

Universal Brotherhood Movement, Inc.

UB Good News

Winter Edition ~ 2018-2019

WELCOME TO 2019 **A Number 3 Universal Year**

by Rev. Rosemary Cathcart

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

~ Unknown

If this is true of each new day, just imagine what the start of a brand new year affords us! We are being offered **365** new chances to become more than we have ever been before. So, what are we going to do with all of this future? Let's take a look at the numbers for 2019.



Now life has brought us the gift of another year in the form of a **Number 3 Vibration**, "**The Artist**," governing communication and personal expression. It should be a stimulating year for artists, musicians, writers and creative thinkers and operatives in every field.

We live in numerological cycles of **1 - 9 + 0**, which makes up the entire spectrum of numbers, no matter where you live or what language you speak. The year we've just wrapped up, 2018, added up to a **Universal Master Vibration # 11**, "**The Visionary**." Although never meant to be reduced, for the sake of continuity, 2018 was reduced to a # 2 vibration. The **Master Vibration** numbers of **11**, **13** and **22** are indicators of out-

Table of Contents on page 2

WINTER BIRDS

Winter Birds defy the chill
of frost and ice and snow.
No matter how bitter the blow
of cold, we hear their lilting trill.
And through it all, they're singing still.

The Cardinal sings treetop
love songs, his cloak of feathers
fluttering in a berry red bebop.
His full to bursting heart weathers
the cold and his singing doesn't stop.

The Tiny Black Capped Chickadee
flits happily in flocks from tree to tree.
Their chorus cheers us winter long
with a lively chick-a-dee-dee song
as they sing their lilting tunes for free.

Inside this issue of UB GoodNews:

<i>From Our President: Welcome to 2019</i>	1, 4-7
Table of Contents	2
Greetings (And More) From Our Founders	3
UB Membership Survey	8
<i>From Our Vice President: Does It "Spark Joy?"</i>	9
<i>In Memoriam: Rev. Barbara Lancaster-Lyman</i>	10-11
<i>Choose To Choose Joy by Rev. Cynthia Cherish Malaran</i>	12-13
<i>Rituals and Ceremonies by Rev. Amari Magdalena</i>	14-15
<i>World of Peace by Rev. Mary Ann Barry</i>	16
<i>Blessed Mother Mary by Rev. Salma Alami</i>	16
<i>Ashwini Narayanan poem shared by Rev. Paula Mari Tepedino</i>	16
<i>Fighting the Fire with Resilience by Rev. Jane Boucher</i>	17-18
<i>Strengthening Immunity by Rev. Paula Mari Tepedino</i>	19
UB Minister Directory	20
UB Minister Business Card Ads	21
Ministers Liability Information	21
New Beginnings To Officiate	22-23
Let's Stay In Touch!	24



The Crow's iridescent ebony
forms shadows against the snow.
His gift is not song or harmony
but a vision of night and moonglow.
A silhouette from Nature's artistry.

The humblest bird, the House Sparrow,
lives with us through the year, sharing
our homes and gardens, and bearing
choral cheer that warms us to the marrow.
Her homey chirping serenade's endearing.

The Winter Birds have hearts so bold
that they can endure winter's icy cold
and sing and dance on tree and ground.
They show gratitude with every sound,
whether or not there's a listener around.

They worship in their own true way,
even if they don't have words to pray.
They remind us small miracles abound
of light and life, of flight and sound.
To find small miracles, just look around!
Miracles of winter life are quickly found.

□□*

May each of you enjoy a lightness of being
that strengthens you and lifts you up in times
that challenge you. We wish you all of the
Blessings of this Sacred Winter Season.

With peace and love,
Grover and Frank





We wish each of you
a vibrantly alive TODAY
and a JOYously abundant
Life ahead.

***Be well, Beloveds,
walk in Peace.***

Namasté,
Jeni



Happy New Year

Rev. Dr. Jeni Prigmore

IN RETROSPECT

It's been a year of character building.
Testing our strength and courage. Opportunities for learning and serving, loving and communicating.

IN RENEWAL

I come to the "jumping off place" where a brand new year begins. A place where I have multiple choices. A place of knowing.

IN FAITH

I reach out to each of you as I consider the privilege it has been to share my life with you in the past 365 days:
in anticipation of sharing yet more and in deeper understanding in the 365 just ahead of us.

IN PEACE

I greet you and surround you with the beautiful white light of The Christ Spirit; knowing that you are in your right place and that you are being supported in your soul's quest for fulfillment.



Continued from page 1

standing abilities for leadership and accomplishment, or in the case of the # 11, we could have demonstrated the negative aspects of dishonesty, Insensitivity and degeneration. Master Vibration years always raise the bar, demanding more from us in terms of developing consciousness and how we act out in our day-to-day lives. It was a tough year for many of us and for many of our brothers and sisters around the world. And now, collectively, we are getting another chance to be all that our Soul's expression intended for us.

The study of numerology began when life began, because "in the beginning was 1". The vibrations then began and # 2 appeared – creating the first pair – and ushered in the real beginning of "Universal Geometry."

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

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

As we move from a **# 2 Universal Year** vibration ($2 + 0 + 1 + 8 = 11$ and reduces to a # 2) ruled by the Moon, into a **# 3 Universal Year** vibration ($2 + 0 + 1 + 9 = 12$ and reduces to a # 3) ruled by the Planet Mercury, a bit of help and preparation might be in order.

We are meant to live in a specific, sequential order of things. The idea being, of course, that we learn, mature and gather skills and wisdom all along the way. At least that's the "theory" of sequential growth. We can only hope it's true and individually do our part to grow into open-minded, compassionate people, while working out our own lessons.

Each number is like a two-sided coin, representing both positive and negative attributes of the same concept. Although there are no "good" or "bad," "lucky" or "unlucky" numbers, wisdom dictates that it's smart to choose to consciously express the highest and the best in every situation, no matter which number we're personally expressing in any given year.

The higher octave of the **# 3** represents: optimism, inspiration, imagination, artistic talents being expressed freely and joyous communication. Much like the Planet that rules the # 3, Mercury, it's all about how we communicate in every medium of expression. The lower octave of the **# 3** leans toward superficiality, exaggeration, vanity, jealousy and an uncanny knack at bending the truth to fit the situation.

As we approach this new **Number 12 / 3** year cycle of life, how will you choose to make your mark in the world? You can decide anew each moment and then the next and the next and the next.....

Continued...

Let's take a look at the meaning of each number and then demonstrate how to find your **Personal Number** for 2019.

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

**To find your Personal Number for the year,
add your month of birth and day of birth only,
not the year of birth, to the Universal Year of a # 3.**

For instance:

A May 3 birthday looks like: $5 + 3 = 8 + \underline{3} = 11$ and reduces to a # 2

(May 2) $5 + 2 = 7 + \underline{3} = 10$ and reduces to a # 1....The Pioneer
(Nov. 24) $2 + 24 = 8 + \underline{3} = 11$ and reduces to a # 2....The Helpmate
(Feb. 25) $2 + 25 = 9 + \underline{3} = 12$ and reduces to a # 3....The Artist
(July 12) $7 + 12 = 10 + \underline{3} = 13$ and reduces to a # 4....The Builder
(April 25) $4 + 25 = 11 + \underline{3} = 14$ and reduces to a # 5....The Adventurer
(May 7) $5 + 7 = 12 + \underline{3} = 15$ and reduces to a # 6....The Harmonizer
(Oct. 3) $1 + 3 = 4 + \underline{3} = 7$ and reduces to a # 7....The Mystic
(April 1) $4 + 1 = 5 + \underline{3} = 8$ and reduces to a # 8....The Executive
(April 20) $4 + 20 = 6 + \underline{3} = 9$ and reduces to a # 9....The Metaphysician/Magician

Again, to discover your Personal Number for 2019 :
Take the value of your month of birth ____ + day of birth ____ + 3 = ____
Your Personal Number for this new year!

With Mercury as its ruler, the # 3 Universal Year offers us the attributes of sparkling intellect sprinkled with brilliant versatility. Mercury (Hermes in Greek Mythology) represents the mind – the link between spirit and matter, between the soul and the personality. As neither a feminine nor masculine polarity, Mercury easily floats, shape

Continued...

Continued...

shifting at will and slipping into any cracks where pure communication is required. Endlessly creative, offering us perception, adaptability and the gift of analysis, there is one warning to this # 3 Year. Although you can move mountains this year, you must also be very careful of your emotions and your mental dialogues. Known as the **"Year of Angelic Communication"**, whatever the Angels hear you say or dwell on internally, they will instantly try to make real in your physical life. Therefore, strive to state everything in the positive, and keep a steady emotional barometer at all times. If you are successful, you will astound yourself at your creative output and sheer volume of what you produce in 2019.

In a Mercury-ruled year such as 2019, intuition and fantasy are intensified as our **"deep internal body wisdom"** is allowed the opportunity to bubble up from the depths of our being and make itself more fully known.

In the book, *Astrology – A Cosmic Science*, Isabel M. Hickey states, "Mercury is one of the most important Planets we have in the chart. It is the messenger of the gods flying between Heaven (Spirit) and Earth (personality), carrying messages between them. Choose the thoughts you allow in your mind. When you find a thought that is good and constructive, dwell on it, nourish it, sending it out stronger than when it came in. When you find an evil or ugly thought trying to gain entrance, turn it out with all possible haste. Send it back to its source and ask that it be lifted up for light and to be released to manifest in beauty and harmony." Such is the power and importance of a # 3 Vibration, Mercury ruled year ahead. The power is within you so manifest wisely.



Hence the designation of a # 3 year as The Artist, who is capable of moving mountains and stunning the world with new found creativity and extraordinary talent.

Here's a brief rundown of what to expect in your Personal Year:

- #1. **NEW BEGINNINGS** – The start of a new 9-Year cycle of life, keep your ego in check, be kind and "go for it!"
- #2. **YOU'VE COME TO LEARN** – People will look to you for help and direction, keep your personal boundaries intact.
- #3. **COMMUNICATION IS KEY** – You can move mountains this year and whatever you ask of the Angelic realm they are honor-bound to give you, so be very careful of your thoughts, emotions and speech. Aim high!
- #4. **HALF OF AN 8-YEAR** – A building year, so get organized and be disciplined and practical. Surround yourself with green.
- #5. **MOVEMENT, CHANGE, ACTIVITY AND SEXUALITY** – You've got lots of Mars energy in your corner all year long. What do you want to do?
- #6. **HARMONY AND INNER HEALING** – Your healing must come from within as you learn to love yourself with a new degree of personal responsibility and balance. Honor your body as your "temple."
- #7. **THE MYSTIC, SILENCE AND REFLECTION** – Are the keys to your growth now. Go within, get a lot more rest and quiet time to process.
- #8. **ABUNDANCE, POWER AND ESP** – Will all open up for you this year. Wear garnets and surround yourself with the color deep red.
- #9. **UNIVERSAL CONSCIOUSNESS AND ENDINGS** – Endings in work, relationships, personal ideas, old habits, etc. A superb year to open more deeply to your own higher consciousness.....it's in there!

Continued...

Continued...

Astrologically, from February 5, 2019 until early 2020, we will be in the **Chinese Year of the Earth Boar**. This is a peaceful, sensible and happy type of Boar who is productive and willing to take on enormous responsibility. In a cycle renowned for its steadiness, patience and sense of purpose, perhaps we can look forward to authentic progress around issues of conservation and ecology. With staunch willpower and a devotion to work, family and country, perhaps this Earth Boar year will also lend itself to renewed balance and compassion across the Globe.

2019 is presenting each of us with another opportunity to grow in depth and wisdom as we endeavor to “create our own vision of Heaven here on Earth.” May # 3’s from the past and present, including Andrew Jackson, El-dridge Clever, Joan Rivers, Norman Lear and Carlos Santana inspire us and encourage us to find our own highest and best sense of direction, values, creativity and courage.

Please remember that the core essence of this year is the **Number 3 Vibration, “The Artist”**. We are being offered the possibility to rise to new heights in our own personal productivity and creativity. To enhance your efforts, consider wearing the color yellow and surrounding yourself with the gemstone topaz. Studying the finer points of the Planet Mercury would also add to your 2019 tool box of awareness.

“And GOD said, ‘Let there be lights in the expanse of the sky to separate the day from the night, and let them serve as SIGNS to make seasons and days and years, and let them be lights in the expanse of the sky to give light on Earth.’ And it was so.” (Gen.1:14-15)

Do the best you can, and if you notice yourself slipping or becoming someone you don’t really like, remember that “the art of becoming” is a lifetime commitment. Be gentle with yourself, but also adjust ASAP.

Pray, meditate, spend time outside in Nature every chance you get. Turn off the television, listen to classical music instead of the news, and stop being afraid of experiencing your feelings. In a # 3 Year, intellectual magic is quite possible, if you’re willing to take a really deep dive inward. All of the brilliance in the Universe is yours for the asking this year, but you do have to reach out and **ask**.

In the words of Marianne Williamson:

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

These are words I hope to live by, perhaps you will as well? New Year’s blessings to you and to all those you hold dear,

Rosemary

January 2019

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



Does It “Spark Joy?”

By Rev. Kelly Graham

No doubt you’ve heard of the [bestseller](#) by Marie Kondo, *The Life Changing Magic of Tidying Up*. Published in the US in 2014, it became an international sensation, spawning follow-up books and workbooks, a lecture series, and numerous television and internet reports. And on January 1, *Tidying Up With Marie Kondo* premiered on Netflix.

Anyone who has ever cleaned out a closet has heard the mantra of “if you haven’t worn it in a year, get rid of it.” Some say six months; some say two years; but in any case, the idea is to get rid of that which you don’t want / need / use.

Marie Kondo’s idea, known as the KonMari Method, turns that concept upside down. Her thought is this: instead of deciding what to toss, *decide what to keep*. And the decision-making mechanism is simple: hold the object (shirt, book, sculpture, whatever) in your hand and ask yourself, “Does this spark joy?”

That concept really resonated with me. Imagine a closet full of clothes that only spark joy, instead of reminding you of money you wish you hadn’t spent, or a size you wish you were. Imagine a bookshelf with only books that spark joy, instead of guilt that you haven’t yet read that book your friend gave you. Imagine a home or an office where everything in it sparks joy for you.

I’m not leading up to a treatise on cleaning house – but I am suggesting that this concept of looking at what “sparks joy” in your life and keeping or focusing on those things, rather than everything else, could make a huge difference – dare I say, a “life changing” difference.

A couple of years ago there were many changes that made quite a difference in the office through which I conduct my business. So, realizing that atmosphere was not sparking joy for me, I sought a place that would.

In my field, one does not give two weeks’ notice – or any notice. One resigns and is immediately gone from the premises. This is the protocol. And for that reason, a search for a new firm necessarily must remain secret, and this adds a certain layer of difficulty. Emails are scrutinized by management; office calls are recorded; and so seeking a new firm that would spark joy can feel a bit like a secret mission. Nonetheless, I found it, and made the change (and it has been the single best professional decision I have ever made!).

In Rev. Dr. Rick Prigmore’s [excellent book](#), *The Joy of Living*, Dr. Prigmore writes, “It is my understanding that we are here to be joyful.” Agreed and amen! What a great idea!

So here’s my thought: why not start considering what sparks joy in your own life, and make decisions accordingly? Instead of letting habit decide what you do, decide consciously, after asking yourself, “does it spark joy?”. If, every time a certain client calls, your stomach hurts, clearly that client does not “spark joy” and maybe someone else should work with that client? If making telephone prospecting calls does not “spark joy,” but chatting up new people in person does, why not seek out networking events or a business referral organization?

You don’t have to do what you’ve always done. One of the most powerful approaches you can take in any situation is to really look at it and remind yourself, “This does not have to be so.” You have choices. You *always* have choices. Instead, consider each activity, and ask yourself, “Does it spark joy?”, and then make your choice accordingly.

Here’s to more joy in your life!

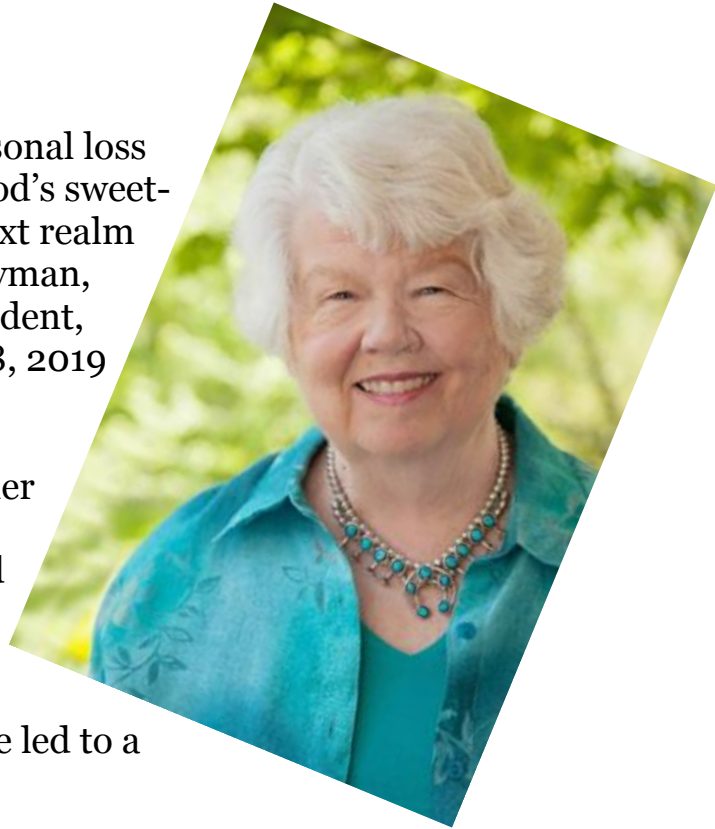
UB Vice President Kelly Graham has worked in the financial field for more than 30 years, and is a Senior Vice President with B. Riley Wealth Management. She is honored to have been ordained by both UB President Rosemary Cathcart and UB Founders Rick and Jeni Prigmore.

In Memoriam *Barbara Lancaster-Lyman*

By Rev. Rosemary Cathcart

It is with a sense of deep sadness and personal loss that I once again must report on one of God's sweetest Angels making their crossing to the next realm of Eternal Life. Rev. Barbara Lancaster-Lyman, beloved UB Minister and former UB President, made her transition on Friday, February 8, 2019 in Lexington, Kentucky.

Born in Louisville, KY, Barbara received her higher education from the University of Kentucky with majors in both English and Journalism. While raising a family and enjoying a successful career in business and marketing, Barbara's deeper urge to understand more of the mysteries of life led to a lifetime of spiritual awakenings.



I had the privilege of ordaining Barbara as a UB Minister (along with the Rev. Patricia Corbett) on February 6, 1994 in Lexington, KY, in the presence of her proud children and grandchildren. In 1997 she became a Usui Shiki Ryoho Reiki Master and went on to train many others in this important healing modality. Never content to rest on her laurels, Barbara also received Certificates of Achievement from Aloha International in Huna Healing and from the Association of Research and Enlightenment for her intuitive studies.

A deeper immersion in her journey came from training with a favorite Unity Minister in metaphysical healing and spiritual counseling. As a longtime teacher and practitioner of *A Course in Miracles* since 1989, Barbara also facilitated a Master Mind group and took enormous pride in the many weddings she performed throughout Kentucky.



Continued.....

Barbara began additional service work with UB in 1997 when she became a Minister Director for the state of Kentucky. This eventually led to her work as a Corporate Board Member, ultimately holding the posts of Vice President and then President of the organization from the summer of 2006 until January of 2013. I recall a number of situations where Barbara's calm demeanor, wisdom and years of spiritual study soothed us all over what could have been rough waters.



Longtime friend Doris Coffey, left, with Barbara Lancaster-Lyman



Husband Julian Turner Lyman, left, with Barbara Lancaster-Lyman

Even in "retirement," Barbara found joy in the company of her dear husband, Turner Lyman, reading to local children in a community mobile library.

Welcoming Barbara in her next life will be her parents, Henry and Theodora Milby Janes; her son Robert Christopher Lancaster; her brother, Bob Milby; along with many other loved ones.

Remaining to honor her are her husband, Julian Turner Lyman; son Anthony Eric (Lisa) Lancaster; stepson Christopher Wade Lyman; daughter-in-law

Billie Lancaster; grandchildren, Eric Christopher Lancaster, Aaron Lee Lancaster; step-grandchild, Baird Lyman; great grandchildren, Brennan, William and Isaac Lancaster.

A gathering of family and friends was held on Sunday, February 17, 2019 in Nicholasville, KY. Expressions of sympathy can be directed to the UB Office, and contributions in Barbara's name can be made to the American Humane Society.

If you know of anyone who needs to be notified of Barbara's passing, please reach out to them. Thank you.

Choose To Choose Joy

By Rev. Cynthia Cherish Malaran



Some days, it's really easy to choose joy. You're sitting with a friend who is stuck in their routine of complaining or gossiping about people, places, and things. You lean back, take a breath, and choose your words carefully, purposefully, as to not contribute to or stoke the negativity in the air. Yet, you can hold time, space, and compassion for your friend and your friend's truth. Without judgment, you understand her and can be there for her because you know how to care for your own personal energy. You feel grateful for this knowledge and capability. You choose joy.

Choosing joy doesn't only mean looking for a silver lining in a dark moment, where you are given the option to set your mind to either negative or positive thinking. It also means choosing who you are going to be in this moment of your journey, with long term joy in mind.

It's easier to choose joy when it's not your grief though, right? But what about when it is? Yes, some days it's not as easy. Maybe hormones are hitting hard. Maybe you ate too much sugar, salt, or gluten, you're dehydrated, and your body is reacting, even rebelling. Maybe you miss someone so very much. Maybe someone very close to you is suffering and it weighs on you because you care deeply. Maybe something has happened that angers or saddens you, outweighing your ability, your desire, to rise above and see the light at this moment. Times like this, it is harder to choose joy. And that is fine. Why? Because it's your truth. And this is part of the process of survival.

Knowing that you always have the choice to choose joy is freeing. Knowing that challenges always arise, and you have the ability, the freedom, to choose keeps the door to survival open. This is what makes us resilient. This is what separates those suffering short term and manage to winch themselves out of a hole, from the rest who no longer believe that happiness and joy is even an option for them. But the truth is, as long as we are above ground, it is always an option. My music missionary work in Rikers Island Correctional Facility has proven this to me. Through our workshops with incarcerated men and women, we have seen smiles, laughter and light within those walls of the dark situation of prison. Now that I have seen this, and experienced laughter myself while sitting in a chemotherapy chair for hours at a time, I know for a fact that joy can be found anywhere, once you know that joy is always, and can only ever be, generated from within.

Continued...

Continued...

Broken hearts do mend. With time, understanding, acceptance, exhaustion, distance, we heal. Holding the memorial card of my dear friend will now bring an achy smile of gratitude to my face, when it used to only bring me fear, sadness, and regret. In time, the same has happened when I look at my kitty who now resides inside a tiny wooden box on the windowsill. Back when I received her in this form I never could have imagined I would ever smile at it, or that my heart could swell with love and funny popcorn-paw-smelling memories looking at it, as it felt so empty without her. But here I am, joyful she ever existed. Mourning is healthy, has a schedule of its own, and mourn as you must. Make a pact with yourself to not mourn so much that your happiness in the long term is lost as well. No one you love and have lost would want suffering and sadness for you. They want you to be happy. Happy and grateful. They want you to choose joy.

But if I am suffering, how can I stop? Focus on this—No matter what has occurred, our misery comes from our relationship to what has occurred. Oftentimes, pain is alleviated by finding ways to understand. Know that in our lifetimes, the actual physical pain we experience is most often but a fraction of the pain we create in our minds, when we choose fear, anger, jealousy, insecurity (which all form sadness) as our filter through which we view what is in front of us. But what if you chose to choose joy more often? How differently would you feel? How would your day change? How would you lift and inspire others? How much better would you eat? How much better would your clothes fit? How would your spending change? Would your home feel better? Less cluttered? What would you let go of if you chose to hold joy instead?

Try my “but also,” technique: When something challenging lands on your plate, look around like a sleuth for the tiniest bit of good hiding within, like a person panning for the tiniest speck of gold amongst muck. Sometimes you don’t see it right away, it’s obscured, sometimes more muck needs to be dumped on, and then it surfaces. But you have to be actively looking for it, or you will simply not see it, even if it is right under your nose. Pan for joy enough and you, like the gold miner, become quite talented and swift at it, and, like the gold miner, end up with the fortune.



About the Author:

Rev. Cynthia Cherish Malaran is an award-winning Wedding Officiant and DJ in New York City. You can read more about her music missionary work on HuffPo, and find out about her Wedding Services on The Knot by searching “Rev. & DJ CherishTheLuv.”

Instagram [@djcherishtheluv](https://www.instagram.com/djcherishtheluv)

Website djcherishtheluv.com

Rituals and Ceremonies: Why They Are So Very Important

By: Rev. Amari Magdalena



It's at that point in the wedding ceremony when I begin, *"and now as these two lovely people have exchanged vows and rings of promise, by the authority granted me by the State of Washington, I now pronounce you....."* that I begin to choke up or tear up. There is something so very sacred about being involved in such a moment of joy in people's lives. It cements, for me, the importance of rituals and ceremonies for bonding communities together.

Each new moon, each full moon, each equinox or solstice, whether I'm alone or with a group, I acknowledge the passages of time and their meaning. In groups, large and small, I am often witness to the power of ceremony to bring together a group of people in deep unity. Total strangers are hugging one another and feeling a deep peace and connection with other humans. A shift takes place that I experience more powerfully than in any other time and place.

For me it is a great shame that as organized religions moved away from heart-based traditions to more head space/mental experiences, most chose to eschew much of the tribal ceremonies and rituals of eons, labeling them Pagan! So much was lost and what was kept seems only approximations of what was and could still be.

Perhaps what transpires is a sense of the importance of other kingdoms that we share this small planet with: Animal, Mineral, Plant, and Human. The awareness of the elements: Air, Earth, Fire and Water add another dimension of togetherness vs. aloneness. In circle, as we touch hands, our own vulnerability and need for affirmation is recognized. Since the many years ago when I had an entire Unity congregation stand and hold hands while we listened to Carlos and Johnny sing "Holding Hands," I've seen transformation in minutes.

Why then would we choose to participate in ceremony or ritual? Community is a big component: we find common ground and purpose as we celebrate. Our dividing differences can, for a time, melt away in the feelings of connection. The greater reason is perhaps the overriding feeling of Oneness: we lose our separateness as we hold hands in ceremony and we enter the precious moment of Now.



The memorial service of John McCain was a huge example of community coming together in a ceremony to honor and bridge differences. My own sister Leanne's memorial, in a packed large church in Thornbury Bristol England, was a testament to her influence in the city and love of those whose lives she touched.

Continued....

Continued....

Another purpose of ritual or ceremony is to quiet the chaos, still the noises-outer and inner and to surrender to something greater than our small individual universes and to, in the suspended sense of time, enter into magic! And what I know to be true is: *“Evolution will not in my opinion, wait for us to find time to participate. It will roll on. In the direction that the planet is currently headed, that may breed disaster for humanity. Thus, I feel it is so imperative for us to make that time and space to gather together with intention of facilitating our individual and planetary upliftment.”*¹



Wherever you are, I implore you to create Peace Circles as we did in the 1990's. Gather with your friends and neighbors in a circle. Focus on the world you wish to live in. Hold an earth ball or an imaginary one, turn it around feeling the oceans and land masses. Acknowledge all the diversity of each of Earth's kingdoms. Chant, "Peace" and "Planetary Harmony." Close, holding hands, and sing for one more time, ***Imagine*** along with John. You will feel better and that energy will encircle the planet, much as our jet streams do, yet with a loving energy.

*“When humans participate in ceremony, they enter a sacred space.
Everything outside of that space shrivels in importance.
Time takes on a different dimension.
Emotions flow more freely.
The bodies of the participants become filled with the energy of life,
and this energy reaches out and blesses the creation around them.
All is made new; everything becomes sacred.”* Sun Bear

1. Blue Moons and Golden Suns: Meditations & Celebrations for Aligning with Natural Rhythms.



Author Rev. Amari Magdalena can be contacted here:

<http://www.instituteforshamanicsynthesis.com>
<http://www.medicineware.com>
<http://www.soulmateceremonies.com>
<http://amarimagdalena@blogspot.com/>

World of Peace

By Rev. Mary Ann Barry

This little snow globe I received from my beloved
Has had a special effect long since Christmas...
It holds a little yellow dog, sitting in the snow,
surrounded by white birch trees, with a single
red cardinal looking out from a tree branch
It is magical
It is meaningful
It captures the essence of peace
Quiet, beautiful, serene, and haunting

It is alive and yet still, except for the tilt that
brings the snow
It is a bubble – a moment – a safe place
Of peace

None of us really know what peace is
So why not this snow globe?
There is love in that scene, friendship,
memories, significance

It is a hint from above
Of what could be
In our hearts
In our lives
In our world
It is hope when there is none
It is real magic.



The Blessed Mother Mary

Painted by Rev. Salma Alami
The Blessed Mother Mary is bringing
PEACE

Rev. Salma resides in Tennessee

POEM BY ASHWINI NARAYANAN

"If we pause even for a minute to be present
to the rustle of the wind in the leaves, the
dance of the hummingbird, the brilliant moon
peeping out from behind the clouds, the joy-
ous exuberance of a cherry tree in full bloom,
the graceful descent of a waterfall, the melt-
ing brown eyes of a puppy, or the tiny perfect
fingers of a baby, we experience joy that
breaks the heart open. The wonder of exist-
ence pervades our being."

Submitted by Rev. Paula Mari Tepedino

*Rev. Paula Mari Tepedino serves on the UB Cor-
porate Board of Directors*

Fighting the Fire with Resilience

By Rev. Jane Boucher



Profound moments can happen when we least expect them.

Think of one of yours.

During an exhausting flight last week from Dayton, Ohio, to Missoula, Montana, I found myself spending the night in Denver due to flight delays. What was supposed to be a 6 hour trip had taken 30 hours. But all's well that ends well. I was welcomed by the smiling administrator, Mikel Robinson and her assistant, Kim Skufca. I had arrived just in time to present my speech entitled *Resilience: The Ultimate Leadership Skill -- How to Build it in Yourself and Others*

Several years ago, I was asked to participate in a think tank on the subject of resilience. It was sponsored by Dr. Bart Barthelemy's Wright Brothers Institute to help understand our returning veteran's upsurge in suicide. Little did I know what an impact that experience would have on my life.

I have always been an optimistic person and even though—like most people—I have experienced my fair share of life's challenges, I still have a core belief that everything is ultimately going to be okay. I feel blessed to have this core belief as I know many people who do not. At a young age, when faced with major career decisions, I was not afraid to take certain risks...like starting my own business. Failure was never an option. So for these many years, I have been fortunate to teach and meet incredible people from all over the world. In this year alone, I have taught everyone from Native Americans to CPAs to Fire Chiefs. My training specialties have become *Building High Performance Work Teams* and now *Resilience: The Ultimate Leadership Skill*. When I'm not teaching, I am coaching people how to design their lives so that they are fulfilling and have meaning. In fact, one of the most important habits of resilient people is that they live with a sense of purpose. Accenture, the management consulting company, says that 71% of Senior Executives cite resilience as a key factor in deciding which employees to retain.

So when Bob Drake, a CFO in one of my Western CPE classes and an administrator for the TriLakes Volunteer Fire Department in East Helena, Montana asked me to be a keynote speaker at the 2018 Montana State Fire Chiefs Convention, I was thrilled to accept. The keynote was about the power of having a resilient attitude even in the very difficult situations which fire-fighters face every day.

When the world is filled with so much bad news, it is refreshing to meet a group of people whose core values include integrity, commitment, knowledge and respect.

Continued...



Continued...

It was good to hear of their brotherhood and sisterhood, of how they care for each other and how they run into danger...sometimes giving the ultimate sacrifice. On Friday night at the banquet and awards ceremony, I was moved when I heard bagpipes and the bell ringing in memory of the fallen firefighters. Seldom do we stop and really think about the sacrifices that others have made for us and seldom do we think about the resilience it takes to keep on keeping on.

Somehow, resilient people are able to keep their eyes on the goal and they just don't know how to give up. They understand that their decisions determine their destiny. Dr. Dan Amen says that when a person lives through a tragedy, adapts and grows from it, it adds an extra healthy 7 years to their life. He calls it "Post-traumatic growth".

Resilient people understand that there are often opportunities in their adversities. Every problem we have can have a gift for us in its hands if we don't give up too soon. Resilient people also understand the importance of getting better and not bitter.

Continued...

The 7 Habits of resilient people include:

1. Living with a sense of purpose
2. Hanging out with positive people
3. Thinking long term
4. Finding healthy ways to recharge
5. Keeping things in perspective
6. Quickly forgiving themselves and others
7. Squelching the negative voices in their heads

I believe that resilience can be learned. What started out as a very bad trip to Montana, ended up being a major blessing. Thank you, Mikel and Bob, for one of the most memorable teaching experiences of my life. You and your Fire Chiefs have renewed my faith in humanity.



Rev. Jane Boucher is a Master Business Coach and Certified Speaking Professional. Reach her at 937-416-9881 or jane@janeboucher.com. www.janeboucher.com

Universal Brotherhood Movement, Inc.

**Box 670278
Coral Springs, FL 33067**

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

**Email:
robin.ubm@gmail.com**

**Website:
www.universalbrotherhood.org**



Strengthening Immunity

Rev. Paula Mari Tepedino



Winter follows Fall. And so the seasonal cycles continue. With holidays stretching us near and far for family and business get-togethers, the pace of life during a season that is designed for slowing down, can push our Immunity System way off balance.

What is the Immunity System? It's your body's Defense System against perceived or real infectious organisms. The cells, tissues and other organs work together as a team to get the job done. The White Blood Cells are at the forefront of destroying disease-causing organisms.

Deepak Chopra who founded the Chopra Center says, *"Our immune cells are eavesdropping on our internal conversation."* The internal structure of the Immune System is one of receiving, interpreting and responding to messages. If that system is under stress or deficient, incorrect information gets passed around and causes havoc to our health – physically, mentally, and emotionally.

Meditation is the first step into calming the body and mind as an antidote to the stress response. Quieting our mind on a daily basis helps send calming signals to our immune system. Also, coming to a resolution with emotional hurts and emotional toxicity, staves off harmful effects on our health. Using the Forgiveness Models or Gratitude Prayers that were written about in last month's UB News is just one way to work with releasing emotional toxicity. Try to find ways that work for you.

From an Ayurvedic dietary perspective, the immune system works more efficiently this time of year (Fall/Winter) and when one is in the midst of an immune disorder, when following a Pitta-pacifying regimen. This would include reducing foods that are Pungent, Sour and Salty. And increasing foods that are Sweet, Bitter and Astringent. Using bitter herbs like Ashwagandha and Aloe Vera are also Immune strengthening.

Decrease

Sour: (fermented: pickles, yogurt, soy)

Salty: (mixed nuts, processed foods)

Pungent: (Ginger, garlic, onion, mustard greens)

Increase

Sweet: Complex carbs (oatmeal, multi-grains, brown rice)

Bitter: Greens (radicchio, chicory, arugula, millet)

Astringent: Legumes, quinoa, beans, tofu)

Rev. Paula Mari Tepedino serves on the UB Corporate Board of Directors

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
articles to our
office:

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



UBM 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 request to:

robin.ubm@gmail.com





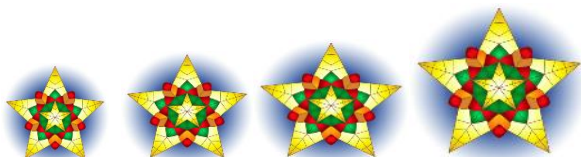
Ministers Liability Insurance Info

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:

www.universalbrotherhood.org

UB MINISTER

BUSINESS CARD ADS

Please consider supporting your fellow UB ministers in their practices!



*Rosemary
Cathcart*

Wholistic Healer • Spiritual Counselor • Traditional
Reiki Master • Lecturer & Seminar Leader •
• Stress Management Consultant •

4025 Outer Drive • Nashville, Tennessee 37204
615-383-3775 • www.RosemaryCathcart.com

B RILEY Wealth Management

Member FINRA/SIPC | a B. Riley Financial company

Kelly Graham, AAMS, CRPC, AWMA®

Senior Vice President, Financial Advisor
kellygraham@brileywealth.com

3102 West End Avenue
Suite 750
Nashville, TN 37203

D (615) 610-5354
C (615) 478-9496
F (615) 610-5342
T (800) 796-6731

brileywealth.com

daybreak
CEREMONIES



Rev. Jim DeKornfeld
Life-Cycle Celebrant

910-690-9212

jjim@daybreakceremonies.com

www.daybreakceremonies.com

Daybreak Ceremonies creates unique, personalized events to celebrate and commemorate all of life's milestones. We honor all people and faith traditions regardless of race, age, gender or sexual orientation. We take your words and life story to weave a ceremony that is yours alone. We assist people of faith, or those with no faith tradition to celebrate with dignity, honor and respect.

Would you like your own business card ad in *UB GoodNews*? Email Executive Director

Robin Morini for details:

robin.ubm@gmail.com

New Beginnings YOU Can Officiate

Any rite of passage can be celebrated and amplified by ritual. Consider offering your services officiating at ceremonies celebrating some or all of these transitions to “new beginnings!”

Relationship Transitions

Engagement
Living together
Wedding
Commitment
Separation
Divorce
Death
Milestone birthdays

Child Transitions

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

Home Transitions

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

Work Transitions

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

Continued...

Continued....

Health Transitions

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

Other Transitions

Bringing a pet into your household
A pet's rite of passage – first litter of pups, spaying/neutering, etc.
Death of a beloved pet
Acquiring a meaningful new possession – a home, boat, car, jewelry, etc.
Clearing possessions from a deceased relative's home
Completing legal / insurance / financial work for an estate plan
Completing a legacy plan with value statement, mission statement, etc.
Having a family meeting to present an estate plan or a legacy plan

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

— Elizabeth Gilbert, *Eat, Pray, Love*

Excerpted from the Spring 2017 GoodNews; click [here](#) for more from the “New Beginnings” special section

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.

Name: _____

Address: _____

Phone Numbers:

Home: _____ Work: _____ Cell: _____

Email Address(es): _____

Website(s): _____

Anything else you would like to share? _____
