony. *Ceremonies For Life* has been spiral bound for convenience use. Order the book through our website: <u>www.universalbrotherhood.org</u>

### Universal Brotherhood—Resources

In addition to our own *Ceremonies for Life* (see above), on our UB website you will find a wonderful listing of resources for creating ceremonies and celebrations: <u>http://universalbrotherhood.org/resources/books-shelf/</u>. To buy any of the books, just click on the image and you will be directed to Amazon for purchase. UB receives a small affiliate fee for each purchase made this way, so THANK YOU in advance for your support!



Among the books you'll find selections including *Rituals for Life* by Brenda Knight; *An Inter-faith Ministers' Manual* by Angela Plum; *Sacred Ceremony* by Steven D. Farmer; *Weddings from the Heart* by Daphne Rose Kingma; and many more.



Within the pages of this book you will find an accumulation of ceremonies, rituals, rites of passage, baby blessings, spirit naming ceremonies and much, much more. *Creating Circles & Ceremonies* is actually a "kit" to help you build your own rituals:

- Book I presents basic ritual outline with various suggestions to customize your own ceremony.
- Book II shares examples of actual ceremonies, such as full moon ceremonies, special occasions, and rites of passage that can be adapted to any size group and/or gathering.
- Book III provides an assortment of full rituals and ritual elements for celebrations of the eight great seasonal festivals.

You can click here to purchase this book on Amazon.

## *Resources* ~ *Keepsakes*

## Christening, Baptism and Baby Naming Certificates

You will find free certificate templates at:

http://www.hooverwebdesign.com/free-printables/printablecertificates/printable-baby-naming-certificates.html

http://www.freeprintablecertificates.net/showcover/ baptism certificate lily

http://www.ehow.com/how 4856366 make-baptismcertificates.html

These templates include certificates with fancy themed borders and space to include the child's name, date the name was chosen, location where the name was chosen and a place where you and the parents can sign the certificate.

Wrapped in Love Quilt ~ each square of the quilt is created with loving intentions and prayer welcoming the child. Throughout the ceremony, the welcoming quilt is gently wrapped around the baby, and afterward gifted to the parents.

Not a quilter? A receiving blanket blessed with your loving intentions and prayers is a beautiful addition to the ceremony also. Receiving blankets can be purchased in many places: baby stores, department stores, and Amazon, and more. With a smooth-textured blanket, a permanent marker or two (like a Sharpie) and a little patience (and practice!), you also could sign the blanket or write a note of intention to the child. Alternatively, each attendee or participant in the ceremony could sign the blanket for a beautiful keepsake.

## Check List For Baby Naming, Welcoming, Baptism and Christening

## For the initial consultation:

- Date book
- Pen
- Folder containing several ceremonies and, if available, pictures of previous ceremonies

X

X

X

• The agreement listing responsibilities, obligations and payment expectations

X.

## For The Blessing Ceremony :

- Folder with ceremony ~ including the correct pronunciation of the name
- Candles ~ if working with them
- Blessing oils, water and/or floral waters ~ check with parents to make sure no allergies or negative reactions to oils or waters
- Rose petals/flower petals if working with them

## **New Beginnings YOU Can Officiate**

by Rev. Kelly Graham

New Beginnings YOU Can Officiate ~ Any rite of passage can be celebrated and amplified by ritual. Consider offering your services officiating at ceremonies celebrating some or all of these transitions to "new beginnings!"

### **Relationship Transitions**

Engagement / living together Wedding Commitment Separation Divorce Death Milestone birthdays

### **Child Transitions**

Birth of a child Adoption of a child Fostering a child Baby naming / blessing / christening / dedication Coming of age Child's baptism / dedication Getting a driver's license / passing the driver's license test Beginning kindergarten / grade school / high school / college / etc. Graduating kindergarten / grade school / high school / college / etc.

#### Work Transitions

Opening / dedicating a new office or workplace location Beginning a new job Accepting a promotion or bonus Starting a career in a new industry Achieving a goal Opening, buying or selling a business Taking a business public Retirement

### **Health Transitions**

Learning of a diagnosis of disease Beginning the journey to survive a disease Effecting a disease remission or cure Entering a recovery program Completing a recovery program Anniversary of recovery completion Miscarriage Beginning an eating program Reaching a goal weight Beginning an exercise program Reaching a fitness goal



### **Home Transitions**

Buying a house Selling a house Clearing / blessing / dedicating a house Preparing blueprints or renderings for a house Breaking ground to build a house Paying off a mortgage

### **Other Transitions**

Bringing a pet into your household A pet's rite of passage – first litter of pups, spaying/neutering, etc. Death of a beloved pet Acquiring a meaningful new possession a boat, car, airplane, etc.

Continued....

#### Other Transitions ... continued...

Clearing possessions from a deceased relative's home Completing legal / insurance / financial work for an estate plan Completing a legacy plan with value statement, mission statement, etc. Having a family meeting to present an estate plan or a legacy plan



"This is what rituals are for. We do spiritual ceremonies as human beings in order to create a safe resting place for our most complicated feelings of joy or trauma, so that we don't have to haul those feelings around with us forever, weighing us down. We all need such places of ritual safekeeping. And I do believe that if your culture or tradition doesn't have the specific ritual you are craving, then you are absolutely permitted to make up a ceremony of your own devising, fixing your own broken-down emotional systems with all the do-it-yourself resourcefulness of a generous plumber/poet." — Elizabeth Gilbert

> UB Vice President Kelly Graham has worked in the financial field for more than 30 years. She is honored to have been ordained by both UB President Rosemary Cathcart and UB Founders Rick and Jeni Prigmore. Reach her at getcommonsense@yahoo.com



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