

UB Good News

Universal Brotherhood Movement, Inc.

Newsletter ~ Summer + Autumn 2017 Edition

Inside this issue of UB GoodNews:

Greetings (And More) From Our Founders	1-2
Happy Birthday to Rick Prigmore!	3
Rev. Amos Snider, Ft. Lauderdale Expo	3
<i>From Our President:</i> Rejuvenate ~ Revitalize ~ Repair	4-6
<i>From Our Vice President:</i> Choosing	7-8
Long Distance Energy Healing <i>by Rev. Walter Gutowski</i>	9-10
Forbearance Affirmation <i>by Rev. Heather Carlile</i>	11
Ministers Liability Insurance Information	11
Faith to Move (to the) Mountains <i>by Rev. Donna Corso</i>	12-13
The Seduction of African Safari <i>by Rev. Marie Masciovecchio</i>	14-16
In Times Like These... <i>by Rev. Dr. Rick Prigmore</i>	16
Notes and Tidbits of Greece <i>by Rev. Jette Terpner</i>	17-18
Why Do People Suffer? <i>by Rev. Bill Wishart</i>	19
Important UB Information	20
Not Just Another Nutritional Practice! <i>by Revs. Richard and Jackie Needle</i>	21-22
<i>Autumn 2017 GoodNews</i>	23-33
UB Membership Survey	32
Let's Stay In Touch!	33

Today's Treasure

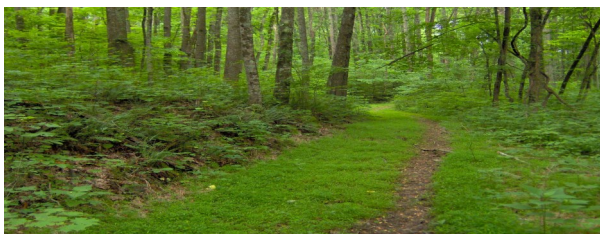
by Rev. Dr. Jeni Prigmore

My "Treasure" today
Is the Spirit of a Breeze
Gently caressing
Each tree and her leaves.

Nature, the giver
Has blessed me on this day
And graced our dear forest
In her inimitable way.

I give thanks to the bestower
Of incredible gifts
And feel in my heart
A powerful lift.

No matter what bothers
My heart or my soul
The largeness of Nature
Makes me feel whole.



Founders' Page ~ Rev. Drs. Rick and Jeni Prigmore



Dear UB Ministers,

We would like to create a special column in each UB GoodNews newsletter titled "I'd like to tell you..."

You hear from us as a Corporate Board; WE want to hear from YOU, Dear Ministers.

Will you send us two sentences that will inspire the rest of the Brotherhood too?

YOUR THOUGHTS ARE IMPORTANT!

For the first 15 years or so of UB's Life, I typed, copied and mailed out UB GOOD-NEWS to all the ministers. One of the things that filled me with JOY in the process was an

article (not even sure it had a name) but in it, I quoted (JUST A LINE, OR A SENTENCE OR TWO) things that YOU, the ministers had written to us (as Founders) or thoughts you expressed in your bio sketches about what becoming a minister meant to YOU - and your intentions for the ministry you were circumscribing by becoming a UB Minister.

Those words - BY YOU as a minister and FOR your fellow ministers - were such a source of inspiration to those who received those carefully typed and stamped and mailed letters. **I believe that they STILL would mean the world to someone who would relate especially to the way YOU express yourself.**

If you were asked to write an article, that might elicit stress or anxiety (many are NOT comfortable doing that sort of thing) - **BUT, if you only have TWO SENTENCES to write . . . Could you? Would you?**

Think about it.

Holding you in my heart as I write,

Jeni

Rev. Dr. Jeni Prigmore

**Please send your
thoughts to:**

Jeni@comcast.net





HAPPY BIRTHDAY, RICK!

UB co-founder Rev. Dr. Rick Prigmore celebrated his 94th birthday on July 26, 2017.



UB Minister Rev. Amos Snider



Here is our own **Rev. Amos Snider** speaking and presenting October 14, 2017 in Fort Lauderdale, FL at the Holistic Healing / Body Mind Spirit Expo / Healthy Life Expo. We love to see photos of our UB minister family and learning about your pursuits!



Rejuvenate ~ Revitalize ~ Repair

by Rev. Rosemary Cathcart

There is no doubt that we all live in a more complex and hectic world now than ever before. That's just a given. But how we choose to live in that world and how we choose to respond to it, is a choice we can make anew every day. Personal, internal renewal, with a special emphasis on how we use the instrument of the brain in relation to the body, is an important tool to employ on this journey.

If you talk to just about any banker or investment adviser, they'll tell you that your home is your most important and valuable asset. That may well be true on the external, physical level, but what about the home you live in 24 hours each day? I'm talking about your physical body. That marvelous instrument that thinks, speaks, writes, talks, sees, hears and takes in millions of bits of data each second. In recent studies at MIT, the newest data suggests that "the brain is the most complex processor of information on the Planet. Estimated at being 30 times faster than the best supercomputers, it has now been documented that the human brain can interpret images that the eye sees in just 13 milliseconds. This refutes previous studies suggesting that it took almost eight times longer for humans to process a picture."

If our brains are so sharp and clever, what prevents us from changing and/or instantly being able to create a better reality for ourselves?

Perhaps some tidying up might be in order; a bit of "internal house cleaning" as it were for the brain and all of our various parts and pieces. An interesting piece of information from famed neurosurgeon and pain medicine researcher Dr. Norman Shealy really caught my attention. According to Dr. Shealy, "Human beings are only born with two fears: the fear of falling and loud noises. Everything else is taught to us by our parents."

Let me say that again, when we are born as human babies, we only come into this world with two fears: the **fear of falling** and **loud noises**, everything else we inherit from our parents! So, apply that to our current culture's common fears of abandonment, lack of funds, concern about other religions or races, speaking in public, not being "good enough," not living in the "right" neighborhood, etc., etc.....!



What are your fears? What keeps you awake at night with anxiety? How much longer do you think those old patterns can work for you? The obvious answer, of course, is for

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the rest of your life. But perhaps that's not the best use of this magnificent instrument called a human being? You're already here, you woke up this morning, you're reading this now so there is obviously hope for a better day. Let's go for it then.

The moment I realized my parents were wrong, very wrong, about so many things, was a breakthrough day for me. Then, of course, I was left with lots of frustrating questions I've spent the better part of my adulthood working at figuring out. I haven't done all of this alone, far from it. But the journey forward has also enriched my personal life and added layers of depth to my practice as a Spiritual Counselor, Astrologer and Healer.

In the Fall of 1997 I was introduced to Emotional Freedom Technique, EFT, or Tapping by my brilliant therapist, Bea Scarlata. A then-revolutionary technique created by Gary Craig, it has proven to be a lifeline for me these past 20 years. A former engineer, prior to creating EFT, Gary Craig studied Thought Field Therapy (TFT) with Dr. Roger Callahan, an American psychologist who invented that technique. Not liking that TFT required a licensed therapist to treat patients, Gary created EFT with the plan of giving it to any practitioner willing to study with him. Using an engineer's genius, combined with his background in *A Course in Miracles*, Gary created the set-up statement to allow for a gentle yet comprehensive healing approach.

"Even though I have this (or I am...) _____, I fully and deeply love, respect and accept myself. * I subsequently added either, "and I know I will heal **or** I trust I will get better **or** I know this will end", whatever wording best suits the person and/or the situation. The tapping points correspond to the meridian lines in the body which have been known to Chinese acupuncture therapists for thousands of years. As such an effective way into the body, one can tap on the eyebrow points, which relates to the bladder/urethra, and turn panic, terror, dread and impatience into confidence, courage, harmony and peace. You can follow a session with Gary Craig on [YouTube](#).

A random statement we could use here might be:

"Even though I have uncovered some childhood pain, I fully and deeply love, respect and accept myself, and I know that I will heal completely." As you begin tapping on the designated points, you will actually sense relief beginning to flood your system.

As you progress with your tapping, your statements can progress as well. "Even though I still experience sadness and regret, I fully and deeply love, respect and accept myself, and I know that I am worthy of a joy-filled life."

EFT can also be used effectively for current issues ranging from procrastination to getting along better with your new neighbors. The applications are as versatile as they are easily transported. Once you master the technique, you can take it with you anywhere

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and immediately begin to tap on the Karate Chop point at the outside edge of the hand to relieve immediate stress or anxiety. There are many reports of EFT for pain management and ultimately complete relief from pain, even after years of discomfort.

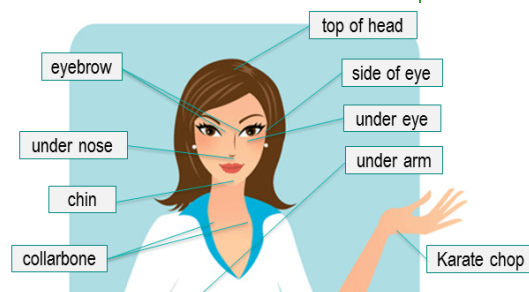
Since his initial retirement in 2010, Gary Craig released EFT into the world and many other organizations and systems have spun off of his original creation. This is all good news for the general public as you don't need to go to anyone to learn this technique or have it administered to you. All you need is a computer and internet access and you're good to go. Don't have a computer at home? Please try the public library in your area and commit to spending a couple of hours weekly devoted to your betterment and your healing. You might even meet some new friends in the process and give yourself a nice "re-boot" socially and energetically.

Although Gary Craig and his "[Gold Standard EFT](#)" is my longtime favorite connection, [The Tapping Solution](#) with Nick Ortner is also an excellent resource, as is [Faster EFT](#) created by Robert G. Smith. A quick search online for any of these techniques will give you access to an immense support system and a variety of resources. Right now Gary Craig is offering a course called "[The Unseen Therapist](#)" which is available at no charge. I've also been very impressed by the generosity of spirit shown by The Tapping Solution and the many programs the Ortner's present at no charge.

If any of this information appeals to your curiosity and you're willing to change any part of your life for the better, then please give it a try. A wonderful quote from *Chicken Soup For The Soul* author Jack Canfield means a great deal to me and it might speak to you as well: "You must take personal responsibility. You cannot change circumstances, the seasons, or the wind, but you can change yourself."

My hope is that something I've said here might spark a personal renaissance for you. And in so doing, you might embrace the best life has to offer as you live your life free from discord or pain on any level of your awareness. Of course, if you have had psychological issues requiring medication and the intervention of a psychiatrist, please seek their professional advice before you begin an EFT program of any kind.

Until next time, many blessings on your journey, and please reach out to me or anyone on our Corporate Board, as well as our incredible Executive Director, Robin Morini, at any time should you need our assistance. It is a pleasure to be a part of this esteemed organization.



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 www.rosemarycathcart.com



Choosing

by Rev. Kelly Graham



We've been renovating a house. It has been...let's say, a process.

We bought a 1967 ranch house. It was, mind you, perfectly serviceable when we bought it. We COULD have lived in it just as it was. BUT there was a stained blue carpet in one room. Cracked and missing tiles in a bathroom. Paneling – not the vintage pine knot tongue-and-groove paneling, but the stuff that was, um, trendy back when three-shades-of-green shag carpet was a thing paneling – painted a very flat beige. The dishwasher was on the wall beside the refrigerator instead of beside the sink, what were they thinking??

I know, I know, I know. First World problems, right?

My husband is a carpenter. He's incredible. And his mantra was and is: "Sweetheart, whatever you want in that house, you can have it."

So imagine that: the entire world is laid at your feet. All you have to do is choose!

Go ahead, choose. Choose! CHOOSE!!

I love real estate. I love the idea of renovating, refurbishing, making something that's good even better. I've been clipping pictures and articles for a couple of years as we searched for the right property. I had lots of ideas! So we would not have to live in the chaos of construction, we decided to stay in our current house until the work was done.

So now, all I had to do was choose. I was SO grateful that we would not have to re-do the kitchen. The cabinets – original from 1967 – were solid maple. They didn't go all the way to the ceiling, but that's not how it was done in 1967. They were painted white, which is not my preference, but so what? They seemed to be in good shape. I could not imagine having to choose kitchen cabinets and a cabinet layout on top of everything else. If I had to choose cabinets, too – geez! Just thinking about new

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appliances made me anxious, much less cabinets. So many factors to consider when you choose cabinets!

The cabinets seemed to be in good shape. Until we took up the third layer of vinyl in the kitchen, and found the leak that had never been fixed. Deep into the cabinets, they were definitely NOT in good shape. They were, instead, quite literally falling apart.

We gutted the kitchen.

I'll spare you the details, but suffice it to say I was basically paralyzed. Afraid to make a choice I would regret. Afraid to choose, because of FOMO (Fear Of Missing Out – it's a thing. Really). Afraid to make a decision I would be forced to, literally, live with...since we will be moving into this house when the renovations are done.

What finally helped me get to a place where I could edit my ideas – focus – and get clear about what I wanted in the house was something I read in one of those ubiquitous home decorating magazines. In retrospect, it sounds exactly like some advice our esteemed president, Rev. Rosemary Cathcart would have (and probably has) given me. I have been privileged to call her one of my best friends for years, and I still remember my very first conversation with her. She said, "As one Libra to another, I would advise you to give up the search for perfection!"

Well, that was the problem, wasn't it, after all? I was trying to make perfect choices. Perfect decisions. And "perfect" is a fleeting, ephemeral, subjective thing.

This is what I read, a quote from a homeowner named Carl Streck who was featured in the magazine: "Recognize that life is lived in phases. Do what you like in the time you are in and be OK with changing it later."

The beauty of that thought didn't hit me the first time I read it, but by the fifth or sixth or twelfth time, I got it: I could "be OK with changing it later."

Wow. How freeing! I could make a decision, and change it. I could choose, and later choose something else if I wanted to. It was like a weight was lifted off my shoulders! Knowing that I could always make a different choice actually made it possible to start making choices.

The new kitchen cabinets, by the way, are supposed to be delivered Christmas Eve.

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

Long Distance Energy Healing

by Rev. Walter Gutowski



Rev. Louise Gutowski and I, Rev. Walter Gutowski, were ordained on March 8, 1981 in Ft. Lauderdale, Florida by Rev. Dr. Rick Prigmore. The following day Rev. Dr. Rick Prigmore performed our marriage ceremony and Rev. Dr. Jeni Prigmore sang at our wedding.

As Rev. Walter Gutowski I am a long distance spiritual energy healer. I have helped low back pain, lowered diabetic daily numbers and various other ailments with long distance energy healing.

The first session is free to all Universal Brotherhood Ministers. This also includes pets with degenerative liver and kidney disease.

Dr. Louise is a naturopathic physician, specializing in homeopathy. She has the largest private pharmacy in the state of Arizona. Dr. Louise compounds her own homeopathic remedies for individual patient needs.

I am a chiropractor specializing in Applied Kinesiology, muscle testing and muscle balancing. I am one of 7% of chiropractors trained in Applied Kinesiology by the first two chiropractors admitted to the Olympic treatment centers during the Olympic games. Prior to going to Chiropractic College, I was a massage therapist.

We find the greatest results when we concurrently treat patients. For example, someone with sciatica, who gets a few gentle alignments and a homeopathic remedy, decreases the healing time greatly.

In addition, both Dr. Louise and I have been using Edgar Cayce protocols for more than 35 years. We are so grateful that we can provide spiritual counsel as Ordained Ministers at the same time we treat a patient under our Doctor licenses.

I so appreciate that I am able to provide long distance spiritual energy sessions

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to help alleviate both people's and pet's symptoms. "It is not I who doeth the work, but the Father in me."

For an appointment for a long distance healing energy session, contact Rev. Walter Gutowski at 480-205-8020. See www.4MyHealthAZ.com for more information. Complete the [Spiritual Energy Healing form](#) before requesting an appointment.

HERE IS A TESTIMONIAL FROM REV. DR. JENI PRIGMORE

Dear Dr. Louise and Dr. Walter,

It is with enthusiasm and long-standing trust that we write this letter of commendation. Hopefully it will be useful as others come to have your excellent assistance for their own physical challenges.

The beginning of our experience with your special skills was way back in the 1980's. Walter, you quite possibly kept me from becoming a heart patient simply by your ability to hear and test out symptoms early on. Your wisdom has helped me through a number of problems through the years.

It amazes me that you are now able to effectively treat my physical body when I am hundreds of miles away. If I hadn't experienced it first hand, I'd find it hard to believe.

It is so reassuring to know that Dr. Louise is also cognizant of your work with me, since any number of times her inputs have led me to homeopathic remedies that have eased my way back to comfortable good health.

Currently I have had painful aftermath from hand and wrist surgeries that have responded very well to your treatments (as you correctly diagnosed that there was an underlying / contributing problem in my neck and spine). Since we have been having telephone appointments, my pain (and lack of feeling) have gone from the original #7 to a much more comfortable #3 or less. THANK HEAVEN!

I am grateful that you were willing to offer my first treatment free of charge. You both have my heart-felt gratitude and Rick's also.

Blessings and Peace Be With You,

Rev. Dr. Jeni Prigmore

Forbearance
From
Virtues Affirmations
by Rev. Heather Carlile

Forbearance is keeping an understanding heart... with acceptance.

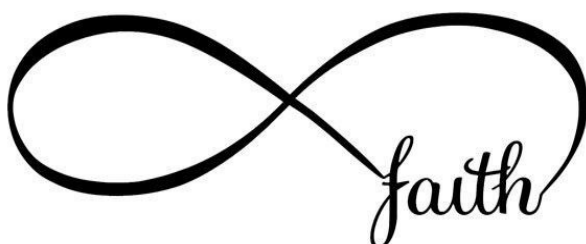
I observe and understand.
I can adjust to any situation.

I pay attention to others
I can adjust to any situation.

I have no need to get even.
I forbear adversity with serenity.

I observe and understand.
I have faith in the goodness of humanity.

You can contact Rev. Heather Carlile at: heathercarlile.com There you will also find valuable tools for life challenges such as stress, grief and relationship issues, along with Rev. Carlile's "Forgiveness Guide."



Ministers Liability Insurance Info

In response to many phone calls regarding liability insurance, one of our UB ministers has mentioned *Healing Touch Professional Association* and *Energy Medicine Professional Association*. The associations have partnered to offer liability insurance for energy healing therapies and spiritual counseling. Learn more here:

<http://www.htprofessionalassociation.com/liability-insurance>.

This information does not constitute insurance or investment advice, or an offer to sell, or the solicitation of any offer to buy any insurance or investment, and is provided for information only



UB Contact Info

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

Office phone number: 954-574-9904

Email: robin.ubm@gmail.com

Website:
www.universalbrotherhood.org



Faith to Move (to the) Mountains

by Rev. Donna Corso

A Cheshire-cat smile spread across my face that January late-afternoon as I pulled out of the company parking lot in “Tercy,” my little red Toyota Tercel. All of my worldly belongings filled Tercy to the ceiling, my cross country skis adorned her roof and my ten-speed bike perched precariously on her posterior. It was nearly 5 o’clock and I was leaving work for the last time ... moving west, moving 1300+ miles from Ohio to the Colorado Rocky Mountains. What a feeling of freedom!

Turning once to look back at the company that had employed me for 15 years, I thought I *should* be feeling some sadness at leaving. After all, it was a great company to work for, and so many significant events in my life had occurred during those 15 years. I had many friends there...I loved the people I worked with. So many memories. But I could muster no regrets as I headed down the road to embark on my new adventure.

Driving towards the wintery sunset, my mind drifted back to the moment I had known I would be moving to Colorado. Although in some ways I had been preparing for this move for several years, it really solidified in an instant when my friend’s car broke down in Boulder, Colorado, just four months earlier.

You see, a vague restlessness had begun to envelop me, a feeling that my time in Ohio was soon coming to an end. I had lived there for 25 or so years, had raised my three children to adulthood, had a career there. But the enthusiasm I had once felt was waning and I longed for new adventures. After all, I’m a Gemini...I thrive on change! As my last child left the nest, I felt a sense of freedom and that longing for new horizons grew. So I asked Spirit to guide me to whatever lay ahead for me.

I had already thought about taking some weekend classes at a local massage school, in fact had even registered for and paid for the fall semester. Then a cousin, herself a massage therapist, asked if I’d ever considered the massage school in Boulder as it was one of the best in the country. “Well no, can’t say I’ve thought of that...Boulder is over a thousand miles away!” I responded. But as it happened, I *was* going to be in Colorado to attend John Denver’s Windstar Symposium in September, so I told her if I happened to find myself near Boulder, I might check it out.

It was late August, and my friend and I began our long journey to Colorado for the Symposium. Afterwards we took a week to do some camping in Colorado and Utah, and although it was hard to think about returning to Ohio, eventually it was time to start the drive eastward. As we were nearing Denver on Interstate 70, I noticed the exit for Boulder and we decided to check



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out the little mountain town I had heard so much about. Remembering my cousin's recommendation of the massage school there, we decided to drive by it. However it was Labor Day and the school was closed, so we enjoyed the Labor Day festivities in town and by late afternoon started to head out of town, hoping to make the Nebraska border by nightfall. Chug, chug ... my friend's car started to protest! Hmmm, could this be a "sign", I wondered? Could there be a reason to be in Boulder an extra day?

We knew we'd better not hit the open roads until we could get the engine checked out, but everything was closed for the holiday. So we managed to make it to a campground for the night and back into town the next morning. We dropped the car off for a mechanic to look over while we found a restaurant for breakfast. Lo and behold, when we returned, we were told they could find nothing wrong with the car. They even washed it for us and charged us nothing!

I had a sense that there might be a good reason the car had prevented us from leaving Boulder that Labor Day of 1994, that we needed to be there one extra day. So on that day, I visited the massage school, was given a tour, shown the curriculum, and told when the next semester would start. And I remembered...I had asked Spirit to guide me to my "next assignment." Now a new door was opened. Would I walk through it?



Would I have enough faith to leave my old life behind and start a whole new venture? Would I have faith to move to the mountains of Colorado?

Well, I did! And the world opened up for me! And that Cheshire-cat smile remained in place pretty much the whole five years I lived in Boulder!

I've learned the importance, for me, to always ask to be guided to my highest good, and to *follow* my inner guidance. For me, that is having faith, faith in a Higher Power that is in charge of my life. Following it is an option, of course, but it's never let me down, and I am so very grateful for the adventure Life has taken me on.

Addendum:

After five years I once again began to feel change coming. What would it be? Where would it take me *this* time, I wondered? And I could never have imagined the new doors that would open for me next. For that story, you'll have to watch for Part Two in the next newsletter!

Rev. Donna Corso was ordained in January 1st, 1998



THE SEDUCTION OF AFRICAN SAFARI

Rev. Marie Masciovecchio

After months of careful planning and anticipation, my dear friend Laura and I embarked once again on an African safari adventure with the Wilderness Safari organization. We are tingling! We have both been on safari's several times before but always hunger for more. Once Africa touches your soul there is no letting go. Laura and I are living proof of the Wilderness Safari motto: "Our journeys change lives." Oh sweet Africa, our souls embrace your transformation.

Both Laura and I are native New Yorkers. Few terrains around the globe are as geographically opposed as the canyons of NYC to the plains of Botswana. But wherever you reside, a safari exploration in Botswana conveys a feeling that you may actually be the first human to behold this sacred portion of our great earth; an untouched beauty left to its own devices, carefully maintained by Mother Nature herself. It is a natural habitat for some of the world's most magnificent creatures, safely roaming without fear under our breathless gaze.

An African Safari is truly a spiritual experience, it is very Zen-like flowing over you in waves of unexpected delights, frights and surprises; moving you to tears, laughter and awe. It is surprisingly easy, unique, effortless. You will immerse your whole being into every moment as your inner child emerges wide-eyed with wonder. This is Mother Earth revealing her natural state to your heightened senses, exposing you to unimagined ways of life and being. There is no experience quite like it.

Great safari unravels before you under the expertise of your Guide, who becomes your teacher, your leader. Your trust and sense of adventure is naturally expanded in his experienced, capable hands. An alert, well-trained guide will capture you with his heartfelt passion for sharing his abundant African life. He will skillfully analyze the fresh tracks



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various wildlife left behind on the sandy earth; listen for clues from the call of birds or baboons; follow the flight of vultures, and expertly lead your vehicle to the most exclusive and thrilling moments in nature. Your guide provides you with front row seats to what is truly the greatest show on earth. Oh, and you will inadvertently fall in love with him. This is Africa.



From Botswana to Zimbabwe, our safari revealed some of the most exciting moments of our lifetime; from massive breeding herds of elephants brushing past encouraging and protecting their babies, to roaring male lions socializing and play-fighting just steps away from our vehicle.



Oh, the sights we've seen! We were lucky to stumble upon two leopards mating, a rare sight indeed. Troops of baboons of all ages are wildly entertaining and plentiful as are impala, zebra, and the graceful giraffe, comical warthogs running away with their tails straight up.

And we had our very first cheetah sighting as two slender, long-legged females graced us with their presence. It was unbelievable. Most of these beautiful beasts passed closely by our vehicle without even a second glance.

Oh, and although not for the squeamish, we witnessed a lioness deftly take down a wildebeest to feed her pride. It was a magnificent moment for us and the lioness. But for the wildebeest, not so much. Such is the balance of nature.

Safari is not only about the wildlife. The campsites we visited throughout our journey are beautifully maintained and staffed by the most gracious and enthusiastic people we have ever met. The majority of the staff are locals who naturally understand and respect the environment, the value in the conservation of wildlife and possess a passion for high quality service. As their guest, you are treated so much like family that it is heartbreaking to depart for your next beautiful Wilderness Safari camp, where this process will repeat itself, until it is time to return home.

Yes, sadly we eventually did have to depart for home. However, for as many trips and places on earth Laura and I have been privileged to visit, there is something about Africa that is addicting. She reaches deep inside your heart and soul, enticing you back for just one more visit. Once home, I think of Africa often and wonder how "our" majestic, free animals are faring; who is staying in "our" cabin right now; what delicious food is being served by "our" favorite chef; to

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what adventure did “our” guide lead his new lucky guests today?



Laura and I are both fortunate not only that we are good travel partners, but that we will plan a return to Africa once again. However, the awful threat of whole species being hunted to extinction is heart-wrenching and very real. Therefore, Laura and I choose to travel with Wilderness Safari, since it is widely acclaimed as Africa’s foremost ecotourism operator. They provide life-changing journeys that help conserve the spectacular biodiversity of Africa and share ecotourism’s benefits with rural people. Each time we travel with Wilderness Safari, we feel as though we are actually giving back to Africa, almost as much as Africa gives to us.

If you would like to learn more about our beautiful adventure and need help planning your own African journey, Laura and I would be very happy to talk with you. Email us at

laura0323@gmail.com

Rev. Marie Masciovecchio was ordained in April 2014. She resides in Florida.



From the Desk of Rev. Dr. Rick Prigmore...



In Times Like These...

How often have we heard someone (maybe ourselves) saying, “I would go ahead and do (something), but ‘in times like these’ I better postpone it? I know I have occasionally had this thought.

Then I remind myself that “in times like these” is a subjective statement. “In times like these:” what a wonderful opportunity! “In times like these” lives are born, new inventions are created, special poetry is written,



opportunities abound, great friendships are created, “love thy neighbor” has a new ring to it, smiles initiate return smiles, rainy weather promises new life and growth, sparkling dew reflects morning sun rays.

Everything becomes new, as if we are seeing it for the first time.

“In times like these” is a joyful, creative time. Leap into it with optimism and courage.

Laugh out loud. Dance a few steps. It will make others wonder what you are up to ~ and maybe spark them into action.



“In times like these” can be the best times. It is up to us.

Carpe Diem!
Dr. Rick

Rev. Dr. Rick Prigmore is a Founder of Universal Brotherhood Movement, Inc. and author of The Joy of Living.

Notes and Tidbits of Greece....

Shared by Rev. Jette Terpner

Rev. Jette Terpner shares her Light and Love through Reconnective Healing. When invited, she also travels with crystals to different locations, bringing healing energies for the world:



Dearest Family and Friends,

I am thinking of you all and want to say "thank you" for your wonderful support in my journey to Greece.

So many have asked me about the mission to Rhodes, and I am very proud to announce mission accomplished. I am in Love Love Love.....in Greece.

OMG the people are soooo from the heart; very pure, and you can feel their love. It is not this pretending-to-be-nice type; no, no, no it is real, and when you meet them, you just feel you are in a bliss state and wrapped up in violet velvet. Their souls are sooo beautiful.

As always I travel with my own GPS of direct connection to the Divine. I never open a tourist guide book, I just get led where to go. I love this and have total faith and trust in all my divine helpers, they are sooo funny too!



Well, I started out traveling with a travel agency called Apollo (The Sun God). On my arrival to the hotel, right on the beach and walking distance to the old town Rhodes, my room number was 414....the diamond crystal grid is 144...synchronicities...

In the elevator the ceiling was decorated with clear crystals.



White butterflies wherever I went, a sailboat named Archangel Michael, another one named Mary, another one named Love Boat....Spirits send me all the right people to be connected to and guide me to take the next step, one was Christo, who told me where to go, another day I was sitting having a cup of tea in a little restaurant called Venus, the guy asked me what is your name? He turned around

and told me his name is George Clooney! Everybody who knows me knows I have something going on here...just fun fun fun...He was a 70 year old gentleman with charisma and still running Marathons, he showed me his latest number 3 winning medal from April, here we go again, Apollo's face on the medal. Also his real name is Pedro. In a past life I had a husband called Pedro, who was a Greek poet.

Continued....

...Continued

I can go on and on: not only did I have the big Selenite Crystal with me from the Crystal Palace in Mexico, but I had a total of seven Selenite Crystals and three Quartz from Grandfather Mountain too. At one point I was guided to a church high up in the Mountains. On my arrival there were Peacocks everywhere, I will say 300 — with the God's Eye symbol on their feathers.

So much history here: the Palace of the Knights right there in the town, Rhodes; Aphrodite/Venus' presence here too; so much Greek Mythology that I have always found very, very interesting. I even had the opportunity to climb The Acropolis in the town of Lindos. It's older than Acropolis in Athens (OMG I am getting too old for this...) It was as hard as climbing Macchu Picchu. You can rent a donkey to bring you up to the top. I felt sorry for the donkey so I went up, up, up — steps and steps and climbing without railings, this time in sandals...crazy....not in clogs like Macchu Picchu.

Also one crystal found its new home in the Butterfly Valley. You clap your hands and thousands and thousands of butterflies will fly in the valley; pure magic. Then Seven Springs — seven springs run down from the mountain and meet at one place. It is Atlantis here. The ocean is turquoise/clear light as well as dark-dark cobalt blue; stunning, almost mesmerizing. After the last crystal got a new home, I went into the water too, took a refreshing and got my crown under too. The location of Rhodes is so close to Turkey that I could see the mountains in the distance: Egypt, Israel, Palestine, Syria, Iran etc. right there. Wow! Wow! Wow!

The "Generator" Selenite Crystal is in a safe place, almost in a movie-perfect setting, everything so happy and clean, and of course surrounded by the ocean and butterflies everywhere. There was a wedding going on there too; can it be more perfect?

As you can just imagine, I am ready to go back tomorrow! Maybe this is the island where I can write my books?

With a very joyful and happy heart, I am sending you all from my heart to your hearts many wonderful blessings for a wonderful Happy Mother's Day. Children, animals, plants, we are all mother earth's mothers.



I love you.
Love Always,
Rev. Jette Terpner

*You will find more information about Reconnective
Healing and Rev. Jette on her website,
www.jetteterpner.com*



Why Do People Suffer?



By Rev. Bill Wishart

Why do people suffer? Is it really choice? Why would we do this to ourselves? I really do not have the answer for all. I have what I believe to be my answer. “The pain is there to get my attention, the suffering is optional.” In careful examination of this statement and many hours of contemplation I realize my suffering is self-inflicted. I did have help from my teachers, which would include parents of course, as my parents were the first teachers. The others were those who had an influence of any kind, school, religious, role models, peers etc.

I believe the law is a thought, then a feeling. By the time we become adults so many of our thoughts are pre-conditioned from our childhood that we do not even realize we had the thought first. Most of the time we get to “suffering” unaware we have been through a thought process to get to suffer. All our fear thoughts are the cause of the pain that cause us to suffer. Our fear thoughts are caused by erroneous thinking, or dealing in pairs of opposites. We deal in pairs of opposites (judgment) because that is what we are taught as children. We start in the middle! Man’s accumulated knowledge, as passed on to us. We are taught to judge right and wrong, success and failure, good and evil, love and fear, etc. Two powers instead of the One, is the way we were taught it to be. We actually eat of the fruit of the tree of knowledge of “good and evil.”


When we believe that fear is real, that it has power to sustain itself we are dealing in opposites and this fear thought causes pain. “Pain is there to get your attention, suffering is optional.”

Fear is learned behavior! We can learn to change these ideas that sustain fear. This would take some open-mindedness on our part. This would take a change of mind, a change of what you believe to be true.

Belief in One Power, One Intelligence would get us out of the judgment business and into the business of “is-ness.” Starting with this idea would get us unstuck from our past belief. We would no longer start in the middle. We now start with a premise we can build on.

If pain comes, instead of suffering we can go to the One. That One is Love. That One is expressing Itself as you right now. That One sustains all life; It is all life. It is Law, Order, Principle, the All and All. You can call it God if you choose.

Start with this idea. Fear cannot live in this idea at the same time as Love. You are not only loved, you are love itself. Let it flow.



Rev. Bill Wishart resides in South Florida.

UB Website Minister Directory

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

www.universalbrotherhood.org

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Not Just Another Nutritional Practice!

By Rev. Richard Needle
and
Rev. Jackie Needle

I have had a nutritional practice for the last 35 years. When Jackie and I married 20 years ago, I changed direction for my practice. I had discovered that I had a G-d given gift to pick up people's energy and I expressed the answers through a dowsing rod. This made me much more accurate with my patients, bringing better results and to healing.



Around this time I was becoming much more spiritual and I realized that I had two Guardian Angels that were helping me. They were always around and when I asked for their help they were more than willing to help me and ultimately my patients. Jackie helps people who are having a hard time emotionally. Just talking through what is going on with the individual or his or her family can be a huge help.

Our practice is very powerful because I can pick up our patient's energy and tell the patient if I can help or not; and mostly, I can help. We get calls from all over the world because we have a big presence on YouTube and because I can pick up anyone's energy, patients do not have to come to our office. All I need to do is talk to the patient. I can diagnose diseases early because I pick illnesses up at cellular level. I can help with many diseases!

People tell me, they "eat right"! What does that mean? Do they eat high carbs, low carbs? Do they eat veggies, do they eat meat? Do they eat high fat, low fat? Finally, there is an answer for each individual's genetics. There is so much diet information and misinformation out there and we teach a program people can use to finally find out what we believe is right for their bodies or genetics.

My program is three parts: Including a FREE CONSULTATION!

- 1. A GENETIC EATING PLAN... a list of 500 foods covering seven pages, which foods are right for you and which foods are not right for you.**
- 2. The right bottled WATER for a person's Genetics.**
- 3. The right food-based SUPPLEMENTS for a person's Genetics.**

Continued...

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First of all, it is impossible to have OPTIMUM health by just eating regular, organic and raw food in today's world! Many of our soils are stripped of nutrients, there are GMO, (genetically modified organisms), lack of freshness, etc.

Also, a patient might need a certain supplement., but there may be several companies who make the same product. We teach that the product has to "vibrate" correctly with the particular patient's genetics to be absorbed and work! We can stop guessing and experimenting about our water, our food and our supplements. In other words, we are taking the guessing out of health! I am always researching different products, and if I find a product that is better for my patients than what they are taking, then I will switch their products.

Jackie and I are moving into our early 80's and we take no medicines or over-the-counter drugs and we have no diseases that are so common in people our ages. So, as long as G-d allows us, we will continue our practice and our dedicated work.

We have people call us and they have been sick for a long time and we are their last HOPE! And we can help their bodies heal! As far as I know, I am the only person who reads individual energy accurately and can help patients get on the right path to healing.

**Blessings,
Rev. Richard Needle, PhD Nutritionist, Medical Intuitive
Rev. Jackie Needle**

dowsingforhealth.com

FOR A FREE CONSULTATION: [770-612-3400](tel:7706123400)



Revs. Richard and Jackie Needle reside in Georgia.





UB GoodNews



Universal Brotherhood Movement, Inc.
Newsletter ~ Autumn Edition 2017



Nature Answers My Question <i>by Rev. Jo Anna Shaw</i>	23
Greetings (And More) From Our Founders	24
What Can You Do When It Seems Like There Is Nothing You Can Do? <i>by Rev. Jo Anna Shaw</i>	25-26
Unleashing the Power of Reiki <i>by Rev. Shalandra Abbey</i>	27
Blooming <i>photo by Rev. Susan Stein</i>	28
Profound Gratitude <i>by Rev. Dr. Karen Cosgrove</i>	28
Love Always Returns <i>by Rev. Merry Battles</i>	29-30
UB Minister Business Card Ads	30
Important UB Information	31
UB Membership Survey	32
Let's Stay In Touch!	33



Nature Answers My Question About How to Be with the Ups and Downs of this World.

by Rev. Jo Anna Shaw

The stones in the stream are looking up at me,
one with dark Cheshire cat eyes,
another a sideways glance,
kissed cheek smiling.

Whether underwater or above,
whitewater or easy flows,
always looking up.

I look up to see what they might see.
Tears trickle down my cheek,
a grateful smile follows,
the water flows.

www.joannashaw.net





Our UB Founders,
Rev. Drs. Jeni and Rick
Prigmore, having some
autumn fun!



People Are So Good!

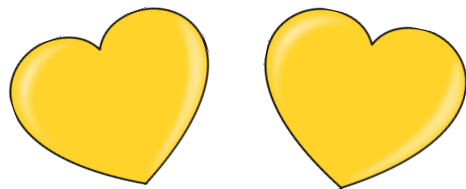
Shared Thoughts by Rev. Dr. Jeni Prigmore

The Prayer Shawl Ministry at my church announced a Shoes for Texas intention on Thursday. I put out the word through our village; and by the time I left for Mass yesterday afternoon, the trunk of my car and half of the back seat were filled with shoes, which were to be blessed after Mass and shipped to those in need. (When we drove in, a Penske Rental Truck was parked outside the social hall and ready to roll.)

People are SO GOOD, given just half the chance to bring forth their compassion and caring.

May Health, Peace and JOY be your constant companions today and through the days ahead.

Blessings,
Jení





What You CAN Do – When it Seems Like There Is Nothing You Can Do By Rev. Jo Anna Shaw

How do you use your thoughts and words when you speak about the turbulence in the world?

When you speak against someone or something in judgment, your focus is on what you don't want. As a result you contribute to the negativity and create more of what you don't want. The fighting mentality approach to resolving challenges in the world is not working. It only creates more division, separation and conflict.

Try this.

Ask a friend to present their hand so you can push on it.

What happens when you push?

They push back!

It is natural to resist or fight against pressure that is aggressive.

Truly Make a Difference.

In Aikido and on my spiritual path, I am taught to harmonize with, protect and call forth what is already wise and loving in all. I use my meditations, my verbal and written communications and actions to accomplish this. I do not join in groups that use fighting language or actions to create change.

In letter writing,

I don't cut and paste pre-written scripts. Instead of saying, "I am outraged...", I keep it short, simple and speak to the facts. For example: "Our forests and water ecosystems are necessary for the health of our planet. They must be preserved for our quality of life and that of future generations. You were elected to fulfill this mission. Please act in the best interests of all to preserve our earth."



In prayer or meditation,

stop battling a busy mind that would have you feel like a victim by replaying the latest negative news flash. Move your body to quiet your mind. Go for a walk. Do some Brain Gym®, yoga or Tai Chi. From a peaceful place, enter prayer or meditation. Imagine yourself as a brilliant diamond of crystal white light radiating a rainbow of color, knowing this represents the Love That You Are.

Continued....

Use a focused meditation when you want to influence a positive outcome.

While in meditation, imagine the leader(s) of a nation or a company as a brilliant diamond of crystal white light radiating a rainbow of color that represents the Love That They Are. Affirm that they remember their soul's purpose and take action from compassion for the greater good of all. Detach from the outcome you want. Just focus on the image knowing Love only creates Love.

This is how we align with our Innate Power and contribute to the creation of positive outcomes. It is how we affect outcomes on an energy or spiritual level; the level at which all exists before coming into form. We do this in addition to the more concrete actions we take to bring about peace in our world.

Statistics support the power of focused prayer and meditation.

By meditating daily, you will find yourself feeling much happier and will be joining a growing community of people who pray and meditate daily knowing that they are making a difference.

Engage from the Energy You Want to Create.

If anger escalates anger. Know that Love escalates Love. Choose to see the Light of Love in all. Hold the vision that they remember the truth of who they are.

To hold this vision with detachment, feeling confident that Love is all there is, regardless of outer appearances, requires that each one of us do the personal development work our cross-roads moments invite. My book [*Design and Live the Life You Love: A Guide for Living in Your Power and Fulfilling Your Purpose*](#) is a resource that can help with this piece. James O'Dea's book *Cultivating Peace: Becoming a Twenty-first Century Peace Ambassador* is another resource that is useful for the activists of this world. I highly recommend it.

If you find detaching; imagining the picture *right*; quieting your mind; or acting from a peaceful, direct presence difficult, [contact me](#) for a [Mind-Body® Coaching Balance](#). Just a few balances can work wonders toward mastering these skills.

Thank you for doing what you CAN do.



Rev. Jo Anna Shaw serves as a Minister/Director in Oregon.
<https://www.joannashaw.net/what-you-can-do-when-it-seems-like-there-is-nothing-you-can-do/>



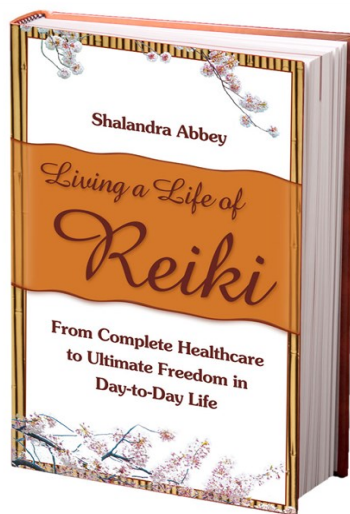
Unleashing The Power Of Reiki

By Rev. Shalandra Abbey

Some say it isn't possible to heal with your hands. Others say you must be born with the ability. As a full-time Reiki Master for 26 years, I can tell you without doubt that it *is* possible, and anyone of any age can do it following a 12-hour First Degree Reiki class.

Having shared the gift of Reiki Natural Healing in Hawaii and around the globe, and having initiated almost 2,000 people into this sacred healing art, I still get "chicken skin" when I place my hand on top of a student's head and it starts the flow of healing energy in the student's own hands.

In 1936 Hawayo Takata, who was born in a sugarcane camp on the island of Kauai, returned from a trip to Japan and unleashed the gift of Reiki to the western world. From these sacred islands a wondrous offering was allowed to run freely to those who could understand and accept the gift of healing that had been entrusted to them.



Ancient legends of healing miracles were dismissed because people had not witnessed recent demonstrations of it. Mrs. Takata showed people -- even those who didn't believe in it -- that these miracles were possible. She taught Reiki at University of Hawaii at Manoa, and had it approved to be practiced in Hawaii hospitals in 1974.

Many medical doctors support Reiki. George Remisovsky, M.D., says, "Reiki energy medicine is a fine introduction to a technique which can truly enhance our capacity to make our patients well. I wholeheartedly recommend it." Larry Dossey, M.D., comments, "Reiki is increasingly being incorporated into modern medicine because of one compelling reason: It works."

Shalandra Abbey has been a full-time Reiki Master and UB Minister/Director in Hawaii and around the globe for over 25 years. She is author of Living a Life of Reiki and member of The Reiki Alliance, an international, professional organization of Reiki Masters.

To contact Shalandra, to read the Introduction to her book, and to visit her ceremonies page go to www.ReikiHawaii.com or call 808.280.7704.



Blooming

They bloom for everyone.

Flowers bloom for the sheer
joy of life.

Rev. Susan Stein



Photo submitted by Rev. Susan Stein from her garden in Pennsylvania

Profound Gratitude

by Rev. Dr. Karen Cosgrove

On this Earth plane I send out gratitude...deep gratitude for my being.
Gratitude for being here at this auspicious time in humanity's evolution.
I give thanks for those who have come before me to help me prepare the way.
I give thanks to all who have held space and shone light in any darkness of the past.
I am grateful for the life force that is evolving into a light force.
This light connects me to all life and the Oneness of all there is.

Joy flows from my heart, mind, soul as I sense my connection to the Divine Source.
I feel the shift in my being. I see the shift in the eyes of my brothers and sisters.
I rejoice in the Creator's vision of who we are becoming.
I feel the love that is the essence of all humanity.
I see that love prevailing through the eons of time.
I now see this love expanding and reaching out to all life on this planet and beyond.

Gratitude flows through my being as I experience ever more wisdom and profound blessings.
I trust that all beings have the capacity to tap into love, light, wisdom and profound blessings.
At this time in humanity's evolution things may appear to be falling apart.

Yes, the old is falling away to make way for the new.

A new era of light and beauty, peace and grace.

Welcome it in and integrate it into your being.

See it in others and celebrate this time of new birth, a new world,
a sacred transformation.

My heart sings with joy and I am profoundly grateful for this precious gift!





LOVE ALWAYS RETURNS - A HALLOWEEN GHOST STORY

by Rev. Merry C. Battles

It was a month before All Hallows Eve. We were in a Jr. College in Boston. A group of friends were sitting around our dorm room. It happened to be in an old apartment building on Beacon Street. It was the late 60's. We started telling ghost stories one by one. All of a sudden we all simultaneously heard a woman scream in our heads. This was to set the stage for the events to follow.

My roommate Billie's father Tom had died mysteriously a few years before. He had separated from Billie's mother and was living on his own. He was a retired Top Secret Scientist for the government who had been befriended by a Customs agent. Tom had an aneurism that was lodged in his head. Any sudden fright could be dangerous to him and possibly dislodge the clot. It turned out that Tom had left all his possessions to this man, raising suspicion that he had something to do with his death.

Tom was found in his apartment. His body was in an unusual position on the bed. The Coroner had determined that he had died a few days earlier on Halloween.

A couple of times after his death Billie heard her father's voice calling her name. One time her mother's wedding rings were found on the floor by the front door. The rings had been in her bedroom in a jewelry case.

Three weeks before Halloween the events started. Annie, our other roommate, was a Boston girl. She was very shy, quiet, and very level-headed. One night she awakened to hear chimes blowing, and "human whistling."

She was frightened and was going to wake us up but didn't. She happened to look at the clock, it said 3:33 AM. By the way, we had no chimes outside on our porch!

The next week Billie had her encounter. We were all asleep. She awakened to see a misty form at the foot of my bed! She sat up and rubbed her eyes to see if the form would go away. It still was there. She wanted to wake us up, but didn't. She looked at the clock; it was 3:33 AM. She went peacefully back to sleep.

The day of Halloween came and I was freaked out. Why was the figure at the end of MY bed? We had our costume party at school then settled down to sleep. I was definitely spooked. Forgive the pun!



Continued...

Continued....

I was restless and couldn't fall asleep. I was in that twilight state, in between the worlds. I learned later that when you awaken and when you are falling asleep there is an opening to the other dimension - a time when it is easier to communicate with Spirit.

All of a sudden I started to see my body stretched out before me in white light. It reminded me of being under a black light. I was bathed in white phosphorus light.

I kept saying to myself, "I have to wake up and tell Billie her father is here. I have to wake up and tell Billie her father is here." I finally came out of it and was fully awake. I wanted to tell Billie and Annie what had happened. I didn't. I looked at the clock it was 3:33 AM. I peacefully went to sleep.

The next day I remember feeling like I was floating on air, almost levitating. Billie's father came to show his love to her. His Spirit entered my body and probably gave me a healing. He helped us all to see that the Spirit lives on and can return to those we love.

©2017 Merry C. Battles


Rev. Merry C. Battles is the author and illustrator of 'Christmas Meditations on the Twelve Holy Days December 26 - January 6' It is her 26 year meditation journey with the 12 holy days of Christmas. Her book can be used all year long as we travel through each sign of the Zodiac. Merry has worked in the Healing Arts since 1977. She has practiced the art of massage, cellulite massage, Jin Shin Jyutsu, Reiki, CranioSacral Therapy and foot reflexology. Merry is a Continuing Education Provider for Florida LMT'S. Her Intro courses in Jin Shin Jyutsu are open to all people. Merry's book can be purchased at amazon.com and Kindle Books. www.merrybattles.com Email merry@merrybattles.com

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UB Contact Info

Universal Brotherhood
Movement, Inc.
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Coral Springs, FL 33067
Office phone number:
954-574-9904

Email:

robin.ubm@gmail.com

Website:

www.universalbrotherhood.org

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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 robin.ubm@gmail.com. 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 robin.ubm@gmail.com**

Universal Brotherhood Membership Survey

Autumn 2017

To better understand how the UB community serves the needs of those we assist we are conducting a survey to learn how you cater to your clients or constituencies. We also have a few questions on ways we, as the Board of UB, may better serve you.

Please take a moment to answer the following questions and scan and email your completed survey to:

UB Executive Director Rev. Robin Morini at robin.ubm@gmail.com

Thank you so much for all you do in your ministry and for providing this very valuable information to us.

1. How long have you been a UB Minister? _____
2. What ceremonies do you perform as a UB Minister? Please check all that apply.

Weddings Y/N	How Many Per Year? _____
Baby Namings/Baptisms Y/N	How Many Per Year? _____
House Blessings Y/N	How Many Per Year? _____
Funerals Y/N	How Many Per Year? _____
Other Please specify _____	
Other Please specify _____	
3. Would you be willing to submit articles or stories of interest for publication in the UB newsletter? Y/N
4. What training or courses would you have interest in if offered by UB?
5. How can UB best serve your needs as a Minister?

Name _____ Telephone _____

Email _____

Website _____

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:

Executive Director Robin Morini
Universal Brotherhood Movement, Inc.
PO Box 670278
Coral Springs, FL 33067

Or scan the completed form and email it to

UB Executive Director 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? _____
