



UB GoodNews

Universal Brotherhood Movement, Inc.
Newsletter ~ Summer Edition 2018

Inside this issue of UB GoodNews:

Everything is Illuminated by Rev. Joanna Shaw	1
From Our Founders ~ the Rev. Drs. Rick & Jeni Prigmore	2
In Memoriam: Rev. Donna Jernigan	3-4
From Our President: Love	5-8
From Our Vice President: Summertime: Be Rich	9
Common Sense Feng Shui by Rev. Paula Mari Tepedino	10
Creating A Powerful Prayer Team by Rev. Paula T. Webb	11-13
Divine Discontent Can Lead to Bliss by Rev. Carole Louie	14
Choosing Accountability Over Blame by Rev. Taron Puri	15-16
Cooling Off With Yoga by Rev. Paula Mari Tepedino	16
Photos by M/D Susan Stein	17
Waves by Rev. Keith Noyes	18
Tying the Knot by Rev. Jim DeKornfeld	19-20
Book Nook: Rev. Donna Kassewitz	21
Book Nook: Rev. Mike O'Neill	22
The Power of Energized Prayer (Part 2) by Rev. Donna Corso	23-25
Information from Rev. Dr. Gregory Possman	26
Article Submission & Website Directory	27
Ministers Liability Information	28
UB Minister Business Card Ads	28
Let's Stay In Touch!	29



Everything is Illuminated

By Rev. Joanna Shaw

In now

there is a gap
where yesterday
and tomorrow
don't exist,

where
longing for what was and
hoping for what might be
disappear.

Faded photographs
and unrealized dreams
give way to
open hands.

Wondering
Why? and *What if?*
are relinquished
and
everything
is illuminated.

www.joannashaw.net



Founder's Page ~

Reverend Drs. Rick and Jeni Prigmore

*August 16
Happy 42nd Birthday
to UB!*

*Want to send a card? Address it to:
Rick & Jeni Prigmore
Universal Brotherhood
PO Box 670278
Coral Springs, FL 33067*

Here we are in Summer - a traditional time of Family Gatherings: picnics, beach parties, vacations, graduations, back yard get togethers, across the fence visits with neighbors out to cut the grass and plant new flowers to beautify the "outdoor living space."

A time when we move beyond our insulated, indoor living in the colder months.

As we approach this time of year, memories come flooding back of friends and family we've always associated with our "Free Time" - "School's out, let's PLAY" way of living.

We enJOY our free time together and with our many friends. We miss seeing many of you since we no longer travel very far from home. We used to think nothing of driving from South Florida to Kansas to visit family and on to Colorado, Washington, Oregon and down the west coast to California meeting with UB groups and others. Now we are much more "home bod-ies."

But we think of you and send blessings very often.

Fortunately, our health remains very good and we have only JOY and happiness in our lives. So, if any of you are planning trips through this part of the country, be sure to come by and visit.

In Memoriam ~ Donna Jernigan

By Rev. Rosemary Cathcart



It is with deep sadness that I report one of God's sweetest Angels, UB Minister Donna Jernigan, moved on to her Heavenly home at 1 am on Saturday morning, August 4, 2018.

Donna was born in Miami, Florida and graduated Miami Edison Senior High. She made her home in Lilburn, Georgia. When our Founders, Rick and Jeni Prigmore, retired to Florida, it was Rev. Donna Jernigan to whom Rick entrusted his robust wedding ministry, knowing full well the dedica-

tion and presence she would bring to each ceremony. Donna wrote a wonderful article on weddings in our September 2014 [UB GoodNews](#).

In the many years I've been a part of Universal Brotherhood, Donna Jernigan's light and love and servant's heart have been a soothing balm to me and to so many others. When I first joined the Board in 2006,



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it was Donna who welcomed me and made this newcomer feel less anxious and completely at home. She served for many years as Secretary to the Board, and I even managed to wrangle her back for a little while before we were graced with the presence of our current Secretary, Rev. Jim DeKornfeld.

For anyone who had the chance to know Donna and to work with her, this is a sad loss indeed. For those of you who did not know her, I am so sorry you've missed her in physical form.

For anyone led to send sympathy cards, here are names and addresses you may need:

Thomas Peacock (*Donna's only child*)
5020 Maristone Court
Cummings, GA 30040-7412

Michael Nacula (*Donna's life partner*)
1518 Rangewood Drive
Lilburn, GA 30047-4515

Victoria & Michael Rosetti and sons Sam and Eli
(*Donna's stepdaughter and family—that's a picture of Donna and Victoria to the right*)
1080 Bluffhaven Way NE
Atlanta, GA 30319



If you know of someone who needs to be notified of Donna's passing, please reach out to them.

Many Blessings to us all, as we pause to honor the life of Donna Jernigan, and to celebrate her enormous Spirit and heart full of love.





LOVE

By Rev. Rosemary Cathcart

If I could, I would put an end to all of the conflict and wars around the globe, right this minute. I would ensure that there was never another violent attack at a music festival or in a school, or at any other gathering of innocents. Unfortunately, I do not have that kind of powerful magic wand. What I do have, however, is the desire to become a reservoir of love and peace within myself. That is something I can become dedicated to and resolved to become. I plan to dedicate myself to this goal, one breath at a time, one moment at a time, one day at a time.

I am somewhat limited in this discourse on love, as the English language has just one word for love. We **love** our favorite foods as we **love** our dogs and cats, just as we deeply and profoundly **love** our partners and our families. It is left to the observer and the reader to determine the context and the depth of the situation. It's a faulty system, but it's what we've got to work with.



To my mind, as Children of God, we are born from love and are made from that one loving, brilliant spark of the Divine that imbues all of our life choices, and indeed, even the trajectory of our life.

*"The real story comes from a love-source that
cannot be understood with intellect, but
known only as a person is known."
-Coleman Barks*

When we do open our awareness and comprehend that the only thing we do have power over is simply, ourselves, a world of opportunity presents itself. It's folly to think that I can stop conflict outside of myself unless I have met and addressed all of the conflict within myself. When in pain, it's so human to re-direct that pain and look outside ourselves to "solve" someone else's battles. But that's only a temporary respite from dealing with what must be addressed ~ if we are truly to know love in all of its selfless glory and joy.

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Love is mentioned 310 times in the King James version of the Bible, and 348 times in the New American Standard edition. From Genesis to Revelation, we are given direction on love for God, love for ourselves, love for one another and even love for the food we are given to eat. Apparently the concept of love is not new news; it's been with us since the beginning of time and has been written about and addressed countless times throughout the years.

*"If you love someone
hurry up and show it."
Rose Zadra, Age 6*

It may seem as if we have no choice at times except to respond with anger and hurt, and yet the truth is, we always have a choice. It's our lack of internal self-love and awareness that so often causes us to lash out roughly in anger. The next time someone or something sends you to the brink, take a moment to breathe. Wherever you are: — sitting, standing, lying down, seated behind the wheel at rush hour — before the harshness fully forms in your brain and has time to escape your lips, simply stop and breathe. Immediately ask for Divine guidance as you deliberately *breathe in patience and exhale peace. Breathe in understanding and exhale calm. Breathe in mindfulness and exhale kindness.* As you feel yourself calming down, realize you have just defused a potentially damaging situation. If you can view another with love, or at least equanimity, even in the midst of annoyance and anger, you have begun to master the eternal quest of self awareness and self mastery.

*"Love all, trust a few, do wrong to none."
All's Well That Ends Well
-Shakespeare*

A dear young friend, whom I have known for all of his 13½ years, asked me excitedly yesterday if I'd met the new Jewish couple in the neighborhood? I immediately responded with "Yes, and I told them about my young Southern Baptist friend named Tucker!" He's pretty used to me at this point, and after shrugging and rolling his bright blue eyes, asked if this was another "teaching moment"? I laughed and went on to explain, it's our hearts we are meant to connect with and not the outer trappings of color, ethnicity or religion. In his wise way, Tucker nodded and said, "Well, they're still Jewish." And I responded with, and you're still Baptist and God only knows how many religions I am at this point! I could have let the moment pass, but that would have been shirking my duties to this young man as an adult of influence in his life. I have a close connection to his parents and have permission to correct and discipline Tucker and his 8-year-old brother, Beau. It's an important job to me. I want Tucker to be a good 13-

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year-old and I want him to turn into a compassionate and loving 23-year-old, 33-year-old, etc.

*“It’s not how much we give,
but how much love we put into giving.”
-Mother Teresa*

In his deeply compassionate work *The Book of Awakening*, Mark Nepo tells us, “Love is like water. Only love, with no thought of return, can soften the point of suffering. Most things break instead of transform because they resist. The quiet miracle of love is that without our interference, it, like water, accepts whatever is tossed or dropped or placed into it, embracing it completely.”

Today is my Day #98 in recovery from painful foot surgery, and I have been the recipient of countless acts of love. In this journey toward healing, I have learned the subtle art of surrender as people have tended to my needs selflessly and ever so gently. People I never would have expected to do so have shopped for me, cooked for me, done my dishes and my laundry, made sure my house was clean and that I was driven to every doctor’s appointment in style. I miraculously dropped all fear of money and the “how tos” as people just showed up in too many generous ways to mention. My daily spiritual practices took on new dimensions and depth as I consciously had to “let go and let God,” or whomever would arrive for the next task. I have learned to stop. I have learned to sit and watch the air swoosh through the tree branches in my front yard and think of nothing but that. My concept of love has expanded to include a kind look, a sweet squeeze of the hand, a nice drive on a warm Spring day and a haircut just in the nick of time. I have fallen in love with kindness and it feels too precious not to share generously with others.

With each breath, I offer love and gratitude to the world as I consciously inhale joy, happiness, ease and contentment. I move through my home deliberately blessing and thanking each nook and cranny. I do the same with my dog, Cayce, and each tree, bush and flower in my yard. I am supremely grateful and in love with the opportunity to have this life!

*“There is so much love in your heart that you could heal the entire planet.
But just for now let us use this love to heal you. Feel a warmth beginning
to glow in your heart center, a softness, a gentleness. Let this feeling
begin to change the way you think and talk about yourself.”
-Louise Hay*

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What wise words to help us change the internal dialogue that can sometimes be so unforgiving. One of my favorite local ministers, Rev. Clay Stauffer who is Senior Minister at Woodmont Christian Church in Nashville, recently wrote an article entitled *How Will We Be Remembered?* He reminds us, “Our culture is very self-centered, fast-paced and anxiety-filled. This has made spiritual growth more difficult yet more necessary than ever before. There are certain virtues we should strive to embrace: faith, hope, peace, joy, kindness, patience and compassion. But there is one virtue greater than all the others, transcending all the others, and that is love. Love is the most powerful force on Earth.”

In the recent wedding of Prince Harry to his beloved, Meghan, the world heard Bishop Michael Curry in his homily saying, “There’s power in love. There’s power in love to help and heal when nothing else can. There’s power in love to lift up and liberate when nothing else will. There’s power in love to show us the way to live. Set me as a seal on your heart....a seal on your arm, for love is as strong as death.”

It’s a true thing, my dear friends, when it’s all said and done, what matters most is that we discovered how to love and how to let others love us. Dropping all of our “shoulds” and quieting the internal chatter, as we come to love ourselves and others deeply, freely, openly and without walls.

If our goal is to become a reservoir of love and peace within ourselves, it most certainly can be done. As we heal internally, we have the chance to become the walking embodiment of **The Christ Light**, full of love, hope and the promise for a better day ahead.

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

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 and access Rosemary’s Astrology newsletter archive at www.rosemarycathcart.com





Summertime: *Be Rich*

by Rev. Kelly Graham

The Gershwin-Heyward song *Summertime (and the Livin' is Easy)*, popularized by Ella Fitzgerald in 1968, offers, along with a beautiful melody, this evocative lyric:

Summertime, and the livin' is easy
Fish are jumpin' and the cotton is high
Oh, your daddy's rich and your ma is good-lookin'
So hush, little baby, don't you cry

Hmmm....why is it always the daddy who is rich? Anyway...

The very thought of “summertime” also reminds me how our local department store would have a Labor Day sale to mark the end of summer and changing of the seasons (and clearing out old inventory, to be less romantic and more practical, I suppose). It was at this yearly event that the daughters in our family would get a new outfit for back-to-school.

I remember the year a brand called “Daddy’s Money” premiered at the store. In our family, it also was “Daddy’s money” that paid for things. My mother had a job but, as was often the case at the time, her money was “pin money” and his paid for pretty much everything.

As our father’s favorite child (c’mon, all parents have ’em, mine just didn’t pretend), a lot was expected of me. In school, the other two girls took home economics classes, and my brother took Latin. My father insisted I take typing because I would always be able to get a job if I could type. The idea of “Daddy’s money” in my future — or, I suppose, “husband’s money” or “spouse’s money” would be more correct for my own future — never even crossed my mind.

I was reminded of all that when I saw this online recently:



Can I have an amen? I mean, really: **BE RICH**. Define that any way you want. I’ve been an investment professional for 35+ years, so for me, “rich” includes the idea of being rich in money. If you’re rich in money, you can do well for others while taking care of those you love at the same time — and that appeals to me. But choose your own definition, or definitions.

My point is: it’s not up to anyone else. It’s up to you. Be rich, and you can give. I think that’s a terrific decision.

UB Vice President Kelly Graham has worked in the financial field for more than 30 years, and is a Senior Vice President with B.Riley Wealth Management. 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



Common Sense Feng Shui for the Year of the Dog

By Rev. Paula Mari Tepedino

I'm not an expert nor a consultant in this ancient Chinese art of designing a space, but I have been incorporating this Feng Shui art of designing a space for many years. What I've learned and know from having had consultations with experts, I share with you today.

Every year in the Chinese Calendar there is an animal quality associated with the year. This year, 2018, is associated with the Dog.

When you think of a Dog you generally think of good things like their loyalty, ability to stand by your side in good times and in challenging ones, ability to help you relax, or their playfulness. Dogs can also be stubborn with a strong will.

During this time of year, I use the philosophy of Feng Shui as a "spring cleaning" chore. Feng Shui reminds me of the kind of tasks that go on this time of year to spruce up the house: wiping down walls, washing windows, changing out curtains, repotting houseplants — all of this helps with the overall design of your house. See, and you didn't even know you were an artist or a designer! Well, you are both if you practice Feng Shui.

Here are a few practical tips that you may notice help to shift and change the energy in your health, career, or financial areas:

1. Get a grasp of where the four directions are and apply those directions to every room in your house. So if the sun is waking you up at 6 am on the East Coast that would be the East direction in your room. And conversely, if the sun is setting out your back patio door giving you awesome views, then that is the West direction. OK, find the North and South on your own!
2. In the North part of a room: a) no candles; b) put something metal (singing bowl, metal object); c) gold fabric or colors. Put things that evoke "happy" and make you smile here.
3. In the South part of a room: a) crystals (fiery colored ones); b) books; c) or enhance love with a statue or something that represents that quality for you. Fresh flowers only.
4. In the East part of a room: a) water such as using a fountain, or image of water; b) or use of a mirror. Limit use of crystals here.
5. In the West part of a room: a) no candles b) metal such as singing bowls, metal chime/bowl; c) salt water in a bowl, etc. Be proactive with your health and embrace "prevention."

As I said, I'm no Feng Shui expert so if your interest is piqued and you want more, Google away to find a consultant in your area.

May the positive force of the Dog be with you in 2018!

Rev. Paula Mari Tepedino resides in Gilbertsville, PA. She serves on the UB Board of Directors and is an Ordained Wedding Officiant registered in the Commonwealth of Pennsylvania. She has practiced and taught yoga and meditation for more than 40 years and is also a speaker and published author. Learn more at www.paulamariceremonies.com or reach her at yoga2light@gmail.com.

FOR THE LOVE OF ALL GOD'S CREATIONS

Creating A Powerful Prayer Team

by Rev. Paula T. Webb



With a formal background in Catholicism, I am very comfortable with this season of Spring and Summer – Fall and Winter. All seasons of Renewal. A leading to the renewal, the risen Christ ~ the times of the year that each one of us can be reborn, even if just visually, whether we see blossoms appearing everywhere, or God's unique snowflakes covering the earth.

However, as an independent minister, I can take these concepts a bit deeper ~ and come up with a more global perspective. Yes, I may still consider myself a Catholic, although I have broadened my religious studies over the years; but I still practice certain rituals that I enjoy, especially the Season of Lent. I also embrace other faiths' versions of "Lent" and "fasting" throughout differing times of the year ~ to keep reminding myself of a constant sense of renewal, and a strengthening of my own personal faith. So what does it mean to "renew" oneself? For me it is a reminder that we are all cut from the same cloth, the cloth that God created in His image. Yes, we may look different, we may have different skin colors, we may live in different countries around the planet, but, still we are all created in God's idea of His own universal image.

If we look at the animal and plant kingdoms ~ also created by God ~ look at all the beautiful creatures that we love and adore, just for



their beauty. Flowers ~ trees ~ cats ~ dogs ~ whales ~ butterflies ~ elephants ~ and so forth. All different, but all created by God. Taking that idea a bit further, if we subscribe to the concept that all creatures, all living things great and small, are indeed created by God ~ then we can embrace the beauty and look of everything on our small planet. Meaning, we can truly embrace the concept of "Brotherly Love" – whether human, animal or plant.

Brotherly Love, to me, means embracing all that surrounds you on a continual basis ~ hence the enduring season of renewal. That means understanding that even though you may not agree at any given moment with, let's say, someone of another faith, another race, another skin color; or understand the lifestyle of a particular creature from the animal kingdom; or why certain plants exist, you still keep in mind that all — each and every one — of these living things are created by God, for God, and more importantly, for us to learn what God is about.

What do I mean by that? Let's look at it this way. We can make an example using a particular genre, and the animal kingdom. Let's say you don't agree with a certain politician, or politics in general. Politicians may rub you the wrong way due to their stand on certain issues that are close to your heart. Does that make that politician or all politicians bad? Not necessarily. Further, would it be spiritual to send them negative thoughts — which might preclude them from doing the

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best job they can for our country because they feel that negative energy coming their way? Would that be considered “brotherly love?” Or let’s say you watch a documentary on wolves in the Western United States. Local farmers complain that certain packs of wolves occasionally take some of their cattle. Does that make the entire species of wolves bad, and they should all be slaughtered? Would that be considered respect? Or “brotherly love” toward all God’s creations? How about dandelions? Most

people with yards of grass or gardens would swiftly pull them out, or spray pesticide to kill them. A simple plant, simply living its life as God intended. Would that be love for God’s creation? Not at all.



In all of these scenarios, the politicians and the wolves and the dandelions, are expressing themselves in the best way they can. The politician, probably, based on demographics, is stating his policies to get re-elected. The wolf, absolutely, is expressing himself because he is hungry. The dandelion provides flowers for bees and hummingbirds to feed from. All have needs. And so do we as individuals.

What are your needs, year in and year out? What do you think someone else’s needs might be? What do you think our partners within the animal and plant kingdoms needs might be?

For me, this is simple to answer.

- ***We all have the need or desire to be loved.***
- ***We all have the desire to be respected.***
- ***We all have the need to know that everyone, and every creature and every living thing we meet knows that we, as well as they, are created by God, for God, and for each other ~ to live together.***



Renewing your love for your fellow man, as God does in each and every moment. Renewing your love for all creatures created by God, as God does in each and every moment. Renewing your love for all living things created by God, as God does in each and every moment. If God did not love all his creatures, all His living things great and small, they would not be here with us, right now, each and every moment of every day. It doesn’t work any other way.

So how might we all renew our love for our fellow creatures and living things? That’s simple. By becoming a powerful Prayer Team!

I have hosted a Prayer Team since 2005 through my ministry and I invite each and every one of you to join. Being a part of our Prayer Team is simple. I will periodically receive prayer requests, which I then forward to you via e-mail to pray for. No response is needed back from you – just your prayers for those that are asking for assistance. It may be financial, it

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may be physical, it may be for a beloved pet companion – and all you are asked to do is include those requests in your own type of prayer or meditation or visualization; in other words your own modality.

If you are interested in becoming a part of our powerful Prayer Team, or have further questions – feel free to e-mail me at office@globalpublishinghouse.com. I look forward to working with you in making our planet a bright, shining place of love!

*And let me live that I may not contemptuous
be of daily things; nor fail to catch the
thought profound which sometimes rings
through common days. I want to see God's
thought in all, and all in God's great thought.
O God! I crave to reach this place of Love's
great triumph lesson, where nothing more
may trivial be, where Faith, on dullest days
can see, the Glory of the common things ~
when touched and traced by Thee.*

©M. Louise Haskins

BIO – Rev. Paula T. Webb

Unexpectedly becoming a widow in late 2015, Paula has been expanding her philosophy of assisting others become the “best” they can be, especially through adversity. She is an award-winning author of 15+ books on creating the successful life you want by instilling that positive “believe in yourself” mindset; co-founded Global Publishing House in 2002 to provide authors with knowledge of the publishing and independent film industry; she is an Executive Board Member of INTA; a Board Member with Universal Brotherhood Movement, Inc., and a District President of INTA as well. She contributes to NBC News, New Thought Magazine, Arizona Midday, Sun Times, Herald Times, Financial Forum (U.K.), WizeTrade TV, and more; is a Founding Member of the U.S. Women's Chamber of Commerce ~ helping build the Chamber from a local office in Arizona to their national headquarters in Washington, D.C. in 2000; has created and taught programs at the Maricopa Community Colleges, The Discovery Center (Chicago), the Southwest Institute of Healing Arts, and local churches. She currently provides personal coaching to individuals and groups and faith-based organizations on goal achievement.

www.paulatwebb.com

Universal Brotherhood Movement, Inc.

**PO Box 670278
Coral Springs, FL 33067**

**Phone: 954-574-9904
Phone: 954-974-1181**



Email:

robin.ubm@gmail.com

Website:

www.universalbrotherhood.org





Divine Discontent Can Lead to Bliss

by Rev. Carole Louie

Many people search for purpose in their life. Others plow through life as if driven by the challenge to “grab the brass ring,” and then there are those folks who have accomplished much – success, fortune, recognition, and power – but feel as if something is missing. To make matters worse, they do not know what’s missing; just that there is a void in their lives that success and money cannot fill.

“I call this “divine discontent.” Divine because I believe it is one’s Soul tugging at one’s conscious awareness as if to say, “Is that all there is? Surely, there’s more to life, but what?”

I believe it is the first call to awaken to one’s true self. In other words, to listen to the still small voice within, the Soul’s voice, because we are more than mere mortals, mere physical beings. However, just as physical beings must crawl before they walk, I believe one must attain a certain level of evolution before awareness of one’s Soul occurs. Just as crawling/walking/running is a process, so too is awakening to Self/Soul. Just as many other experiences are possible when we learn to walk, so too when we accept that we are more than physical beings. And then, Divine Discontent leads us to our true purpose, the reason why we chose this incarnation.

For me, the path from Divine Discontent to understanding my life’s purpose also means understanding my life’s purpose for many lives, to witness lesson learned in one life or not learned in another. I can no longer look at my current life from a one life perspective because I see the connections that show me clearly how impossible it would be to fulfill one’s life purpose in one incarnation. By understanding that there is a bigger picture, even if I do not yet see it completely, I now feel the excitement of anticipation about where Divine Discontent will lead me.

I now know to push through the divine discontent like pushing through a door to a room I never saw before. I know that something awaits me on the other side of that door. I shall embrace it with all my heart and soul as a child cherishes a new toy, or a scientist stands in awe of a new discovery, or an artist beholds his creation and wonders “Did I do that?”

I now know that my life can be magical as I accept my purpose as a Soul who chose this body, this incarnation and I am divinely content.

Rev. Carole Louie resides in Virginia



Choosing Accountability Over Blame

by Rev. Taron Puri



A key component for us to be successful in making change a positive experience in our lives is “Accountability.” While this term has been used synonymously with “Blame,” it is actually different. And because we have not understood the difference between the two, we often do not take accountability for events in our lives. If we did, it would actually “free” us. Instead, we choose to blame and thus remain unhappy victims, feeling stuck and unable to move forward.

Blame occurs when we give our power away to someone, something or a situation which we have decided has been the “cause” of our pain. It thrives on fault finding and censure, both aspects of judgment. It seeks to make someone else ‘responsible’ for a situation, yet it comes with an ‘emotional charge’ attached to it. This immediately causes separation which in turn, results in creating a dichotomy of victims and victors. This dynamic becomes even more insidious when we blame ourselves, resulting in feelings of guilt, shame and self-denigration. We constantly beat ourselves up for not being good enough, stupid or inept – all of which results in debilitating feelings of powerlessness.

Accountability occurs when we choose to accept that everything, whether positive or negative, good or bad, has a purpose; that it is part of our experience to help us learn and grow in life. This does NOT mean we “like” or “condone” a situation or what others have done – we can still ask them to accept accountability for their actions. But with accountability, there is no “emotional charge” attached to it. It simply ascribes responsibility to the source of the situation at hand, and seeks solutions. The “emotion and commotion” associated with blame is replaced by an invitation for one to become aware, recognize, accept and change that which needs to be rectified.

The value of this approach is that it opens the door to solutions, a way out or through whatever is challenging us. When we move away from fault-finding and begin to accept accountability for a situation, regardless of how spurious it appears, we place ourselves in the driver’s seat. We open ourselves to resolution (re-solution), a quality which returns us to center – a neutral space of peace and calm. We do not allow “emotion and commotion” to overtake our sensibility and fuel reactive behavior. Rather, by taking accountability, we simply acknowledge what is, and work within it to resolve that which is causing our pain or suffering.

While it takes great clarity and courage to take the path of Accountability, once we are on it, we realize how freeing it is. We disengage the Ego’s hold on us, and re-engage our Soul Consciousness, within which reside all of our solutions. No longer is there a “need” to blame for we recognize that all along, we were mistaken in thinking that someone or some situation had power over us. With Accountability, we realize that the only power anyone or anything can have over us is that which we give to it.

Deep within each one of us lies a knowing that we are powerful beings whose light cannot be eclipsed by anyone or anything outside us. The time has come for humanity to reconnect to this knowing and make the necessary changes so that we can make the necessary changes we seek, in every arena in our lives, for empowered living. While circumstances in our material and mortal lives will undoubtedly challenge our faith, our trust and our knowing, rest assured that by choosing to let go of blame and replacing it with accountability will result in our liberation from the constant pain and suffering of a world filled with blame.

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In my own journey, I have realized that nothing happens in my world without my playing a key role in it. This realization empowers me to take full accountability for how I experience someone, a situation or my self. When I feel challenged by life, I question my thinking, change my perceptions, and accordingly rewrite and change my story. This results in more flow, clarity, harmony and peace within all areas of my life. And while this is a process that requires great patience, perseverance and time, the results are well worth it.

Give it a try – the next time you feel compelled to point a finger, simply take your hand, place it over your heart and say “I accept total accountability for my life and all that is taking place within it!” After all, what have you got to lose except “blame”!



About Rev. Taron Puri

Raised in a deeply rich Spiritual Tradition along with earning a Law degree and having been an Immigration Judge, Taron Puri, B.A., LL.B, uses his unique experience and practical wisdom to guide and mentor clients on how to find solutions for personal empowerment. Based in Calgary, Alberta, he teaches clients how to manage their minds & energy to become happier, healthier and fulfilled, both personally and professionally. His seminars, retreats and private mentoring sessions are deeply insightful, highly practical and solutions-centered. To learn more about Taron's programs, retreats and premium mentoring packages, visit: www.findingtheguruwithin.com | Join our Facebook group – www.facebook.com/findingtheguruwithin | e: taron@taronpuri.com | Ph: +1-403-616-2412



Cooling Off with Yoga

by Rev. Paula Mari Tepedino

When the hot days of summer arrive at our doorstep, lemonade alone will not cool the fire that sometimes arises from deep within our bodies. Summer is a time of longer days, sunny or humid/dry air. So in order to balance all that ‘heat’ of the season, the mantra I use is *Cooling Off*.

My body constitution is made of the Fire element predominantly translating to what is called the *Pitta* (*peet-a*) constitution. Generally, there are three primary constitutions you can exhibit: the Pitta, the Vata (*va-ta*) controlled by the “airs/winds” and the Kapha (*ka-fa*) controlled by the “earthy & watery” elements.

The summer season affects all of us differently. The Vata craves warmth so may do really well in all kinds of hot weather. The Kapha may enjoy more of the humid summers rather than dryer ones and the Pitta likes all that heat in a “moderated” way to avoid overheating. Whoever you are, here are two cooling Yoga moves to do on those days where the heat of the season just gets too overwhelming:

1. Sitting and leaning forward over your legs is considered a “cooling” movement that doesn’t make you sweat or build up heat.



2. Breathing in through your nose and out through your mouth with a curled tongue cools you off very quickly.

Rev. Paula Mari Tepedino serves on the UB Board of Directors. Learn more at www.myyogatherapist.com



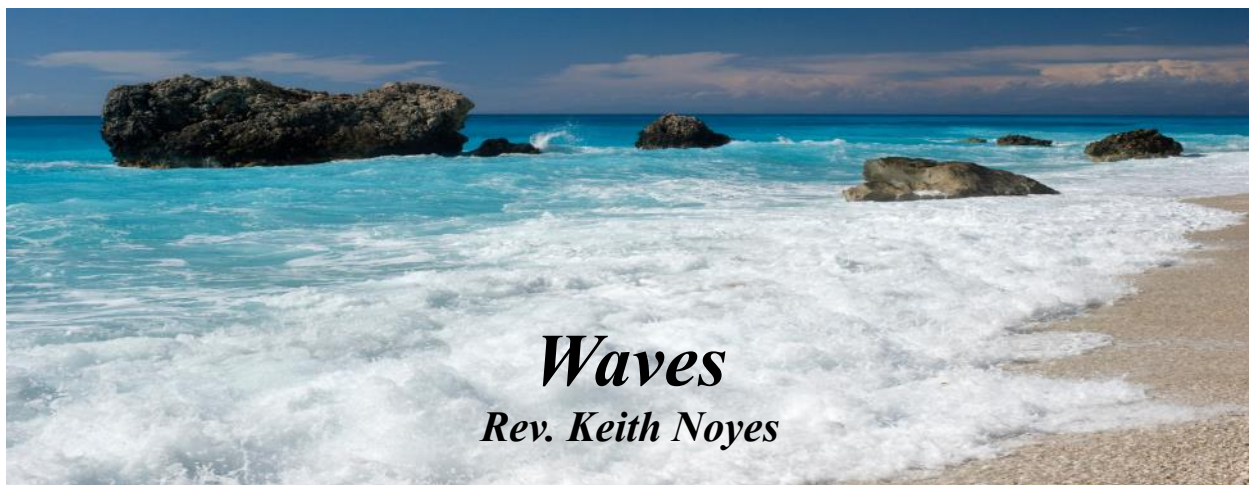
***How fortunate we are who
are able to see and
smell our Creator's
blossoms spring to life!***

***This time of year always
brings such joy,
and this year especially,
a renewed hope for our
future.***

Rev. Susan Stein, a Lover of gardens and
a UB Minister Director

Photos by M/D Rev. Susan Stein
Sharing the beauty from her backyard
in Pennsylvania.





Waves

Rev. Keith Noyes

I can't walk on the beach
without feeling the waves
are like the in-breath
and the out-breath
of Mother Earth,
Gaia's siren song
to be aware,
to be present,
to be aware
of not only her presence
but our own.

To be anchored in it,
the constancy of it,
the never-ending aspect of it.
It allows
a deeper part of you
to surface,
the eternal nature of you
to find expression
in that which it is
and yet is not.

The conundrum
of how we are all connected
to all of it
in ways,

we can't put into words
but we can sense,
we can feel it,
and in the end,
we know it.

Waves the in-breath
and out-breath of Gaia,
the breath
the waves of us
washing in
and receding out
of our being
and in that instant
of recognition
knowing we are one
with all of it.

Rev. Keith Peter Noyes is a practicing Minister of the Universal Brotherhood Movement, Inc. His Spiritual and healing practice is based in Chattanooga, Tennessee. His Spiritual, healing, and mediumship practices are a blending of the Qigong he started with and is augmented by other modalities he has learned in both the United States and from multiple trips to Arthur Findlay College in England. His blog *Inspirational Reflections: On Love, Life and Your Inherent Spirituality* may be found at keithnoyesblog.blogspot.com

You may contact him at livingourveryessence@gmail.com



Tying the Knot

By Rev. Jim DeKornfeld



As a Certified Life Cycle Celebrant I have used my ministry to create a Family Ceremony Practice. I have created and officiated Home Blessing, Ceremonies for those transitioning from a private home setting to an assisted living environment, funerals and weddings. The bulk of what I do, however, and the passion that I have for ceremony has been most fulfilled through creating custom written wedding ceremonies.

One of the most beautiful ceremonies to include in a wedding ceremony is the Handfasting Ceremony. This is the ceremony that has given us the phrase “Tying the Knot.”

Handfasting Ceremony

The items necessary for the ceremony are: a ribbon about 2 feet long and about 5 feet of cord.

You place the ribbon on the clasped forearms of the couple, drape the cord over the ribbon and say something similar to the following:

Celebrant: “This ceremony celebrates love and commitment. The commitment to be true in heart and mind is something that should never be lightly offered nor arbitrarily accepted.”

The couple clasps their forearms together. I place a ribbon along their forearms. A decorated cord (about 5 feet long) is draped over the ribbon. With each of the statements below being said one end of the cord is draped around the clasped wrists until there is a “loop” around their wrists.

Celebrant: Know all of these things to be true:

These are the hands of your best friend, soon to be wearing each other’s rings.

These are your hands welcoming each other’s family as your own.

These are the hands that will love and comfort you and wipe away tears of both sorrow and joy.

Continued...

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HandFasting Ceremony continued:

These are the hands that will work together toward your common goals, to prop you up or help you down.

These are the hands that will love and comfort you and wipe away tears of both sorrow and joy.

These are the hands that will tenderly hold your children as they hold your family together.

These are the hands that will heal your wounds both inside and out.

These are the hands that will open doors of opportunity for each other.

These are the hands that when wrinkled and tired will still reach for you at night.”

Celebrant: “I will now tie the knot.”

The ribbon is then knotted around the coil and a wonderful keepsake is created for the couple to keep.



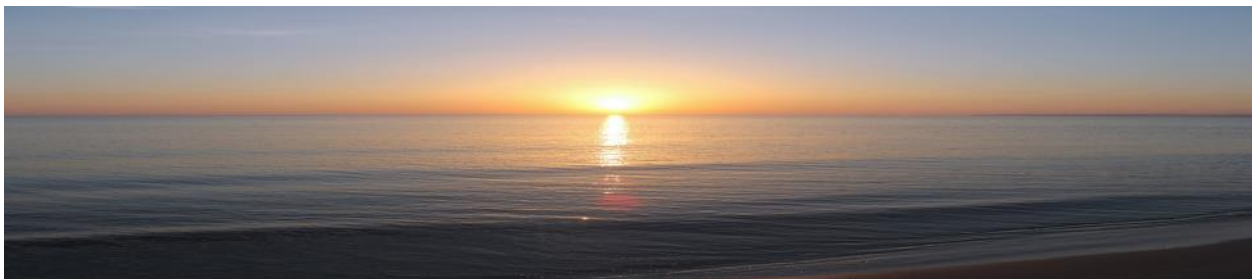
Rev. Jim DeKornfeld serves on the UB Board of Directors and is a Certified Life Cycle Celebrant. Let Jim know if he may assist you with any ceremony preparation or ideas.



You can contact Jim here:

Daybreak Ceremonies

daybreakceremonies.com



BOOK NOOK ~

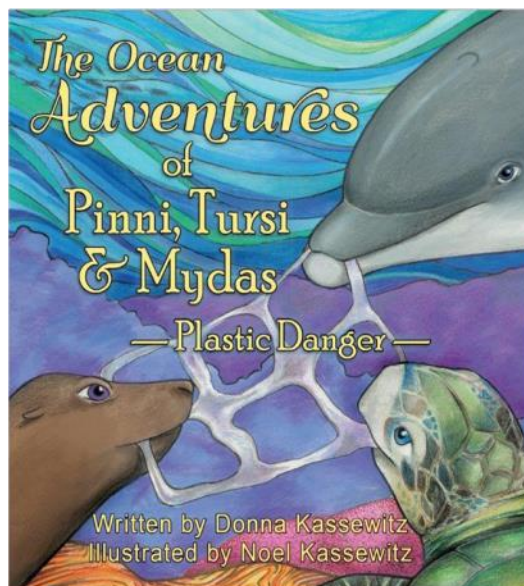
The Ocean Adventures of Pinni, Tursi & Mydas

—Plastic Dangers—

by Rev. Donna Kasewitz

Tursi, the bottlenose dolphin; Pinni, the sea lion; and Mydas, the green sea turtle learn about the value of teamwork and friendship as they deal with the dangerous problem of plastics in the ocean. When one of them becomes entangled in plastic debris, the trio must embark on a journey to find a solution before it is too late. On the way, they encounter other ocean creatures whose lives are also endangered by plastics in the ocean.

Where is all this plastic coming from? Will they find help in time?



Great for both family reading and classroom sharing

Help empower kids to be environmental stewards by gifting this book among family and friends, and buying an extra copy to donate to your local elementary school or library. The colorful characters in this story will inspire hearts and minds both in the classroom and at home!

HOW it came about....

This book came about because we received many emails from elementary school teachers requesting educational tools about ocean trash for their classrooms. It was encouraging that so many teachers wanted to share this important environmental message with their students, so we decided to create this book as an interactive resource to meet this need.

With the assistance of an expert education consultant, the book includes many teaching and sharing activities and project ideas to meet a variety of educational goals, as well as foster lively discussions about this topic.

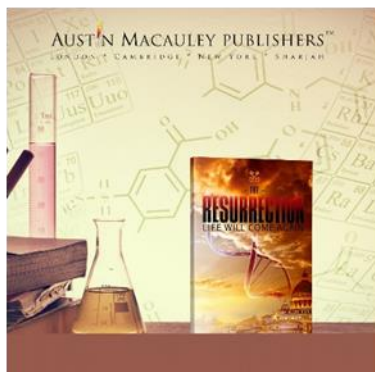
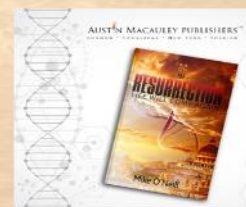
All net proceeds from this book go towards funding dolphin communication research.

Two ways to purchase this book.

1. By purchasing directly from our publisher, Create Space, more of your dollars go towards dolphin research.
2. Or, if you prefer, buy it on Amazon via www.amazon.com/dp/1453714456

Rev. Donna Kasewitz lives in Miami, Florida

Continued...
Book Nook



The Resurrection

By

Mike O'Neill

UB Minister Michael O'Neill has recently released his new novel, *The Resurrection*, a science-based mystery thriller.

In *The Resurrection*, world-renowned geneticist and Nobel laureate Sir Francis MacLeod is about to make a startling revelation - a revelation that would challenge everything scientists have thought about DNA - when he suddenly collapses.

What happens next is a bizarre chain of events that puts science and religion on a collision course, and spurs an international murder investigation.

Set in Cambridge in the mid-2020s, *The Resurrection* is a mystery thriller that exposes the inner workings of the Catholic Church, corruption within the pharmaceutical industry and proposes answers to some of mankind's most profound questions.



Mike is a former senior executive at a large US corporation in the field of health sciences, and during his career got to know many of the world's Nobel laureates and distinguished scientists. He also served on the boards of several other US corporations and medical institutions. Mike applies his academic and career background in science, engineering and genetics to his fictional writing.

The book is available on Amazon.com, barnesandnoble.com and many other major book suppliers, including Hudson Booksellers. On Amazon you will find *The Resurrection* [here](#).

The Power of Energized Prayer (Part two of a series)

by Rev. Donna Corso



In the UB GoodNews Summer and Autumn 2017 Edition, my article titled “Faith to Move (to the) Mountains” captured my move from Ohio to Boulder, Colorado in 1995. My time in Boulder would turn out to be the most sublime time of my life, filled with so many new experiences. Then, after five years, spirit-nudges told me my Colorado time was coming to an end. Change was in the air. I would soon be moving on ... but ... to where?



Living in the Rocky Mountain energy never failed to inspire me. The pull of those lofty mountains was irresistible, and nearly every weekend would find me navigating the winding narrow roads to Rocky Mountain National Park just to breathe in the air...just to sit by a lake...just to listen for the distant bugling of an elk.

During the week, I would often drive up the mountain park that bordered the sleepy town of Boulder, hike up the trail that led to my special rock—a big beautiful boulder perched on the edge of a cliff that overlooked the majestic view of snowcapped mountains.

Being a full-time student at the massage school, I would often take my books up to my rock to study, or I would take lunch (or breakfast or dinner) and just sit and bask in the grandeur.

Mid-semester breaks would invariably entice me to take off in “Tercy” (my little red Toyota

Tercel) to explore. With my camping gear always in the trunk, Tercy and I would head across Colorado into Utah, stopping at Canyonlands or Arches, then down through Bryce and Zion National Parks, then on to the Grand Canyon, Sedona, the Four Corners area, then up I-25 and back to Boulder. I could never drive that route enough to satisfy my craving for the spectacular nature of the wild west!

My Boulder years also expanded my mind and my spirit. After graduating from massage school I decided I wasn’t finished building my brain cells, so I enrolled in Transpersonal Hypnotherapy Institute and became certified. I completed the levels of Reiki training, then spent the summer of ‘96 in Wisconsin taking ministerial courses and becoming ordained (the first time). Later I became ordained again by UB and have maintained that ordination. These were all “tools in a toolbox” that I felt would one day be useful.

Yet Boulder had many experienced practitioners of all these skills, and I didn’t feel ready to support myself this way, so I embarked on other pursuits to supplement my income. I acquired quite a few caregiving clients, some with Alzheimer’s or Parkinson’s or strokes, some needing companionship or respite care or transportation to adult-care facilities, and some needing home care. This all kept me pretty busy but I also worked as a part-time receptionist, first at Boulder Community Hospital and later I switched to a naturopathic clinic. I was a volunteer healer/massage therapist at the hospital as well as Hospice. In 1999 I also was a part-time personal assistant to a woman who was considered an “expert” on

Continued...

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the potential issues of the looming Y2K. She and I traveled to Washington, D.C. and met with several government officials including then-President Clinton's Y2K Czar. She was invited back to the White House to meet again, and was interviewed by *Good Morning America*, *Larry King Live*, and others. These were busy and exciting years for me!

During those years, a major part of my spiritual path

was experienced through the Dances of Universal Peace. Several times a week many of



us (usually a hundred or so) participated in these sacred dances, using movement and mudras, meditations and prayers, songs and sacred phrases from all of the major world religious traditions. The human connection and combined energy of these dances formed the deepest, most prayerful times I'd ever known. They will forever be a part of my heart.

It was early in 2000 that the familiar sensation in my solar plexus whispered of a change to come.

When change is coming in my life, I sense it in two ways. First is a visceral feeling. Secondly, the energy slows down in my life, doors are not opening for me, opportunities are not manifesting. I've learned to pay attention to these hints. I could ignore them, of course, but that never serves me, so I pay attention.

The turning point came...I remember it well. A fresh spring Sunday morning. I had attended a service at Mile Hi Church in Lakewood (near Denver). Dr. Roger Teel gave his usual wonderful talk, the music was uplifting as always.

As I exited the huge church and shook Dr. Roger's hand and complimented him on his presentation, I felt the lump forming in my throat. Hurrying across the parking lot, I made it to my car in time for the first tear to roll down my face. *What is this about*, I wondered?

Sitting in my car nearly an hour as the parking lot emptied, I had what I figure must have been a "conversation with God" but with me doing all the talking! I cried. I prayed. I yelled (just to make sure He knew I meant business!) I was ready for my next "assignment" and I wanted it now!

There was something on the horizon for me and I wanted to know what it was. I considered Dr. Roger Teel to be one of the shakers and movers who had the gift of inspiration. I admired that. I wanted that. So I shouted out my affirmations loud and clear. "One day I will be among people like Dr. Roger. I will be friends with them. I will be on a first-name basis with them. I will be in their homes. I will BE one of them!" Whew! There. I'd said it. I'd made it known what I wanted for my life.

I was pretty sure God heard me. (Probably the whole neighborhood too.) Looking back, I believe it was the ENERGY and EMOTION that I put into my powerful prayers that morning that started the ball rolling in my life. Finally calming down, I drove home to Boulder and pondered my next step.

Continued...

Continued...

I knew what I needed. A clarity quest in Tercy...drive until I find my next assignment.

A week or so passed. Finally the time was right. I informed my clients that I would be gone for a while. I informed Tercy it was adventure time. Whoohoo! She wagged her little tailpipe in anticipation, and off we went to follow the sunset! Asking to be guided on our journey, we crossed Colorado and Utah, then down through Nevada, and all the way to Joshua Tree in southern California.

Heading up into the breathtaking Joshua Tree National Park I found a campsite nestled among megalithic boulders and chose to sleep under the stars instead of pitching my tent. The night was clear, the breeze was warm, the moon was full. I spread out my sleeping bag on top of the picnic table so I wouldn't be sharing my bag with the few critters I saw scurrying around among the rocks.

Such a peaceful night, gazing at gazillions of stars until my eyes could no longer stay open.



And awakening to the glorious sunrise. Heaven on earth!

What I came to understand in this part of my life journey is about the power of prayer, specifically the power of EMO-

TION in prayer. For me, praying is a conversation, whether it's aloud or in my mind...a conversation with something greater than me. Perhaps it's with my Higher Self. Perhaps it's with my spiritual guides or my own inner guidance system.

Perhaps it's with what many would call God or Allah or Great Spirit or Divine Mind. Perhaps all of that is the same thing with different labels. What I do know is that the Emotion (*aka* energy-in-motion) that I expressed in my prayers and affirmations in the car that day in the parking lot of Mile Hi Church is what jump-started the motion in my life. If I had sat in that car and simply said, in a normal tone of voice, "God, show me what to do next," I would probably still be sitting that car, in that parking lot, waiting. But the frenetic energy that I prayed with that day was my spiritual jumper cable. It worked.

My Clarity Quest had begun. Where would it lead me this time? Could I have ever have imagined the synchronicities that would lead me all the way to Oregon to eventually work for a best-selling author?

Stay tuned (*to be continued in Part 3*)

Donna Corso lives in Waynesville, NC, where she is active in the Creative Thought Center, a Science of Mind community. She is a public speaker, Dream Builder Life Coach, Reiki master, hypnotherapist, and author of *When the Wind Chimes Chime: Ending the Greatest Fear of All*, a book about end-of-life choices. Since 2001, Donna has been personal assistant to Neale Donald Walsch, best-selling author of *Conversations with God*. For more information, go to www.donnacorso.com



Rev. Dr. Gregory Possman, psychic trance channel, teacher and spiritual advisor, shares information concerning new experiences and deeper spiritual experiences

If DNA renewal means new experiences and deeper spiritual experience, hold onto your hats because Metatron has blessed us with a DNA process of letting go of the old and creating the new. Several private clients were gifted this process first and then it came forth in a recent month's message. Our thanks to all of you who paved the way and acted as surrogates so others could benefit as well! I am constantly reminded that some of us are "guinea pigs" and introduce a new process of technique which can then be absorbed by others more quickly.

What a powerful group of people we had for the *Salty & Sweet Retreat* in Asheville. We were full to capacity and had a wonderful experience together. Thanks to Gail Racy for hosting us and Magical Asheville for all of its energy!

For more information and upcoming activities please go to Rev. Gregory Possman's website: www.gregorypossman.com

- A recent month's message encourages you to renew your soul's DNA structure. You can click [here](#) to subscribe to a monthly message email link, and [here](#) to listen to the current month's message.
- If you feel stuck and would like to avail yourself of a private session with one of our Masters, channeled and intuitive sessions are offered by telephone, by Skype or in person. Typically thirty minutes to one hour in length, sessions are recorded and may include: Archangel Michael, Quan Yin, the Ancient of Days, Sananda, The Council of Shambhala or Merlin. Click [here](#) for more information.

A Giggle shared by Rev. Marcy Larkin:

Gratitude is

@ age 4 . . not piddling in your pants
@ age 12 . . having dancing friends
@ age 17 . . having a driver's license
@ age 44 . . finishing your masters
@ age 50 . . building your own house
@ age 64 . . finding new body parts
@ age 70 . . having a driver's license
@ age 74 . . having dancing friends
@ age 80 . . celebrating with family
@ age 84 . . not piddling in your pants

Wisdom comes with age, mostly.



ARTICLE SUBMISSION

**To submit an article for our
newsletter:**

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

robin.ubm@gmail.com

You can also send your
submissions to our office:

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P.O. Box 670278
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UB Website Directory

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

www.universalbrotherhood.org

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

If you would like to be added,
please know:

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

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

Send your request to:

robin.ubm@gmail.com





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

Universal Brotherhood Movement, Inc.

Box 670278
Coral Springs, FL 33067

Phone: 954-574-9904
Phone: 954-974-1181

Email:

robin.ubm@gmail.com

Website:

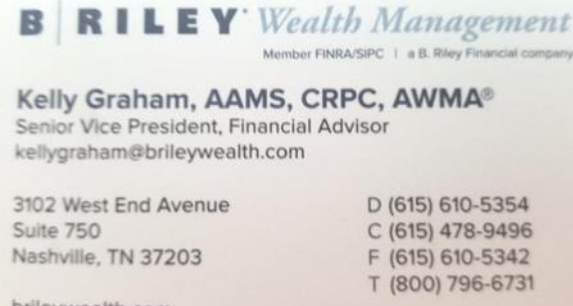
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Email Executive Director Robin Morini for details:

robin.ubm@gmail.com

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**. Much of our UB communication is sent via email, so a current email address ensures you can stay informed.

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

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

Or—even better!—scan the completed form and email it to

UB Executive Director Robin Morini via robin.ubm@gmail.com.

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Address: _____

Phone Numbers:

Home: _____ Work: _____ Cell: _____

Email Address(es): _____

Website(s): _____

Anything else you would like to share? _____

