

UB GoodNews

Universal Brotherhood Movement, Inc.
Newsletter Spring & Summer 2020



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An excerpt from:

Profound Gratitude

by Rev. Dr. Karen Cosgrove

Gratitude flows through my being as I
experience ever more wisdom and
profound blessings.

I trust that all beings have the capacity to
tap into the love, light, wisdom and One-
ness.

At this time in humanity’s evolution
things may appear to be falling apart.
Yes, the old is falling away to make way
for the new.

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

Welcome it in and integrate it into
your being.

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

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



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

Rickerism - A bit of whizdom

I have a “feather mattress” theology. Most people like their theology firm. Mine supports me, enfolds me, comforts me.

Others may punch at it but they meet no resistance.

My “feather mattress” theology absorbs life with non-judgment and unconditional love.

*From The Joy Of Living
True stories from the life of
Rev. Dr. Rick Prigmore
Available for purchase [here](#)*

Good Morning (Dear “All One,” God)

By Rev. Dr. Jeni Prigmore

I stand before the altar of my day
And give heart-felt thanks
that I have the hours before me for
praise.

I stand before the altar of my heart
and recognize its longing
to be of service to mankind.

I stand before the altar of my mind
and dedicate its working to the God of
wisdom—
praying for Its continued presence.

I stand before the altar of my Soul
and allow the trust that burns within it
to lift each impulse to be LIGHT.

I kneel before the altar of “ALL ONE”
And express what is mine to express:
LIFE—vibrant, unique, sacred!



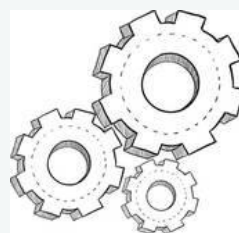


Crossroads: A Time for Contemplation

by Rev. Rosemary Cathcart

We've all had quite a year, haven't we? Between natural disasters (Nashville alone has had 2 major tornados so far this year), and the COVID-19 pandemic, we've been facing enormous challenges personally and on a Global scale. The sheer loss of human life and heartbreak to communities across the entire world, not to mention the strain on facilities and services due to the virus, is beyond imagination. While our lockdown guidelines are beginning to loosen, I do not want what I believe to be the overarching lesson to be lost in our haste to "get back to normal".

As someone who has had the privilege of apprenticing in years past to esteemed Shamanic Teacher, Jabrane M. Sebnat, Ojibwa Medicine Man, Sun Bear and Lakota Sioux teachers, Wallace Black Elk and Grace Spotted Eagle, my gut reaction to any Earth Changes and/or Global situations usually sounds like this: "I wonder what Mother Nature is trying to tell us? What does she want her human children to do, to understand, to look at with different eyes, and most importantly, what needs to change in us?" Granted, this is not everyone's first reaction, but it is mine, and so I'd like to approach this unprecedented situation from that distinct perspective.



Perhaps this is a clear invitation to humanity, as a united-through-tragedy Global family, to take the next steps in our evolutionary development? Perhaps Mother Nature was finally forced after the last 200 + years, to take dramatic action to get our attention and ensure that we all came to a complete stop? We've all heard the dire reports of damage to our natural resources, and some of us have supported enterprises like The Nature Conservancy or World Wildlife Fund, but have we taken any major steps to put Mother Nature first and leave some conveniences behind? Probably not, and now I believe we must at least think differently about what is at stake, lest all hope for the future be lost.



The Industrial Revolution began between 1790 and 1870, and since that time, as our human lives have continued to improve with one new invention after another, the cost to wildlife, the oceans, and the very air we breathe has been considerable. I believe the tragedy of the COVID-19 Virus is affording us the opportunity to create a sustainable balance between humans and the world of nature. Including, of course, the Animal Kingdom, the oceans, the natural resources buried beneath Mother Earth and to understand that nothing separates us, whatever our origin, financial status or seeming importance in the world. We are all potential victims of this virus, since a virus does not care to discriminate between gender, sexual orientation, race, religion or country of origin.

"I believe that there is a subtle magnetism in Nature, which, if we unconsciously yield to it, will direct us aright."

~ Henry David Thoreau

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My sense is that COVID-19 has been around much longer than the end of 2019, I believe it has been creeping up on us for the past couple of years. But I also believe we were asleep to the many warnings, having become such an outward focused society, rather than taking the time to listen to our own Deep Internal Body Wisdom. Now we are paying an incredible price in terms of lives lost, hopes shattered and gaping holes in the framework of society as we've come to know it.

The best inventions and technology are wonderful resources, to be sure, but nothing should ever take the place of our intuitive connection to ourselves, the Earth, the Cosmos and to The Divine.

I am not a scientist, a doctor, nor a politician, but what I am is a life-long observer of Astrological patterns and a reverent student of life. My past training has also taught me that we have an intimate and undeniable connection to the world of Nature and the Animal Kingdom. When we lose touch with the elements, a part of our inner self dies. We cannot live without our animal counterparts, or without the support of the Planet we call home.

If there has been any silver lining to the dramatic Global situation it has been that the lockdowns have caused a major drop in carbon emissions, scientists are calling it an "unprecedented decline". As the greenhouse gas most responsible for global warming, carbon emissions are now forecast to drop about 8 % in 2020. The youngest generations of citizens in China and India are seeing blue skies for the first time in their lives and wildlife has roamed freely across the Golden Gate Bridge in San Francisco, oblivious to the human suffering that has brought about the stillness. The canals in Venice are now so clear, fish can be seen swimming beneath the surface. Nature rebounds very quickly when given even the slightest chance, what a pity it's come with such a price for so many of us.

"Man's heart away from Nature becomes hard."

~ Standing Bear

This time has proven to be an ordeal of great magnitude, but it presents us with an opportunity to reflect on our way of life and to be motivated to search for a better way to live for all of God's creatures. It's time to get back to basics and to become mindful of the consequences of our thoughts and actions. Try changing one harmful habit a day, and deliberately choose to become part of the healing of Mother Earth. Plant a garden, start composting, put in a birdbath and a bird feeder to help you feel more connected to the cycle of life. If you're in an apartment, use a plant on a windowsill as your focal point for Global healing. If you're able to walk outdoors, scatter your prayers as you walk through the neighborhood, thanking every blade of grass, each tree you pass and every breath of fresh air that blows by for supporting your life so generously. Mindfulness is a self-nurturing gift that allows you to embrace your role in the on-going cycle of life. From there, more magic happens.

"In the end, we will conserve only what we love, we will love only what we understand, we will understand only what we are taught."

~ Baba Dioum

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Even as I write this, my oldest sister is suffering with COVID-19 in a hospital facility in Western New York. Testing our faith and our deep belief in God, and causing our entire family to come together through prayer and enhanced communication, this has been an exquisite and exhausting journey. If anyone had ever told me I'd be able to work with creative visualization and mind mapping with an 88-year old sibling who has never been quite sure what my day job is, I would have laughed out loud. Such is the miraculous effect of COVID-19 and our innate desire to soothe, nurture and support those we love. My sister said the wisest thing to me this evening, that when she's wheeled to the end of the corridor by an aide and has a clearer view of the outside, her prayers feel stronger. Of course they do, everything is enlivened by the pristine freshness of nature.

In 1985 Lionel Richie and Michael Jackson wrote, "We Are The World", and the words of this iconic song are just as meaningful today:

"There comes a time when we heed a certain call, when the world must come together as one. There are people dying, Oh, it's time to lend a hand.... We are the world, we are the children. We are the ones who make a brighter day so let's start giving. There's a choice we're making, we're saving our own lives. It's true we'll make a better day, just you and me....."

As we begin opening up once again, leaving the shelter of our homes, may we do this with a cautious wisdom. My wish is to view everything with an even greater depth of appreciation and gratitude. I also hope to be more mindful than ever of the consequences of each action on a much wider scale of reality. Quantum physics tell us that each action affects the entire field of reality. With that knowledge in mind, I want to be an even more conscious part of our Global healing and that of our beloved Mother Earth, and all of her many sacred residents. The Planet will survive with us or without us, my preference would be the former.

Wherever you are in the world, please stay healthy and safe from harm. If you are an essential worker, there are not enough words of gratitude to thank you. As a Universal Brotherhood Minister, you are held in the thoughts and prayers of our Founders, Rick and Jeni Prigmore, and each member of the Corporate Board, including our Executive Director, Robin Morini. Following the terrorist attacks of September 11, 2001, late-night host David Letterman said "The best thing we could do is to be courageous, but sometimes even pretending to be courageous was just as good." Well said, David. Let's be courageous together, as we also endeavor to become more mindful stewards of the whole of humanity going forward.

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, and for more than 30 years, she has been conducting a healing practice based on traditional wisdom and ancient practices in combination with modern modalities. She serves her clients in varied roles that include intuitive counselor, wholistic healer, astrological and numerological consultant, spiritual guide and trainer. She is also a Traditional Reiki Master originally trained by Virginia W. Samdahl. Learn more at www.rosemarycathcart.life



“No” In The Time of Covid-19

by Rev. Kelly Graham

So for the autumn *UB GoodNews* I wrote a piece called “No” Is A Complete Sentence. That is a deep and important truth we all need to understand, comprehend, and practice.

In that article I wrote: “So here’s my ask to you: will you join me in saying no? We’ll discuss more ideas and details around this subject, including the simple three step goals exercise Warren Buffet gave his personal pilot. And our motto is: JUST. SAY. NO.”

And then....the world changed. A few months later many (if not most) of us found ourselves with priorities that shifted significantly, without our consent or even our input. Suddenly, the word “NO” was everywhere, it seemed. The Covid-19 virus and all its baggage brought economic devastation, health crises, destruction of plans and schedules, and more. It generally tossed a big ol’ monkey wrench into pretty much everything. No school. No shopping. No restaurants.

It ALSO has brought changes that, in some cases, may be for the better. For example, I’ve seen an interview about changes that Covid-19 has brought. One person said, “We’re having dinner every night as a family. I don’t remember the last time that happened.” I think having dinner as a family might be a pretty good thing, in most cases.

Now, spring break and summer are traditionally times we slow down, take time off, spend time with family, etc. But this has been forced on us with no planning, no warning, and no options.

With so few distractions (the aforementioned school, shopping, restaurants, etc.), Covid-19 has given many of us the chance to reconnect with family, friends, and loved ones in a big way. Many of us are homeschooling; we’re not working, so we’re at home and/or on Zoom or FaceTime with the kids/pets/significant others/in-laws; and we’re cooking all the meals and preparing all the snacks. In other words, we’re living, in many ways, much more like families did in generations past. All this reconnection can be truly valuable.

It also can be tiring. Author Rachel Miller has pointed out, “One of the biggest realizations a lot of us have had is that simply being alive during a pandemic requires a ton of energy. When your attention span is shot and you’re faced with seemingly endless chores—each one reminding you of your own mortality!—*and* you’re trying to soak up every moment with your loved ones, there is absolutely no way you can say yes to every request for time or attention that comes your way.”

Truth. So please remember it’s okay to say NO to that Zoom request. It’s okay to say NO to attending that online wedding. If you’re just not feeling up to another FaceTime request, another Teams get-together, another Google Hangout, say so, and say NO. Miller suggests: “just be direct about why you can’t do it. ‘It’s a pandemic, I can only do so much right now’

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is a perfectly reasonable guiding principle.”

My favorite of the several different versions of “no” that Miller offers is this: “Ahh, thank you for the invite but I won’t be able to make it! I’m feeling pretty overwhelmed by everything right now, and as fun as this sounds, I know I just don’t have the bandwidth.” And if you feel someone is really isolated or truly lonely, try text or email or Facebook Messenger – some way to leave your good thoughts and love in a message rather than interacting directly, until you *do* have the bandwidth to interact.

In my last article, I promised to share Warren Buffet’s simple three step goals exercise. In a world where so many choices have been removed, I think this is more important than ever. Here goes:

1. Write down your top 25 goals
2. Circle the five most important goals that truly speak to you, the ones that are most urgent
3. Now, cross off the other 20 goals

The point: to really focus on what is most important, eliminate that which is not as important. Those other 20 “goals” are really just distractions (like shopping and restaurants).

In some places, people are considering social gatherings again. If this is happening where you are, and you are not comfortable with it, remember: you can just say no. Some ideas on this, based on points from Rachel Miller (you can begin each with “Sadly, no.”):

- “I miss you a lot and would love to see you in person, but I’m not taking any risks when it comes to this pandemic.”
- “I know you’re [feeling really antsy/dying for some social interaction] and I am too, but I’m more comfortable staying isolated right now.”
- “I’m honestly feeling pretty [burned out/overloaded/worn out] by life and work and chores right now, so [right now/tonight/this week] isn’t great for me.”
- “I’ve been doing a surprising amount of online and telephone socializing for the past month and am realizing I need to set aside more time for [catching up with family/unwinding/chores/self-care].”

Remember that economist Tim Harford said: “Every time we say yes to a request, we are also saying no to anything else we might accomplish with the time. When you say no, you are only saying no to *one* option. When you say yes, you are saying no to *every other* option. **No is a decision. Yes is a responsibility.**”

Yes is even more of a responsibility in the time of Covid-19. Take care of yourself, and say “no” as many times as you like. Practice does make perfect!

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. She can be reached at kellygraham@brileywealth.com

Here and Now

(This Moment of Time)

By Rev. Barbara (Sedra) Higgins

This moment. We have only this moment.

This here and now. We only live in this here and now.

This moment, this here and now is with us as we travel the road of life.

Sometimes, we take a side road, wandering off to gaze at God's handiwork out through the window of the universe in the night sky. Occasionally, the side road takes us to another darkness filled not with stars, but with the dark night of fear, anger, discontentment, or unworthiness. When we return to our main road the memory of each experience goes with us and our here and now becomes richer, seasoned with spices of life.

Nonetheless, the moment is still all we carry, all we need, throughout our whole life's journey. We live only in the here and now. It is our companion our whole earth life.

When we graduate from our earth life classroom to God's offices, this moment, this here and now is with us, full of life. This Here and Now (This Moment of Time) is not something we travel through. It is something we travel with. All is Here and Now.

This writing is born of readings and morning meditation and prayer February 1, 2020. Thanks to God and blessed connectedness through Spirit.



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SHARE
content!

A Warrior In A Garden

By Rev. Judith Star-Medicine

A student once asked Bruce Lee "You teach me fighting, but you talk about peace. How do you reconcile the two?" Bruce Lee beautifully replied "It's better to be a warrior in a garden than to be a gardener in a war."



I love this quote from Bruce Lee: "It's better to be a warrior in a garden than to be a gardener in a war." I believe we need to cultivate the garden of our life. Every time we express kindness, compassion, empathy, and love, we plant a flower in the garden of our own life, and someone else's. Whether that flower is an annual, only around for a season, or a perennial, blooming year after year, it still brings joy to anyone who sees it.

The thing about gardens, as anyone who has ever had one knows, is that they need to be nurtured and protected. They need the proper amounts of water, sunlight, and nutrients, as well as being protected from insects and animals that want to devour the plants, flowers, or vegetables. Our inner garden deserves the same care. There will always be those that have no boundaries, feeling entitled to harvest the fruits of our labors. Unwilling to do the work themselves, they can be parasites in our lives, piggybacking on the spiritual work we've done.

Being a spiritual warrior means that we hold others to the same standards we have for ourselves. No excuses. We choose to live from impeccability, and a ruthless examination of our subconscious motivations. We refuse to allow the mind or ego construct to run the show. That takes a level of commitment and vigilance that is ongoing. We weed our garden constantly, removing negative thoughts, beliefs, and toxic relationships that no longer grow beauty in our soul. Sometimes, the culture tries to make us feel guilty about that weeding process. Don't. Protect what you have planted, understanding that anyone can plant a garden, the same way that you did. Only you have the right to harvest the fruits of your spiritual work. Overgiving teaches nothing, other than reinforcing a person's entitlement issues and a negative belief that they may hold about themselves, regarding their own capabilities.

Love is the sunlight that washes over us, greening and growing who we are, and strengthening who we came here to be. Faith and trust are the waters that replenish us. Empathy is the soil that nourishes us. Compassion is what gives us the courage to move forward. The gentle breezes

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oxygenate our spirit, and invigorate us. We need to treat our garden within as the sacred place that it is. Those who would pollute it, intentionally or unintentionally, must not be allowed access. Having strong and healthy boundaries is the equivalent of posting "No trespassing" signs.

We can, by being a warrior in a garden, model for the world what a beautiful garden of love looks like, while at the same time encouraging others to grow their own gardens. Gardens of love, creativity, joy, and abundance. Anyone can become a gardener. Love is the easiest thing in the world to plant. A person just has to want to. The magical thing about love, is that once it's planted, it spreads. It's a perennial, rewarding you with blossoms for decades to come.



Being a warrior in a garden is a beautiful thing. The flower that most embodies that, for me, is the rose. It is a perennial, it has the most exquisite fragrance, it draws bees and hummingbirds to itself, sharing its nectar, while at the same time having thorns to ward off predators that would eat it. The rose is a heart healer. Rose essential oil is so uplifting, calming, and soothing. Diffused, or applied topically on pericardium points or heart points can be very powerful during trying circumstances.



I choose to be a warrior in the garden of my life. It is my responsibility, and the sacred commitment I have made to myself, since walking away from an abusive marriage over 30 years ago, where I learned about pathological narcissism first hand. I learned about protecting and honoring my garden. I learned about reciprocity. I learned to expect to receive. I learned to be a warrior of light. Become that. Honor your garden. Honor what you have planted. Honor who you have become.

Rev. Judith Star Medicine resides in New York
www.JudithStar-Medicine.com

NEW! Contact our UB office for more information!

We have a limited supply of beautiful clear quartz cabochon pendants for sale. We are offering two unique designs:

- A. quartz cabochon wrapped with flowing spirals and
- B. quartz cabochon wrapped within a graceful scroll design (pictured).

***These beautiful pendants capture
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Finding Awe In Your Everyday Life

By Rev. Dr. Rachel Mueller-Lust



Lately I've been very aware that nature is my balm for feeling filled with a magnitude of delightful emotions all at once. I call it awe. Awe is wonder and amazement and gratitude and more wrapped into a moment of time. Being in nature gives me that awe opportunity when I see a beautiful sunset or sunrise, wild animals roaming, or trees swaying in the wind. Much of this awe stems from my visual sense of the vast beauty in nature. Although I find it much more palpable when in nature, even a photograph of nature can evoke that same awe feeling.

A common element of my experience of awe comes through my visual senses. I call it beauty though lately I feel challenged by that word because there are a lot of social parameters as to what constitutes beauty. I mean beauty in a more broad spiritual sense rather than some culturally defined version of beauty. I am a lover of art and the astounding awe experience of seeing a phenomenal work of art can be heart stopping. That is similar to my experience of viewing vast vistas in nature, but museums make awe more easily found if you aren't in nature.

I have had plenty of awe moments while gazing at skylines in cities, yet nature has even more to offer than just visual awesomeness. Right now we have tree frogs creating a cacophony of comforting sounds in the afternoon and evening. And we have a new family of ducks who moved into the marsh near us. They are so adorable to watch and their occasional quacks are indeed awesome.

Of course scent is another sense that creates magnitudes of awe for me. These days of spring I am always sniffing the air when I am outside for signs of flowers and blossoming trees. And though I love many perfumes, they don't create that kind of awe experience I get when inhaling a bouquet of peonies or lilacs or roses. The moment of awe is even grander when the buds are experienced in their natural state in a garden.

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Nature certainly is an effective way to find moments of scent awe, but it isn't the only way. Baking is an important route to awe for me. I love nothing more than the amazing enveloping warm feeling of the smell of cookies or cake baking in the oven.

Vanilla and spices are the common denominator of the awe smell of baking. And of course my taste buds get to have delight when the baked goods are ready to eat.



I find that there are big moments of awe and also small moments of awe. I don't discriminate. Awe through sounds can be huge and loud or soft and intimate. It depends. I am as easily awed by a loud music piece as I am by the gentle ringing of chimes in the breeze. Live concerts are particularly wonderful awe experiences because they involve sight, sound, and if the beats are loud, reverberations in my body too. What makes the experience of awe so wonderful is the depth of feeling that runs through my body in an instant. All the emotions swirling through my body and soul during a moment of awe gives life a wonderful intensity.

Where do you find awe in your everyday life?



Rev. Dr. Rachel Mueller-Lust is a speaker, teacher, blogger, certified executive and life coach and founder of Wondrance Woman Life Coaching. Wondrance.com is dedicated to helping women executives create magnificent and fulfilling lives. Through her workshops, courses, speeches and coaching programs, Rachel helps women executives who feel stuck leave their corporate positions with positive energy and excitement for what's next. She provides support and guidance so her clients feel confident as they plan and implement huge changes in their life.

Rachel has more than 20 years experience as a senior business executive, leader and educator in media and marketing and has been a life coach for more than 15 years. She earned a B.S. in psychology from the University of California, Berkeley, and an M.S. and Ph.D. in psychology from the University of California, Santa Cruz. She is certified as a professional coach (CPCC) from The Coaches Training Institute, is a certified Life-Cycle Celebrant® and is ordained by Universal Brotherhood Movement, Inc. She lives with her husband in the beautiful woods outside of New York City and can be reached via [LinkedIn](https://www.linkedin.com/in/rmuellerlust), [Facebook](https://www.facebook.com/rmuellerlust), [@rmuellerlust](https://www.instagram.com/rmuellerlust), rachel@wondrance.com, wondrance.com.





The Mystery of the Life Path Before Us

By Revs. Paul & Windsong Kervick

*It appears that life as we have known it
has taken an unexpected turn and we
have been reflecting on this opportunity
to be present to the path before us.*

It has been said that life is a journey and we get to where we are going by taking one step at a time, one foot in front of the other. I feel that given the current reality we are all facing that the ability to be present, staying in the moment and taking one step at a time can be very beneficial.

Over the last few years, after having downsized, Windsong and I were blessed with an unexpected gift where spirit presented us with the opportunity to find a sweet small home in the country, not too far from where we had spent 23 years creating our nonprofit Awakening Sanctuary and retreat space where we did our ministerial work. Part of that experience was creating an educational retreat using sacred geometry to build a straw bale dodecagon using crystals and natural materials. We created a community gathering and teaching space where we offered classes of all types; did circle dancing; performed weddings, funerals, rituals, and rites of passage ; and we created lots of gardens and visioning spaces, a copper and crystal healing pyramid and 2 labyrinths. We loved our home there and it was very challenging when our life path took a sudden twist and change in direction and we had to leave and downsize into a small, but sweet, apartment in a neighboring town.

Well, we must have not quite been finished with our community work, as we, through some beautiful synchronicities, found ourselves homeowners once again with a much smaller but sweet piece of land, half open and half wooded in a farming community, with mountain views and a small pond including a pole barn and garden spaces. I had recently retired from our non-profit elder care work and still had a side business with health products for humans, animals,



and the environment, and Windsong was still volunteering at one of our elder care facilities, and continuing her clay work and gardens. We felt that we wanted to create something that could benefit our community, like when we had our former retreat land.

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We began to plan and create a community labyrinth and over the last couple of years cleared a section of woods and began our quest to find over 2,000 stones (average size the size of your head but some much bigger) that have come from diverse places throughout our community: from friends, family members, neighbors, farmers, and anyone who wanted to be a part of this community labyrinth. People could come and place a stone in the labyrinth or send it to us for placing.



As we have reflected recently, the timing for this has been perfect. This project was totally guided and inspired by spirit and we are now about 99 % complete. A labyrinth, as many of you probably know, is a single path journey to the heart. There are many unexpected twists and turns that we all encounter in our life journeys and all we need to remember is to be present, remember who we are, take one step at a time, put one foot in front of the other and we will get to the center, to the heart of it all.

The act of walking the labyrinth is powerful and healing on many levels and what better timing for a community to have a labyrinth they can walk and be socially (we prefer the word physically) distant 😊.

Wishing you all a beautiful loving journey as we all navigate through this unexpected turn in the path of our lives as we all get a step closer to the heart of creation and to who each one of us truly is at our core.

Please know that if any of you happen to be in Vermont we'd love to have you come visit and have a walk in our labyrinth. Also if any of you would like to include a special stone in our labyrinth we'd be honored to have it placed in the labyrinth. You can bring it on your visit or, as some of our more distant friends have done, you could mail it to us and we will place it for you and send you a picture. (email paul@vitallivingvt.com)

In deep gratitude for each of you and the wonderful work you are bringing to the world at this challenging time.

Love and Blessings,

Revs. Paul & Windsong Kervick



Friend-Raising “Help Tibetan Nuns, Inc.”

By Rev. Amy McCracken

Dear Universal Brotherhood,

In 2011 we began helping women and children in Himalayan countries. This has grown over the years and now we are helping over 300 women, children and elderly. This is a humanitarian organization for the betterment of women. Each of the three different nunneries all need help.

Each one needs funds for food, clean water, clothes, medicine, and fuel for heat or automobiles.

Some are even constructing new facilities to better house the women. The very first Nunnery that was built outside of Tibet in India is constructing a beautiful new facility. With classrooms, computer rooms and many new dorm facilities. They all have a nice big Shrine Room dedicated to the meditation they learn and practice. One Nunnery that I visited had 27 women sleeping in a room. But now they have



a brand new facility under construction. With each and every nunnery I visit the lasting impression is that they are very happy. Something we can learn from.

If you would like to help me help these women...Then Give!
We call it Friend-Raising. Not fundraising!

www.helptibetannuns.org

And postal mail: Help Tibetan Nuns, Inc.
PO Box 1600
Cotuit, MA 02635

Thanks so much,
Rev. Amy McCracken

To protect your energy.

It's okay to cancel a commitment.
It's okay to not answer that call.
It's okay to change your mind.
It's okay to want to be alone.
It's okay to take a day off.
It's okay to do nothing.
It's okay to speak up.
it's okay to let go.
It's okay.



Someone painted this rock



A good reminder that things aren't always what they look like — and also a reminder that "Jaws" was one of the biggest summer blockbusters of all time 😊

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

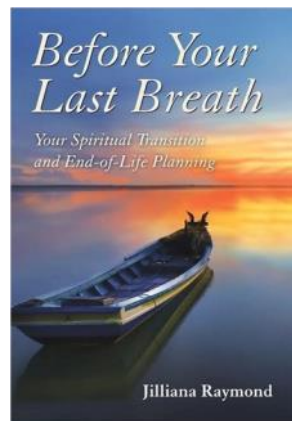


Book Nook ~ featuring authors Rev. Jilliana Raymond and Rev. Lily Myers Kaplan

Before Your Last Breath and New Covenants: Spiritual Laws for Transformational Living By Rev. Jilliana Raymond

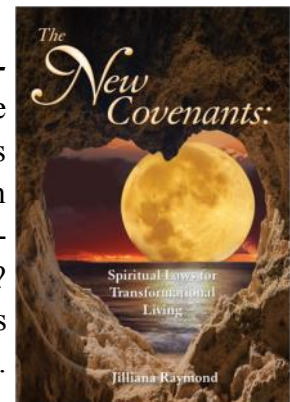
I have been a spiritual voyeur for the last 30 years, always seeking ways to understand our spiritual composition and what roles we employ. As ministers, we're all teachers reaching out to our varying audiences to inspire and enlighten individuals in countless ways. We know words carry significant vibration and choosing the right words can generate great change. While I've conducted multiple classes and spoken to countless individuals, my greatest tool has been the messages I present within the topics I pursue.

Two groundbreaking titles await your review on the relevance they present to your audiences:



Before Your Last Breath: Your Spiritual Transition and End-of-Life Planning — is a compilation of logistic guidance to assist individuals in end-of-life planning. Along with discussion on what one might experience both before their final life phase and how one can create their personal experience while in their spiritual house, the logistics of final decision making, the work also includes pages to record account information, passwords, as well as an area to list important contact information.

The New Covenants: Spiritual Laws for Transformational Living — clarifies and simplifies the basis for a strong spiritual life filled with joy, peace and purpose. This book takes you on a historical journey to review the origin of the Ten Commandments and then propels you into today with a compelling application of the New Covenants. Why were the Ten Commandments issued? What were the conditions during the time? *The New Covenants* awaits your exploration into new paradigms.



Both titles are available on [Amazon](https://www.amazon.com). Search for the titles or author Jilliana Raymond.

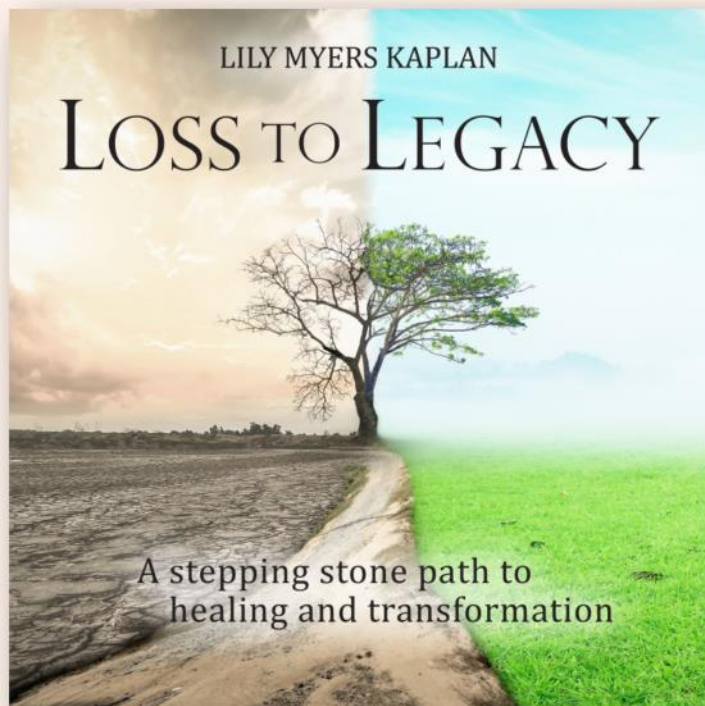
Rev. Jilliana Raymond – jillianaraymond@gmail.com

www.jillianaraymond.com

Book Nook Continued...

Loss to Legacy

A stepping stone path to healing and transformation



Review from the Association of Death Education and Counseling: Books & Other Media—ADEC Connects

Kaplan has written a workbook that encourages and enables readers to so deeply engage their experiences of loss and grief that they emerge renewed, moving toward the legacy of a transformed future. The last third of the book uses her four “cornerstones” (Story, Reflection, Vision, and Action) to guide readers to journal, reflect, engage with nature, use contemplative practices, explore dreams, and the like. These practices she terms soulwork and are key components in the deep spirituality that infuses this useful and engaging book.

The Rev. Paul A. Metzler, D.Min., Editor

Loss to Legacy is a map for conscious grieving. With inspiring stories marking the passage from darkness into light, Lily Myers Kaplan offers a method for honoring and growing from your sorrow.

Loss is universal, she says. Whether you are grieving the death of someone you love, lamenting cultural and planetary upheaval, or mourning the dissolution of a marriage, ending of a career, or changing identity, this book will help you navigate its tumult. At the core of Loss to Legacy are ancient truths, nature's cycles, and acceptance of death as an essential part of the human experience. The included Stepping Stones Workbook leads you on a transformational path of inner exploration and soul-renewing exercises.

With its beautiful storytelling and step-by-step healing process, Loss to Legacy guides you through mourning to find meaning, create purpose, and build a living legacy—leaving what matters most in your own wake.

AVAILABLE AT AMAZON, BETTER WORLD BOOKS
OR WHEREVER BOOKS ARE SOLD



SPIRIT OF RESH FOUNDATION
Enhancing Life by Embracing Death

A stunning testament to
the heart of being human
and the personal transformation possible
when one grieves deeply and well.

Carolyn North, Author of
[The Experience of a Lifetime: Living Fully, Dying Consciously](#)

Lily Myers Kaplan's career has focused on guiding people to build meaning and purpose from the most challenging life circumstances. With thirty years in private practice, Lily draws from studies in mythology, archetypal psychology, experiences as a program director of a modern-day mystery-school, and as a hospice volunteer manager. Using story as a force for healing in her southern Oregon community is Lily's passion. Serving Spirit of Resh Foundation and providing one-on-one retreats at her twenty-acre Sanctuary at Rainbow Ridge is Lily's way of honoring Ancestors, sharing wisdom gained through hardship, and helping others find beauty amid their losses.

Lily can be reached at 510.390.1098 or through the Spirit of Resh Foundation website: www.reshfoundation.org



In a society that insists we “move on” from sorrow, Lily invites us instead to dive deeply into it, to discover our own unique story and embrace its transformative power. Read this book. No matter the nature of your grief, it will give you courage, strength, and a path for thinking and acting differently about life, death, and love.

Martha Kay (MK) Nelson Director of Psycho-Social Care, Mission Hospice & Home Care

UNIVERSAL BROTHERHOOD MOVEMENT

Opportunity, Encouragement

by Rev. Deborah Richmond Foulkes, FSA Scot, D. Div

What the Universal Brotherhood Movement has meant to me...if I list all the accomplishments I can attribute to this wonderful organization, this article would be another book. My association with the Universal Brotherhood Movement began around 2000 when I became a Reiki Master. Two years later I sent in copies of a manuscript on my findings concerning Past Lives. Co-Founder Rick Prigmore called me immediately and gave me the encouragement I needed to continue my project: Proving Past Lives through Mediumship and Academic Research. Five more books followed including one that was an award winning book on Proving Reincarnation called: RIGHT OF PASSAGE, What the Dead say about Reincarnation.

Early on in my work as I studied Mediumship, taking the three year Morris Pratt program I became a Certified Medium in the Spiritualist Church. I submitted my manuscripts to the Hay House group about the time I sent Universal Brotherhood a copy. Hay House called me, Mrs. Hay's assistant she said, and apologized that Hay House would not be involving themselves with Reincarnation at that time (as it could not be proved). I tried to explain that my books were the result of in-depth research, 3.5 years in Scotland and England, spending over \$400,000 personally funded, in my task to produce that proof of past lives. Hay House was hearing none of it. But Rick was more than enthusiastic. He encouraged me to seek my Doctor of Divinity through Universal Brotherhood University, which I did.

Now nearly 18 years later I have become an authority on proving past lives and I lecture throughout the United States on my findings. I have appeared on BBC Scotland, NBC and the ION network with numerous radio interviews as well. What began over 20 years ago as a search for my beloved Irish Wolfhound (X) Larry who crossed over in 1999 turned into a life-long quest for helping others heal through past lives. In other words, those words I uttered decades ago as I was ordained, ***"I hereby dedicate my life to the brotherhood of mankind,"*** meant something. I have followed my truth ever since.

It began for me in 1999 that I received my first message from a medium Lydia Clar about a daughter who drowned in a moat; later I discovered that happened in Woodham Ferrers, England in 1294. Years later, in 2008 I was attending a Mediumship Retreat held by Robert Brown at Virginia Beach. John Edward was the guest medium who was going to do a live gallery reading for over 200 guests. As I walked downstairs to the lecture hall I heard from my Guides in Spirit, "Wear pink." I returned to my hotel room and retrieved a pink jacket. When I sat down first I didn't feel right in that location so I moved two rows away. John Edward went right to that first seat as he opened the gallery reading. The woman in my first chair was wearing pink as well. I laughed.

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John Edward's messages to that first woman involved a husband named William, a little girl (who drowned), a cartoon character (Larry's full name was Lawrence Boobobear of Hanna-Barbera fame) and a young man who died overseas in a vehicle accident. I knew the messengers from Spirit were for me! I raised my hand and the assistant brought me the microphone as the medium turned to me and supplied validation to the facts in my books; information provided by Spirit to me in meditation that I later validated through research, locating original documents from the 13th century in Scotland and England. Many of my peers were present including 50 mediums, many of international fame. These mediums knew my books, understood the research I had completed and realized that John Edward was validating all my work. It was an incredible night with Spirit.

To relate all the discoveries I made with Spirit that were later validated through research would take up volumes but I will provide some highlights. One time I asked for validation that my Guides were in a specific place called West Calder Scotland. They all said they would be in the picture. I always carried several cameras with me as some people discounted "ectoplasm" claims, saying they were likely lens flares. The next day I was home in Boston and dropped off the film at CVS 1-Hour photo. When I retrieved the picture that I later used for my book, *RIGHT OF PASSAGE*, I was shocked to see three knights, each in different helms (helmets) and a woman dressed in robes and veil, all in 13th century attire and just the way that I was seeing them in meditation.



Many of my photos included two specific shapes, one a head and shoulders representation and the other a simple diamond shape. During a mishap at home with one of my Scottish Deerhounds one day a book by Manly P. Hall fell on the floor, opening to the Medieval Alchemical Tables. There before me were the two symbols, a head and shoulder shape and a diamond. When combined they were for the cure of a lung disease that was later called asthma; my lifelong battle has been with that breathing disorder. In fact, before I became a Reiki Master I was suffering from acute asthma, taking 17 drugs daily including 40mg of Prednisone. After six months of self-Reiki, I was down to just one inhaler and no more Prednisone. What a relief. As a Reiki Master I decided to become an ordained minister through the Universal Brotherhood Movement. It was at a very critical time in my work and the ordination became the cornerstone of everything I do with healing today.

There were many other instances where Spirit provided information, then sent me a vision as they did one night involving a Scottish battle site that was lost to historians for over 700 years. I saw the smooth rocks of a ford and glacial spoil that a knight used to gain perspective of the battle behind the ford. And I could hear the clip-clop of the horses' hooves as they

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Edryford- on the Irvin Water, Ayrshire Scotland;
site of a battle with James Douglas in 1307

carried the knight through the ford, splashing the water. Fascinating. Then the next day I was in Hurlford in Scotland and heard these words that turned out to be directions to the site of my vision. "Turn right, turn right here," and so forth. I finally came upon a very small, seemingly weak bridge but Spirit told me it was OK to pass over it. I did and there before me was the ford where I saw the knight crossing with his horse. I was stunned. Later I realized that the contemporary poem that described the battle actually included descriptions from two separate battles. I was able to discern two encounters when I read the claims at the English court from knights who lost their horse or saddle or arms in the battle and wanted

the English king to reimburse them.

I became so sure of my information that I began doing past life readings using a deck that Spirit devised for me. Then I took certification classes in past life regressions with Dr. Brian Weiss. The regressions have become a central part of the healing work that I do today, especially in helping people to heal from PTSD. Healing for me has become a way to share my work, help others with cell memory traumas to understand and work through their issues. Healing has helped me as it helps others, an exciting process.

The Universal Brotherhood Movement opened the door to me and my work. Rick gave me the encouragement I needed in those early days; when others were looking askance at my findings, the Universal Brotherhood Movement was there for me. My work with Spirit today is about healing and those first important words during the ordination ceremony were impactful: ***"I hereby dedicate my life to the brotherhood of mankind,"*** making the Universal Brotherhood Movement an integral part of my daily work with Spirit.

You will find more of Rev. Deborah Richmond Foulkes' work here:



www.mytruthliesintheruins.com

www.skybear.com



Just Hit Pause..... by Rev. Mary Ann Barry 3/29/2020

Like it or not we are in “pause”

I see and hear all the changes this virus brings
I want to pause the virus...

But something tells me “wait, breathe and
see”

We have been forced into a time our ancestors
would find normal

But we are spoiled by instant gratification

This pause we are in is sacred, scary, strange
and confusing

The sacred reveals itself when I pause

A cardinal landed on our deck this morning
and paused

In her lingering, unusual to us who most often
just see a flash of red, I saw a bird at peace
and in wonder

She/he was vibrant but not completely red

She/he seemed evolved from a typical cardi-
nal

Will we be evolved when the pause button is
released?

I want to hug again, visit again, gather again,
eat out again.....but not in a mindless entitled
way

I want to be filled with gratitude overflowing

I want to be steady again so I can be of ser-
vice to others.

I want the earth to continue to breathe and
heal.

She has experienced a re-birth during our con-
finement

It scares me that we have the power to reverse
her healing process

I want to join her in every healing breath

I want to survive this plague, determined and
successful in living a full joyous meaningful
life

As the pause button is released one day, let us
rejoice and purposely pause – do we really
want things to go back to what they were?

We are more connected while being discon-
nected than I can ever remember

Much like that solitary cardinal, she/he
touched our hearts, gave us pause, and filled
us with wonder and joy

And she never came inside – she did not have
to

The din of politics has been muted

The good deeds of others is being revealed a
hundred fold

Never again we say never again

Pause

Wonder

Breathe

Commit yourself to be the good change

Be a part of amazing grace

And please do not forget to smile.

It lifts your heart and soul



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:

**Autumn Issue: August 24
Winter Issue: November 16**

UB FACEBOOK

[https://www.facebook.com/
UBMovement/](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 dis-
tributes 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 •

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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.

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

Information for Ministers

Liability Insurance



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/>



Universal Brotherhood Movement, Inc.

Box 670278

Coral Springs, FL 33067

Phone: 954-974-1181

Email: robin.ubm@gmail.com

Website:

www.universalbrotherhood.org

NOW AVAILABLE: Clear Quartz Pendants



Check out our lovely,
handpicked oval,
wrapped clear quartz
pendants!

We are offering these pendants with an
18" chain for sale at our office!

Please call:

Robin: 954-974-1181

Email: robin.ubm@gmail.com

www.universalbrotherhood.org

UB Administrative Office Phone Number

Please make sure you have updated the
UB office phone number to
954-974-1181



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? _____

