

UB GoodNews

Universal Brotherhood Movement, Inc.

Newsletter ~ Winter 2019-2020

Inside this issue of UB GoodNews:

Happy 2020 to Our UB Family	2
Greetings (And More) From Our Founders	3
<i>From Our President:</i> Welcome to 2020, a Number 4 Universal Year	4-8
Creative Rituals by <i>Rev. Zita Christian</i>	9-17
Article Submission Guidelines + Deadlines	18
UB Minister/Directory	18
Ministers Liability Information	19
<i>Ads From Our Members:</i> UB Minister Business Card Ads	19
Let's Stay In Touch!	20



Universal Brotherhood

Rev. Greg Goodson



Universal Brotherhood;

A name, an idea, a philosophy
to follow;

Unconditional love to share,

Yesterday, today and tomorrow;

Selfless service to all mankind

Begins with you and me;

Enjoy the opportunity

To bring service to humanity.

*In loving memory of UB Minister/
Director and Reiki Master
Greg Goodson 1993*

*Submitted by Rev. Shalandra Abbey,
Minister/Director and Reiki Master*

Happy New Year 2020!



Rick & Jeni



Rosemary



Kelly



Mary



Paula



Robin

UB Board of Directors: Founders Rev. Drs. Rick & Jeni Prigmore,
President Rev. Rosemary Cathcart, Vice President Rev. Kelly Graham,
Secretary-Treasurer Rev. Mary D'Alba, Rev. Paula T. Webb
Executive Director Rev. Robin Morini



**UB Founders
Rev. Drs. Jeni & Rick Prigmore**

A Timeless Sparkle

Ten winters ago Rev. Dr. Jeni Prigmore shared these encouraging thoughts with us in the winter 2010 *UB GoodNews* newsletter.

Today, as we shine into the journey of a new year and a new decade, I felt to once again share our Founder's wisdom, excitement and joy of this new adventure with her article ***TODAY is the FIRST DAY***. Thank you, dearest Rev. Dr. Jeni, for this sparkling gem from the past to light our way!

You will find the original article in our Winter Edition 2010 UB GoodNews Newsletter on our [website](#):



TODAY is the FIRST DAY

Each FIRST day (whether it be the first day of a week, month, season or year) brings something ALIVE for me. I'm reminded of my FIRST DAY of SCHOOL each year. Eager ANTICIPATION, JOY, EXPECTATION, RENEWAL of INTENTION to be a Better Student.

As we approach our 2020 year I come into that energy once more: and I reJOYce inside myself, that we have this opportunity to BE NEW within ourselves, and our peerless organization. WE ARE UNIVERSAL BROTHERHOOD!

From the Book of Life and Teachings of The Masters of The Far East, Vol. II, I quote something many of you have heard before — and it bears repeating OFTEN. It now sits on a shelf in my Creative Alcove. It's in a beautiful frame that catches my eye each time I open the door to this sacred space. Here it is for ALL of UB to re-member:

"The time is now come when we must choose between creeds and the Brotherhood of Man. Creeds are but the conjuring of man. The faith that moves mountains still slumbers in the seed of the plan. The height and grandeur are still there for man to attain. The Law of Enlightenment has preceded that of miracle. This Law of Enlightenment is the higher Law of Love and Love is the Universal Brotherhood."

I bid you WELCOME to this new and blessed year, in which we will do greater things than ever before... We will Love more and Serve more and Understand more and Give more than we ever dreamed we could. I SALUTE YOU, Children of Light!

Happy NEW YEAR.
Jeni





WELCOME TO 2020 A Number 4 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. And, in the case of 2020, we've got **366** opportunities, as February 29th appears on our calendars this year. So, what are we going to do with all of this fabulously generous future? Let's start by taking a look at the numbers for 2020.

Life has brought us the gift of another year in the form of a **Number 4 Vibration**, “**The Builder**,” governing discipline and practicality. It's definitely a building year and an excellent year to get organized.

We live in numerological cycles of **1 thru 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, 2019, added up to a **Universal Vibration # 3**, “**The Artist**.” If you were working in harmony with the Universal # 3 Vibration, you experienced a year of fluid communication (since # 3 is ruled by the Planet Mercury), and a renewed ease with your own personal expression in both career and personal situations. Looking back over the terrain of 2019, there was a strong emergence of brilliant new talent worldwide in the arts and music, as well as sexual identity themes claiming bold headlines. Hopefully, it was a year of communication and artistic development for you as well. And now, since we live in such a generous Universe, we are getting yet one more chance to be all that our Soul's expression intended for us, as we implement the highest attributes of the **# 4**.

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.”

Continued...

Continued...

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 **# 3 Universal Year** vibration ($2 + 0 + 1 + 9 = 12$ and reduces to a **# 3**) ruled by Mercury, into a **# 4 Universal Year** vibration ($2 + 0 + 2 + 0 = 40$ and reduces to a **# 4**) ruled by the Planet Earth, 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 **# 4** represents: practicality, organization, discipline, endurance, loyalty, and dignified, economical approaches. Much like the Planet that rules the **# 4**, the Earth, it's all about how we function in real-life situations. The lower octave of the **# 4** leans toward rigidity, repression, vulgarity, and a dogmatic, almost militaristic approach to force people into compliance. A **# 4** year has the potential to see your fortunes rise in dramatic fashion, and it will happen easier and faster if you're applying the principles of discipline, loyalty and dignity to all of your dealings. Consider it "**Divine Law**" in action.

Continued...

Continued...

As we approach this new **Number 40 / 4** 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.....

Let's take a look at the meaning of each number and then demonstrate how to find your **Personal Number** for 2020.

<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 YOUR YEAR of birth, to the **Universal Year of a # 4**.**

For instance:

A May 4 birthday looks like: $5 + 4 = 9 + \underline{4} = 13$ and reduces to a # 4

- (April 2) $4 + 2 = 6 + \underline{4} = 10$ and reduces to a # 1....The Pioneer
(Nov. 23) $2 + 23 = 7 + \underline{4} = 11$ and reduces to a # 2....The Helpmate
(Feb. 24) $2 + 24 = 8 + \underline{4} = 12$ and reduces to a # 3....The Artist
(July 11) $7 + 11 = 9 + \underline{4} = 13$ and reduces to a # 4....The Builder
(April 24) $4 + 24 = 10 + \underline{4} = 14$ and reduces to a # 5....The Adventurer
(May 6) $5 + 6 = 11 + \underline{4} = 15$ and reduces to a # 6....The Harmonizer
(October 2) $1 + 2 = 3 + \underline{4} = 7$The Mystic
(June 7) $6 + 7 = 13 + \underline{4} = 17$ and reduces to an # 8....The Executive
(October 4) $1 + 4 = 5 + \underline{4} = 9$The Metaphysician/Magician

Again, to discover your Personal Number for 2020 :

Take the value of your month of birth ___ + day of birth ___ + **4** = ___
Your Personal Number for this new year!

With the EARTH as its ruler, the **# 4 Universal Year** offers us a building year to help us steady ourselves and find more down-to-earth functional and practical ways to live our lives. It's the perfect year to follow the work of people like Marie Kondo, the brilliant and organized author of *The Life-Changing Magic of Tidying Up*. You can read her books or follow her on Netflix to help you clear out the old and make way for the new.

Continued...

Continued...

Clearing out, sharing with others and cleaning up the clutter and/or excess from the previous year is an excellent way to let the New Year share its full bounty with you, and you'll be starting with a clean slate.

I want to take a look at the value of the **2020** vibration, explaining the value of the # 2 and the influence of the zero in the final equation. Traditionally, the # 2 is ruled by the Moon and is considered to be the "helpmate," always ready with a kind word or actual physical assistance for family and friends. However, this heightened sense of responsibility can quickly morph into a codependent relationship that is wildly out of balance, leaving the # 2 feeling quite taken advantage of. According to Dan Millman in his groundbreaking book *The Life You Were Born To Live*: "Those on the 20/2 life path are here to use their inner gifts in a spirit of service and to establish healthy boundaries and balanced responsibility in order to achieve joyful cooperation and mutual support." Nowhere does this say that the # 2 must shoulder all of the responsibility. At its best, the # 2 represents cooperation and balance, while the # 20 represents cooperation and balance with inner gifts. The # 2 Vibration can either be diplomatic, understanding and helpful; or indifferent, cowardly and cruel.

As we look at the 2020 = 40/4 Vibration of numbers, once again we have access to the inner gifts that come from the zero vibration. Not only do we have access to the stability and processing qualities of the # 4, but we also have access to the focused life purpose and extra oomph derived from the zero. Numerology is a building and combining science, as we continue to Spiritually expand with each successive number and year.

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.

Continued...

Continued...

#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!

When looking at the numerical vibration for Universal Brotherhood Movement, Inc., (birthdate: 8.16.1974), we would take $8 + 16 = 15/6 + 4 =$ a 10/1. So ~ the organization that we all are a part of, and that many of us rely on for aspects of our work and livelihoods, is now embarking on a brand new 9-year cycle of life! How wonderful for us all. May the energy and empowerment of that # 1 Pioneering, leadership-oriented, self-starting vibration empower and enrich all of our endeavors throughout the entire year. **Let's all know that Divine Order prevails and the very best is yet to come for us all.**

Astrologically, from January 25, 2020 until early 2021, we will be in the **Chinese Year of the EARTH RAT**. This is an early-to-mature Rat who thrives on order, discipline and security. Always striving to develop their most positive traits, this Earth Rat wants to be recognized for his realistic approaches and many natural talents. Maintaining workable relationships with everyone will be a life-long desire for the Earth Rat, as it offers a sense of stability and normalcy with an emphasis on longevity, loyalty and ultimate success.

2020 is presenting each of us with another opportunity to grow in depth and wisdom as we endeavor to "create our own vision (version) of Heaven here on Earth." Have fun with the numbers, use them as another tool for self discovery and your own personal growth. Add up the numbers for each day and month, becoming aware of which numbers you resonate to and those you don't.

Please remember that the core essence of this year is the **Number 4 Vibration, "The Builder."** What will you be building this year and what will the motivation behind all of your actions be?

"He who lives in harmony with himself lives in harmony with the Universe."
~ Marcus Aurelius

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 your own success. In a # 4 Year, become the builder of your own dreams. Surround yourself with green, use green gem stones, wear green clothes and accessories and see yourself swirling in a shower of green dollar bills.



Creative Rituals

By Rev. Zita Christian

Zita is ordained through UB and is a Life-Cycle Celebrant®

In the summer between the third and fourth grades, I read *The Wonderful Wizard of Oz* by L. Frank Baum 34 times. With each reading, I felt certain I would find the secret that would help me endure that difficult summer. It would be decades before I realized that simply having the right shoes did not guarantee magic. It was using the right shoes **in a ritual** that empowered the farm girl to get her wish.



The power of ritual stayed with me. Now, as a Life-Cycle Celebrant®, I'm always thinking of creative ways to ensure that every wedding reflects something personal and distinctive about my couples, that every funeral and memorial honors a life and legacy, and that every seasonal celebration connects the participants with energy that's ancestral and meaning that's marrow-deep.

We're all familiar with the birthday cake and candles, the midnight countdown on December 31 and the tasseled cap toss on graduation day. We see a couple walking hand-in-hand. Suddenly, one of them takes a knee and presents a ring. We don't need to hear the conversation to know the question being asked. In seconds, we know the answer and congratulate the couple. We see a woman in black at a military funeral. A uniformed officer places a tricornered American flag into her shaking hands. We know why.

These are commonly recognized rituals, visible acts performed with invisible intent. When we participate in rituals that are deeply woven into the fabric of our community, we feel connected in a tribal way to something, even if we can't define what that something is. Call the connection religious. Call it spiritual. Whether we follow an organized religion or we have bushwhacked our own spiritual or philosophical path, we know we are part of something bigger than ourselves.

From my perspective as a Life-Cycle Celebrant, the number of spiritual bushwhackers is growing. On the plus side, the spiritually independent are more confident in defining their own spiritual beliefs. On the negative, the bushwhacked path can be lonely.



Continued...

Continued...

Where is the community celebration of a spring resurrection or an autumn harvest? How does a family welcome the birth of a baby? Where is the community expression of comfort for those in mourning?

When we, or someone we love, goes through a rite of passage, we need the alchemical blend of jubilation and gravitas. I see it firsthand in weddings and funerals. We bemoan that those milestones are the only times families get together. We make the effort because, despite our busy lives, we want to witness the passage. We want to support those going through it. We value these events for our contemporary connections and because they are touchstones that connect generations. Our collective presence creates an emotional vortex where our joy or our sorrow is seasoned with our own memories and the kind of stories that spice commercials from ancestry.com. A good ritual can enhance the joy or soften the sorrow.

Wedding Rituals

When I wrote romance novels, I never dreamed that I would one day be a Life-Cycle Celebrant and officiate more than 150 weddings, bringing “happily ever after” to life. My couples confirmed industry reports: They want a ceremony that’s truly personal, not one that simply changes the names on a script. They want a ceremony their guests will remember. Most of the couples who seek my services also want a ceremony that’s unique.

To ensure a couple’s ceremony is personal, I write their love story and shape the ceremony around it. To make sure the guests will remember the ceremony, I get them involved in a “gifting” ritual. For the ceremony to be unique, I need obscure information, imagination, and a couple who trusts me. I tell them up front that I combine traditional elements with some that are more off-road than Main Street. Here are a few examples.

Early childhood professionals Tom and Amanda loved Giant Pandas so much that he considered wearing a panda costume instead of a tux when they got married. She wasn’t as enthusiastic. I assured them I would find a way to incorporate their fondness for the big black-and-white bear into their wedding ceremony.



Continued...

Continued...

For more than half their lives, Allison and Hillary denied themselves the dream of marriage. That changed when marriage equality became legal. Perhaps it was a feeling of being different or unnoticed that inspired Hillary's admiration for moths and the tattoos that graced her body. Talking with Hillary and Allison, I knew a wedding ritual inspired by moths would speak volumes to the family and friends who loved them.

Laurie and Alan met at a hospital where they both worked. Their social interaction had been limited to playing on the hospital's softball team. Such limits didn't affect their attraction to each other. When he invited her to his home for dinner, he felt more than a little anxiety. Not because of his cooking skills but because his house sat in the woods next to a state forest, far from town, any town. Friends had often teased him that no one would willingly live that far away from civilization. When Laurie finally arrived, she couldn't stop grinning. She had grown up in a forest in Maine, a sanctuary she believed was magical. She thought she'd never meet anyone who loved trees as much as she did. Because I shared Laurie's love for trees, I immediately thought of a way to weave their mythology into the wedding ceremony. Doing so would take considerable effort and the help of a sympathetic arborist.

Michael was an Irish step-dancing instructor from Ireland. Steve was a gardener from a family of royal gardeners in service to the Queen of England. When Steve was diagnosed with cancer, he retreated to his country cottage in England. Michael had no hint of a green thumb. He studied everything he could find on caring for the herbs and flowers Steve loved so much, certain that if he could keep the garden alive, his partner would survive. I met Michael and Steve over the phone from their new home in California, years after Steve's health returned. They would be coming to Boston where Michael would judge an international step-dancing competition. Knowing all their friends from the dance community would be together for the week, it was the perfect time to get married. In writing their love story, I kept coming back to the heroic efforts Michael had made to keep Steve's garden alive. Their story illustrated the healing power of love.



Continued...

Continued...

For each of these weddings, I created what I call a gifting ritual. It provides an opportunity for special guests who are not in the wedding party to have a meaningful role in the ceremony. In the following example, my couple wanted to honor seven guests and to incorporate butterflies.

As with all gifting rituals, the selected guests were told to arrive early and to find me upon their arrival so I could brief them on the ritual. On a table near the altar stood a vase filled with bare branches. Here's how I explained the ritual to the guests during the ceremony itself. I use similar language for all the gifting rituals, revising as needed.



For as long as couples have gotten married, friends and family have shown their support by giving gifts. Couples today might receive anything from crystal to camping equipment. Emily and Padriac recognize the unique combination of strength and fragility we see in butterflies. With that in mind, I've arranged for a different kind of gift. These gifts come from butterflies. In mythology, butterflies are thought of as spirits that embody special qualities. From that magical realm, come unique wedding gifts.

Then I called for each gift. One at a time, each presenter came forward with an artificial butterfly affixed to an alligator clip. The guest stood next to the couple, facing the other guests, while I read the gift that particular butterfly represented. The presenter clipped the butterfly onto one of the branches, then returned to his or her seat. Here are the gifts from the butterflies. Each braids factual and/or mythic information with a correlating blessing.

I call for BEAUTY, gift of the butterfly.

The colorful stained glass wings of the butterfly have inspired imaginations the world over. May you always see the beauty in each other's hearts.

I call for GENTLENESS, gift of the butterfly.

The graceful movement of the butterfly reminds us that much can be accomplished with a gentle touch. May the tender hug, the sweet kiss, the knowing smile remind you of the strength in being gentle.

I call for RESILIENCE, gift of the butterfly.

Some butterflies are known to travel great distances each year. Their resilience reminds us of what can be accomplished with a focused goal. May your marriage be blessed with the focus, determination, and resilience needed for each of you to achieve your goals.

Continued...

Continued...

I call for PEACEFULNESS, gift of the butterfly.

Before a caterpillar becomes a butterfly, it undergoes an ordeal of surrender, struggle, and transformation. The reward is a peaceful awareness of its strength and ability to survive. May you transform any struggles with the peaceful strength of the butterfly.

I call for ETERNAL HAPPINESS, gift of the butterfly.

From agricultural times centuries ago, the sight of a golden butterfly symbolizes the sun, a bountiful harvest and, therefore, eternal happiness. As you grow your future and your family, may you laugh together, always seeing the best in each other.

I call for GUIDANCE from the ANCESTORS, gift of the butterfly.

In many cultures, a white butterfly symbolizes a connection to the spirit realm, particularly to ancestors believed to guide us through life. May your marriage be blessed with such guidance, and may you guide each other when needed.

I call for LOVE, gift of the butterfly.

One of the butterfly's most powerful messages is that a couple is transformed when they love and are loved in return. May love always inspire you to give the best of yourselves to each other.

I closed the ritual reminding the couple that their marriage has been blessed with gifts from the butterfly: Beauty, Gentleness, Resilience, Peacefulness, Eternal Happiness, Guidance from the Ancestors, and Love.



Logistics

The logistics are the same for all the gifting rituals. The couple determines how many guests they want to honor as presenters. Between four and seven is ideal. The presenters are asked to arrive thirty minutes early for the ceremony and look for me. I explain the ritual to the presenters and give them the appropriate items. During the ceremony, I read each blessing. That ensures the timeline won't get derailed by any impromptu speeches.

Continued...

Continued...

Cost

If the ritual will result in a decorative item for the couple's home, they provide the container. That usually means a vase, crate, bowl or basket. Otherwise, I provide all the props. I want to be sure I have everything I need and I don't want to add one more task to my couple's to-do list.

Props

In the Giant Panda ritual, the guests present stalks of bamboo and place them in a vase. For the moth ritual, guests tuck life-sized, laser-cut images of moths into a basket of artificial greenery. In the tree ritual, guests present small limbs or cross-sections of assorted trees and place them in a crate to be burned on an anniversary. The garden ritual works with either live plants or commercial jars of herbs and spices. Using jars makes it easier for the couple to travel with the items.

Content

The difference in the gifting rituals is the content. Here is one example from each of the four gifting rituals I mentioned earlier.

I call for a SAFE HAVEN, gift of the Giant Panda.

In their earthly realms, pandas are known for living solitary lives. As a spirit animal, the panda reminds us that we all need a safe haven, a place where personal boundaries are respected and we can feel truly comfortable with ourselves and with others. Please accept this bamboo and the panda's gift of a safe haven for your marriage.

I call for STORY AND SONG, gifts of the Polyphemus Moth.

In Greek mythology, we meet a one-eyed giant, Polyphemus, whose name means "abounding in songs and legends." The moth that bears the big eye teaches us about the power of stories we tell, the lyrics that linger long after we've heard the song. Please accept this gift of story and song for your marriage.

I call for STRENGTH, gift of the Locust.

Among the strongest, toughest trees on Earth, locust can withstand heat and pollution. While the crooked growth of the locust usually makes it unsuitable for lumber, shipbuilders of old used nails made of locust because on contact with water the nails would swell and become hard as iron. Locust represents strength and the will to live, and its fragrant flowers draw honeybees. Please accept this gift of strength for your marriage.

Continued...

Continued...

I call for FAMILY PEACE, the gift of Coriander.

Artifacts from ancient Egyptians show the use of coriander. Gathered in the harvest season, bundled and decorated with ribbon, people hung coriander in the home to bring peace and security to all who lived within. Many also believe in the power of coriander to promote the astral nature of love and to help lovers find each other across many lifetimes. Please accept this symbol of family peace for your marriage.

Adaptability

Gifting rituals can be adapted easily for birthday celebrations, retirement parties, housewarmings, vow renewals, or most any occasions when gifts are customary. These rituals are ideal for those occasions when the honored guest requests “no gifts.” Imagine a Thanksgiving dinner with a host who gives each guest a jar of herbs or spices labeled with the magical contents. Use one of these gifting rituals during the December holidays and commercialism disappears.

Funeral Rituals

Two years ago, I was contacted by a funeral home asking if I could provide a service for a young woman, Erika, whose dying wish was to have a Wiccan funeral. I spoke at length with Erika’s mother. Was there a way to fulfill her daughter’s wish in a way that guests unfamiliar with a Wiccan path would feel comfortable? Yes.

In addition to incorporating certain spiritual elements Erika wanted in her funeral, I created two rituals that reflected her beliefs and would be easy for guests to understand. The first was based on reincarnation.

Before the service began, I met with Erika’s family and several close friends. I gave each a piece of rice paper about two inches square. If they could release Erika’s spirit of a burden she carried in this life, what would it be? Illness? Rejection? Betrayal? Loneliness? Later, during the service, here’s how I explained the ritual to the guests:

Cultures around the world envision the realm of the spirit after death. In the Celtic tradition, those who depart this world go to the Summerland, through

Continued...

Continued...

the western gate. In the Native American tradition, the departed travel the Good Red Road to the home of the Great Spirit. What is common in many versions of the journey is that the traveler's spirit is unburdened along the way.

For all of us, part of growing up is learning to transform our burdens into gifts. I've asked seven people who knew Erika well to write on a slip of rice paper a burden Erika carried in this lifetime. I invite them to gather around the spirit bowl and, one by one, slip the paper and the burden into the water.

Erika's mother was the first to come to the bowl and release a burden. Before her eyes, the paper dissolved into a white stream. She gasped. "It disappeared!" I explained to the guests what had just happened. One by one, the others dissolved burdens until the water looked like the Milky Way. As they did, I played the haunting melody "Fly Free" by Kellianna, a farewell song about someone who now "belongs to the Summerland." Tears flowed.

The second ritual celebrated Erika's life as a gift. Upon arriving at the funeral home, each person signed the guest book. Next to it was a basket of black river stones and silver Sharpie markers. A simple poster invited guests to take a stone and, using a Sharpie, write a word that described Erica's spirit, a gift she gave to the world. Guests were also told to hold on to the stone until it was called for.



Near the end of the service, I invited the guests to come up to where Erika's family sat and place their stone in a basket that had been provided. I told the guests that their stones would be placed in the garden that Erika and her mother had planted. Surely, it would be healing to work in the earth, always seeing the words: friend, artist, teacher, helpful, creative, protective, smart, determined, generous, loving, kind, fierce and more, so much more.

When the funeral was over, a retired New York City fire chief introduced himself. He told me he had attended hundreds of funerals. Yet, it wasn't until that night, when he realized how tightly he was gripping his black stone, that he felt he was part of the service, that his presence mattered.



Continued...

Continued...

Keys to Creative Rituals



If you've been inspired to create your own rituals, here are a few tips to keep in mind:

Be clear about the invisible intention of the ritual and specific about the visible action.

Free your imagination. Look for connections between the physical and the metaphysical, the factual and the mythical, the mundane and the magical.

A creative ritual works best when shaped around a personal interest, or, in the case of a seasonal ritual, around a cultural belief.

As much as possible, involve other people in the ritual. It helps create community.

Leave something to the imagination. Let people give something of themselves.

Look for the best in a person. Affirm it.

Once you've experienced the power of ritual, you'll never look at the world — or a pair of shoes! — the same way.



Rev. Zita Christian lives in central Connecticut with her husband.

To share her thoughts and DIY ideas on rituals, she launched Ritual Recipes, a podcast celebrating the cycles of nature and the milestones of life, one ritual at a time.

moonriverrituals.com
facebook.com/moonriverrituals
instagram.com/zitachristian
linkedin.com/in/zita-christian
www.youtube.com/zitatvnetwork



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

SUBMISSION DEADLINES:
Spring/Summer Issue: May 7
Autumn Issue: August 24
Winter Issue: November 16



Universal Brotherhood Movement, Inc.

Box 670278
Coral Springs, FL 33067

Phone: 954-974-1181

Email:

robin.ubm@gmail.com

Website:

www.universalbrotherhood.org



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 address-
es in the directory

If you are interested, please com-
plete our contact form with a re-
quest to be included in the directory,
and include your web-
site address.

Send your request to:
robin.ubm@gmail.com



Information for Ministers



Liability Insurance

In response to questions 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 on Facebook

<https://www.facebook.com/UBMovement/>

Please visit and “like” our page! And please invite others to view our page, and share posts you like with others.

At a recent UB Board of Directors meeting President Rosemary Cathcart said, “We need goodness, and UB distributes goodness wherever it goes.”

One of the ways to help spread and distribute this goodness is to share our Facebook page. Let’s send it around the world!

UB MINISTER BUSINESS CARD ADS



Rosemary Cathcart

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

4025 Outer Drive • Nashville, Tennessee 37204
615-585-5775 • 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



Rev. Jim DeKornfeld
Life-Cycle Celebrant

910-690-9212

jim@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.

Please consider supporting your fellow UB ministers in their practices!

Would you like your own business card ad in *UB GoodNews*?
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.

Name: _____

Address: _____

Phone Numbers:

Home: _____ Work: _____ Cell: _____

Email Address(es): _____

Website(s): _____

Anything else you would like to share? _____

