



# UB GoodNews

## Universal Brotherhood Movement, Inc.

Newsletter ~ Autumn 2020



### Inside this issue of UB GoodNews:

I Believe by Rev. Dr. Rick Prigmore	1
Why Ordination? by Rev. Keshia Berry	2
Greetings (And More) From Our Founders	2
From Our President: How We Continue To Grow UB	3-6
From Our Vice President: Back To Weddings!	7-9
UB Wedding Officiant Checklist	10
UB Ministers / Celebrants as First Responders for Weddings and Ceremonies in NY State by Rev. Christopher Shelley	11-12
Humanity is Evolving by Rev. Frani Rubens	14-15
UB Minister Business Card Ads	16
Miracle Driveway by Rev. Mary Ann Barry	17
I Allow Myself To Receive by Rev. Dr. George Flores, Jr.	18-19
Faith, Prayer, Meditation and Mindful Practices by Rev. Dr. Anthousa Helena	20-21
Putting Prayer to the Test by Dr. Scott Rogers	23
Haiku and Senryu by Rev. Patricia Dharsh	24
Loving Spirit by Rev. Valerie Barsevich	25-26
Updates by Revs. Paul and Windsong Kervick	27
Let's Stay In Touch!	29



### I Believe

By Rev. Dr. Rick Prigmore  
Co-founder of Universal Brotherhood

I believe in an ever present, omnipotent, omniscient "Potential" which is constant at all levels of expression, known and unknown.

I believe this Potential in its static state is LAW, in dynamic state is LOVE, in its divine state is SPIRIT.

I believe this Potential is known as LIFE, at all levels, in all facets.

I believe in MYSELF as a personalization of Potential, a multidimensional, spiritual being, with the ability to draw on every attribute of Potential.

Therefore, insofar as I can accept it and my consciousness can embrace it, I AM LIMITLESS POTENTIAL

It is my choice to unfold—or fold.

## Why Am I Seeking Ordination?

*Printed with permission from newly ordained minister Rev. Keshia Berry, ordained in June 2020.*

Congratulations and welcome to  
Rev. Keshia Berry!

“Why am I seeking ordination? What does it mean to be a minister?”

**Rev. Keshia Berry:** “Seeking ordination and becoming a minister is not just a desire, it is my mandate, it is my purpose.

“When I think of the word ‘Minister’ I think of the word ‘administer.’ It is my mandate as well as my desire to *administer* healing, comfort and services to all that the Universe puts in my path to assist.

“Becoming an ordained minister solidifies the calling, **it gives me the legal and spiritual authorization** to practice and implement what I have been called to do.

“**It allows me** to go into places and reach people that I may not otherwise be able to.”

**From Co-Founder Rev. Dr. Jeni Prigmore:** “As I read the verbal outpouring of ministerial candidates intentions, I am once again reminded WHY I MADE THIS CHOICE so many years ago.

“Perhaps you too will be inspired to revisit your own intentions and give yourself ‘A pat on the back’ *or on the heart*, as the case may be.

“What YOU offer to the world is unique; a holy (whole-y) YOU — a gift that has no equal.”

CONGRATULATIONS and our heart-felt thanks for your intentions,  
*Rev. Dr. Jení Prigmore*



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



**Universal Brotherhood Movement, Inc.**

P.O. Box 670278  
Coral Springs, FL 33067  
954-974-1181

[www.universalbrotherhood.org](http://www.universalbrotherhood.org)





## How We Continue To Grow UB

by Rev. Rosemary Cathcart

Congratulations to us! Here we are in the Fall of 2020, in the waning months of what has proven to be a most unusual year for everyone. A potentially catastrophic year that no one could have predicted, but we are figuring out how to navigate it, together. To those of us who have

lost loved ones to the COVID-19 Virus, or have suffered devastating losses, our thoughts and continuing prayers are with each one of you. To those who have served, and continue to serve our beloved country as a First Responder, Physician/medical personnel, support staff, policemen and women, National Guard members, Military servicemen and women here and abroad, to grocery store workers, food service industry people, sanitation workers and the millions of others who keep

our lives afloat ~ THANK YOU FROM THE BOTTOM OF MY VERY GRATEFUL HEART !



To say we cannot do this without you is a huge understatement, as we now know more than ever before that none of us do this alone. Human beings were not designed to function in a vacuum, apart from others of like mind, shared visions and like

hearts. It is a tragedy of our time that we are getting such an important reminder via the teacher known as “COVID-19”, but nonetheless, we are learning, and my hope is that we continue to remain open vessels. Open to new ways of thinking, operating, performing and functioning on the World Stage called “Life”.

*“Let us be still and give thanks for that Limitless Presence within us and surrounding us that manifests in our individual awareness as the “I AM”, the personality which is unique in each one of us.”*

A big part of the reason that Universal Brotherhood Movement, Inc. has continued to grow and to thrive through the years has been our capacity to embrace change and to remain innovative.

As UB began to grow from a small, community-based ministry, into one that began flourishing across the country, our Founders, Rick and Jeni Prigmore realized **more** was required. It was only after the first 14 years of its existence, that the role of Regional Minister/Director was created to be responsive to the ever-growing needs of our organization. I am quoting here from the original 1990 newsletter:

*Continued....*



Continued....

## “SUMMIT II

February 15-18, 1990

The Second Annual Regional Minister/Director’s Conference

By Rick Prigmore (Georgia)

How difficult it is to translate into words the euphoric experience of the Regional Minister/Director’s Conference held February 15-18, 1990 at the Prigmore home and UB Center in Duluth, GA. The whole concept of these Summit Conferences is to meld the Leadership of the organization into the “ONENESS OF SPIRIT” necessary to guide it lovingly as it grows and to assist it in maintaining its original VISION. On Friday, February 16<sup>th</sup>, two new Minister/Directors accepted their “Mantle of Responsibility” in a very meaningful sharing by all the current RMDs. Rev. Rosemary Cathcart, formerly of Aquarian Research Center, WPB, FL, and now a traveling teacher presently based in Nashville, TN is one. Rev. Arthur Brigando, a UB Minister since 1981, who is a psychiatric nurse in the San Francisco Bay area is the other.”



\*\*\*\*\*



So, here I am, all of those glorious years later, and I am still in Nashville, TN, and I am still functioning as a Minister/Director. As a Regional M/D, I was responsible for the whole of Tennessee, Indiana, Kentucky and Mississippi. Over time, as new Ministers stepped up to assume a leadership role in UB, my territory was reduced to that of middle and western Tennessee. In that same newsletter, Rick Prigmore also stated that as Minister Directors: “We are responsible for seeing that the integrity and thrust of UB remains true to its vision. We **donate** our time and energy so that the functions of the organization, which serves each of us, can be handled in a timely, orderly and loving manner. Our over-all dedication is to reach out in the way we are best suited to assist the Earth in its clearing, loving, building phases so that the future will be one of Health, Love and Peace for all of its inhabitants.”

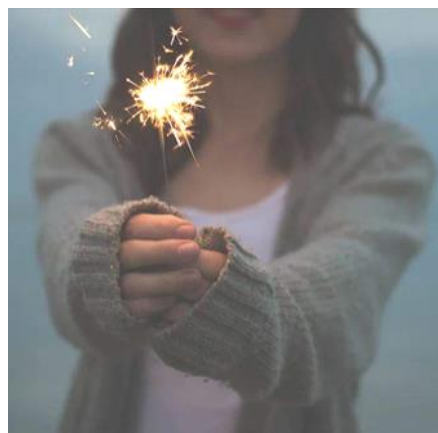
There are so many reasons why Rick and Jeni Prigmore were singularly selected by Divine Spiritual Forces to become the creators and custodians of Universal Brotherhood, not the least of which is their command of the English language, their faith and their purely good hearts.

Continued....

*Continued....*

Over time, as February Summits gave way to Conferences, and then to large area meetings, the form the Mantling ceremonies took has changed somewhat. It had always been an “unspoken” rule that The Prigmores would always be at the helm of each installation. However, time, space, distance and now the COVID-19 Pandemic have taken an unfortunate toll on all such lovely practices. To the point where some of our very deserving new M/D’s just received an email confirmation from me to mark the occasion. Where had our Pomp and Circumstance gone?

With the greatest respect for Rick and Jeni and for all of our traditions, I decided to change the process this summer by creating FaceTime Mantling Ceremonies. And a spark was re-ignited!



The next Minister waiting in the wings who had been approved by the Board to become an M/D in the New England area was the Rev. Glenn Jones of Goffstown, NH. After contacting Rev. Glenn and his partner, Rev. Heidi Drake about my idea, the date of June 15, 2020 was chosen. In one inspired moment, the three of us turned an otherwise quite ordinary Monday into another milestone for Universal Brotherhood, and we had a fabulous time doing it all together. I thoroughly enjoyed being in their work space where they conduct weekly classes, hold ceremony and do individual counseling and healing work together, and singularly. By the end of our time together, I felt like I had made two new friends who had never known ourselves apart from one another. The true essence of Universal Brotherhood in action was rekindled on that day in June.

As with anything, when the inspiration hits, and there is genuine follow through, a new doorway must open. It’s Divine Law and the Law of Attraction in action, and it works without fail. That is what has happened to us now with the FaceTime Mantling Ceremonies, and I could not be more delighted or excited as we welcome more M/D’s into the fold of love which is UB.

On Wednesday August 26<sup>th</sup> I had the privilege of conducting the Mantling Ceremony for Rev. Cherish Malaran, aka DJCherishTheLuv, from NYC and Pennsylvania. Once again, a meaningful and warm interaction happened at once, allowing us both to feel deeply connected to one another and the whole of UB. This is another relationship I treasure and hope to grow with in the coming years.

For each Ceremony, I had a special candle made by Ayesha Nur from Angel Radiance ([www.AngelRadiance.com](http://www.AngelRadiance.com)) here in Tennessee. Ayesha literally “prays” requests into the can-

*Continued....*



Continued....

dles depending on the circumstance. The ones I am having her make are “**Angel of Faith**” candles, which seemed quite fitting for our work in the world. The process is that I light the candle at the start of the ceremony and then later I mail it to the recipients for their use in future ceremonies.

*“Child of Light, I bless you!*

*I think of you, I pray for you, not in terms of what I think  
You need, or what I think you should do, or be or express.....”*

I am also delighted to report that esteemed Board member Mary D’Alba is scheduled for her Mantling Ceremony, and we also have Rev. Julie Joy and Rev. Amos Snider from Kentucky awaiting their ceremony dates as well.

This is how we grow UB, by a combination of sincere personal interactions, responsible, practicing Ministers receiving the nudge to contribute on a larger scale, leading them to a willingness to do **more**. Each new M/D becomes the Ordaining mechanism of Universal Brotherhood Movement, Inc., acting as ready ambassadors for UB itself, and carrying out the original intention of our Founders, Rick and Jeni Prigmore. I have a hopeful heart that the original “**ONENESS OF SPIRIT**” as expressed by Rick and Jeni Prigmore, is strong and steady as it continues to guide us in their original VISION for UB. Let us hold that lamp high for all to see.

Blessings to you and to all those you hold dear,  
Rev. Rosemary Cathcart,  
President



Rev. Glenn Jones



Rev. Cherish Malaran



Revs. Heidi Drake & Glenn Jones

*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](http://www.rosemarycathcart.life)*

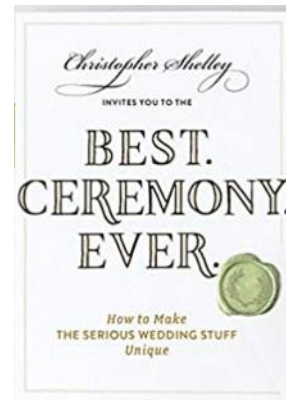


## Back to Weddings!

By Rev. Kelly Graham

A friend of mine (who is also a client) recently asked me to officiate her August 1 Nashville wedding to her fiancé. You can imagine my first thoughts about a wedding in the time of Covid-19: What about masks? How will we all stay 6 feet apart? Is there room in the venue for that? Will everyone be safe?

Those were my first *thoughts*. My first *action*, however, was to buy the Kindle version of Christopher Shelley's *Best. Ceremony. Ever.* on [Amazon](https://www.amazon.com). Shelley is a Certified Life-Cycle Celebrant® and UB Minister and I had learned about his book in an issue of *UB GoodNews*. From that introduction, I expected the book to be a great read and full of useful information, and I was thrilled to find it was even better than I anticipated. (See Rev. Shelley's article on ministers as First Responders on pages 12-13)



Bear in mind that I am an investment advisor, and I have been working in that field for more than three decades. Financial ministry is my primary practice. Make no mistake: financial ministry encompasses literally every part of our lives — but weddings are not something I perform every day or even every month. They are relatively occasional for me, and I thought it would be intelligent to read up on current best practices.

I also went back to the *Wedding Handbooks* that UB has distributed through this newsletter. In doing so, I stumbled over an article that I wrote (!) entitled *Comfortable and Confident*:

A quick study of the websites where wedding officiants offer their services shows most have one thing in common: each says the couple can feel “comfortable and confident” in choosing that officiant. Over and over you see phrases like “I feel comfortable and confident officiating various kinds of weddings.” And in the testimonial

*Continued...*

*Continued...*

section of many websites, you see comments from couples like “We felt comfortable when we met with her, and we were confident because she was so responsive via email.” More than anything, the couples you serve will want to feel **comfortable** and **confident** in making the choice of working with you.

But it’s important to remember that YOU will want to feel comfortable and confident as you provide guidance to each excited and nervous couple before, during and after the wedding ceremony. If YOU are comfortable and confident, that will be communicated to the couple in your words, in your facial expressions, in your body language, in your energy, and more.

It gets easier with time and experience in conducting weddings; but always, the key to your own comfort and confidence is preparation. Before the wedding date you may be involved with consultations, assisting in planning and possibly creating a customized ceremony, attending rehearsal, and making sure you are familiar with the directions and requirements on the marriage license.

On the wedding day you will want to feel confident as you perform the couples’ special ceremony, sign the license and enjoy the love that is present with friends and family of the bride and groom. Once the wedding day is over you want to know that you have legally met all requirements of each state and county and the newlyweds are legally married.

Read and re-read the license instructions. Read, re-read and practice out loud the ceremony. Visualize the ceremony going perfectly and visualize the nervous and excited couple becoming happy and confident as the ceremony concludes.

One way to know you have prepared is to “check off” tasks as you complete them. On the next page you will find a checklist created for you to move forward with grace and confidence as you begin the

*Continued...*



*Continued...*

journey before each wedding ceremony. Please print it and use it if you like.

Ah! The Wedding Checklist! It definitely was useful in preparing for this wedding (I have included it for you on the page following this article).

And so, infused with updated knowledge, I met with the prospective bride and groom at their home to discuss plans for the wedding. It was a pretty flexible situation: the wedding was to be at the couple's home. Both the prospective bride and groom are from Europe, and many guests who otherwise would have traveled to the event — from both inside and outside the US — did not, due to the pandemic. The bride had hired a caterer but not a wedding planner, and asked my advice on their plans.

One thing that had not been considered in their plans was water for the guests. In August in Nashville, Tennessee, water is a most welcome thing! We discussed the menu as well — making sure to have choices for those who did not eat meat or fish or pork, etc. The couple planned a Champagne toast and we walked through those logistics.

We talked about where each of us would stand, and how music would be offered, if at all. The bride planned to walk down the beautiful front stairway of their home to a song, and one of our most detailed parts of the discussion was at what point in the song she would start down the stairs.

We also talked about the license, legalities, and — oh yes, the ceremony! What kind of ceremony, whether readings by others would be included, the rings, etc. It turns out they wanted a “traditional but not religious” ceremony. I wrote a personalized ceremony for the couple, and we met again to go over final details.

It was a beautiful ceremony. Rather than napkins with the couple's name and wedding date, we had personalized masks and little bottles of hand sanitizer — it was a VERY 2020 wedding!



*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. 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](mailto:kellygraham@brileywealth.com)*

# UB Wedding Officiant Checklist

## Authorization to Perform Weddings

- ☐ Contact UB Executive Director Robin Morini to be sure your membership shows "current" on the UB books. Call 954-974-1181 or email [robin.ubm@gmail.com](mailto:robin.ubm@gmail.com) (please be sure to put your name and OFFICIANT CREDENTIALS in the subject line)
- ☐ Do you have a current Universal Brotherhood Movement, Inc. ID card?
- ☐ Do you need a verification letter from UB for the state?
- ☐ Do you need to complete an application with the state / county / city in order to perform weddings? (check with all three)

## Wedding License

- ☐ Contact the county official who oversees wedding regulations and go over the process for properly completing and returning the license. ASK all the details: time frame to return the license; whether or not a return envelope is provided; if witnesses are necessary, and if so, how many; etc.
- ☐ If no envelope is provided to mail the license, prepare your own envelope with the correct address
- ☐ Do you have: a pen to sign the license? Stamps to mail the license on the way home? A folder to hold the paperwork and instructions?
- ☐ BEFORE THE WEDDING: When the couple receive their license it will be accompanied by a list of instructions and directions for the officiant. Go over this list several times to be sure all three of you are clear about what is required
- ☐ AT THE WEDDING: Immediately upon arrival, locate whomever has the paperwork and place it in your folder
- ☐ AT THE WEDDING: As soon as you have the paperwork, find out who is designated to sign the license and tell them you will need them for five minutes immediately following the ceremony
- ☐ FOLLOWING THE WEDDING: drop the license in the mail on your way home

## Ceremony / Local Custom

- ☐ Do you have a ceremony book to help you guide the couple?
- ☐ Have you investigated typical wedding services offered and prices charged in your area?
- ☐ Have you considered including a reminder to silence cell phones before the ceremony?
- ☐ Check with the couple to be sure you are pronouncing names correctly

## Personal Preparation

- ☐ If you have seasonal allergies, bringing your allergy medicine might be a good idea
- ☐ A notepad and pen (sounds simple, but so easy to forget!)
- ☐ Stamps to mail the license
- ☐ Reading glasses, if you need them
- ☐ Emergency preparation: a couple of Band-Aids, a small sewing kit, a safety pin or two, floss, breath mints, a protein bar and a bottle of water

## **Universal Brotherhood Ministers/Celebrants as First Responders for Weddings and Ceremonies in NY State**

*By Christopher Shelley, NY Celebrant and UB Minister*

As the Coronavirus pandemic swept through New York State and the NY State Governor flipped the switch to allow virtual marriage ceremonies, thousands of panicked couples reached out for guidance. Where did they turn? They turned to professionally trained and certified civil Life-Cycle Celebrants® who are also Universal Brotherhood ministers (UB). These couples looked to us to guide them through the brand-new process of applying for a marriage license virtually and then orchestrating a personalized and meaningful online ceremony. Celebrants/UB ministers acted as interpreters of the NY City Clerk's guidelines. We became the frontline workers of the marriage process for the State of New York and are committed to continue to do so.

The one thing the virus couldn't beat was love. Despite quarantine, despite being home-bound, despite a virus ravaging the city and beyond, despite losing their jobs, despite paralyzing uncertainty, couples still wanted to get married. Couples longed to celebrate the love they had, which in some cases was the only positive thing in their entire lives. They turned to trained Celebrants/UB Ministers to help them.

***Testimonial: NY Wedding  
Couple about their wedding  
during the Covid crisis:***

***Couple Kevin and Anisha  
Wedding Summer 2020***

*"Hello Chris, We just wanted to thank you again for everything on Sunday. Thanks so much for making our wedding happen at this difficult time. It was a really special day for us and for our families and we loved the ceremony."*





*Continued....*

As their wedding ceremonies went online, they turned to us again to help them to create their ceremonies, choreograph video weddings with friends and family, and license-signings. The process was confusing and distant and new — but we prevailed.

Then recently as the city began to open up again and couples dared to take their weddings back to the parks and event spaces, they turned to us to navigate ways to make a ceremony socially distanced. And if that wasn't enough, they turned to us to figure out how to make these new socially distanced ceremonies work simultaneously as video ceremonies because most of their guests, from all around the world, could not travel to be with them in person.



Christopher Shelley  
Wedding Officiant

Certified Life-Cycle Celebrant™

Author: *Best. Ceremony. Ever.*

[Illuminating Ceremonies](#) | [My Vow Writer](#)

718.222.0110

Instagram: [@illuminatingceremonies](#)

## BECOME A CERTIFIED LIFE-CYCLE CELEBRANT

Start a new meaningful and viable career!



REGISTER NOW FOR WINTER 2021 CLASSES  
UBM Ministers receive a \$100 tuition discount

Celebrants co-create and perform personal, customized weddings, funerals, and many other life-cycle ceremonies

**LIVE ONLINE DISTANCE LEARNING CLASSES**

Top career as reported by CNN, Forbes and NY Times

[www.celebrantinstitute.org](http://www.celebrantinstitute.org) 973.746.1792



## UB 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!



### *Universal Brotherhood Movement, Inc.*

Box 670278  
Coral Springs, FL 33067

Phone: 954-974-1181

Email: [robin.ubm@gmail.com](mailto:robin.ubm@gmail.com)

Website:  
[www.universalbrotherhood.org](http://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](http://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](mailto:robin.ubm@gmail.com)





# Humanity is Evolving

*By Rev. Frani Rubens*



Dear Loving UB Family,

I have been on a conscious spiritual and healing journey for the past 17+ years. I am sharing with you what I have learned along the way. This is not necessarily based in scientific fact, yet it is what I believe and how I perceive what is occurring now for humanity. I hope this perspective inspires you to pursue more information on your own.

This is a special time in Earth's history. The opportunist virus, Covid-19, has compelled our reality and consciousness to revise what "normal" is. Many people are feeling fear and apprehension about staying healthy, finances, education and everyday living, yet I offer that this modification and redesign may have a far greater purpose for humanity.

I offer my understanding as to what is happening galactically and how it is influencing the changes on Earth.

## **Earth has a New Position in the Milky Way**

Our Sun and Earth, as well as all the solar systems in the Milky Way Galaxy, are in continual motion, circling around the Central Sun, the center of the Milky Way Galaxy. The Central Sun is a living consciousness and follows an elliptical, dimensional path around the center. The Central Sun is a black hole that expands and opens at the top and bottom emitting a huge magnetic field that oscillates all the stars in our galaxy. The planets in our solar system are now able to receive new vibrations, new galactic information and dimensional resonances.

A band of charged particles, photons, rotates around our Milky Way Galaxy gathering and acquiring consciousness from wherever it has been. It is bringing new consciousness to our sector of the galaxy, carrying for humans the potential of ascending to a higher consciousness. The dark space, which has been referred to as empty space, is actually filled with substance, a plasmic energy. This plasma energy supports communication between all the stars (Suns) in our galaxy and allows for communication between different dimensions.

The Central Sun is sending light-coded messages (instructions) to our Sun for our evolution. During times of transformation, more light photons and light cosmic rays are emitted from the Central Sun to our Sun, allowing for a more accelerated effect for ascension of all life on planet Earth.

*Continued...*

*Continued...*

### **Moving from Carbon-Based to Crystalline-Based Beings**

Man is composed of carbon-based atoms - 6 protons 6 neutrons 6 electrons - 666. In the Bible, it is the sign of the beast. Our animalistic “beast” nature is evolving into a new crystalline form. The structure of our DNA is transforming to 6 protons 1 neutron 6 electrons - 616, the new crystalline energy template. This crystalline energy helps us to adjust to the rising frequencies, allowing us to accept and receive more “light” information and communicate more consciously with all life on our planet and in the cosmos.

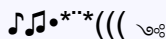
### **Humanity is Evolving**

Earth’s planetary light grid is upgrading to accelerate human consciousness. Light is being immersed in our cellular structure, a new story, a new way of life is emerging. We are breaking through the illusion of being asleep, awakening to our Divine essence. Humanity is moving from 3rd dimensional material world, based in duality, and evolving into a higher frequency of 4th dimension/5th dimensional consciousness of unity and knowing we are all one. It is a time of letting go of the dense emotional and mental energies that no longer serve us. Our cells are transforming from carbon-based to crystalline based. Our heart field, the strongest magnetic field in our body, is expanding to feel more love, compassion, gratitude and joy. We are able to receive higher frequency light-coded cosmic messages. We are remembering and returning to our basic nature as Divine Beings of Light and Love.

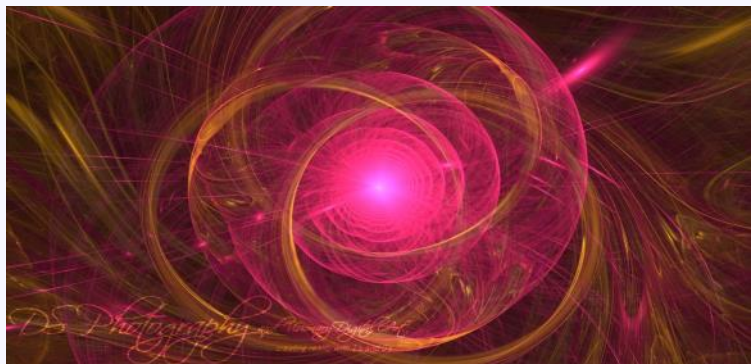
Blessings and Love,

Frani

Frani Rubens, M.S., BDiv., founder of Awakening Spirit, is a Healing Arts Practitioner offering a variety of healing modalities: phone and virtual long distance quantum energetic healing, personal and spiritual coaching, archetypal soul and tarot readings and working inter-dimensionally to release earthbound spirits, as well as communicating with galactic intelligent life forms. She is a mother and grandmother and delights in these roles. To contact Frani, please email her at [franirubens@icloud.com](mailto:franirubens@icloud.com) or call 847-907-9266.



*Awakening Spirit, Ltd.*  
Frani Rubens, M.S., B.Div.  
**(847) 907-9266**  
[franirubens@icloud.com](mailto:franirubens@icloud.com)



## 20-Minute Chili

by Rev. Kelly Graham

Fall is the perfect time for a bowl of chili — and if it could be ready *fast*, that would be even better! *Kelly's White Bean Chicken Chili* is ready in 20 minutes. If you *want* to take longer, you can: start with dry beans, roast your own chicken, etc., but when what you want is a bowl of chili NOW, try this!

### Ingredients:

- 1 grocery store rotisserie chicken
- 32 oz. chicken broth
- 1 jar (48 oz.) great northern beans
- 1 large onion, chopped
- 1 can (4 oz.) chopped green chilies,
- 1 teaspoon fresh minced garlic OR ½ tea-  
spoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ teaspoon cayenne (red) pepper
- 4 teaspoons ground cumin
- 2 teaspoons ground oregano

### Directions:

- ⇒ Pour the chicken broth into a large pot and add the chopped onion. If you're using fresh garlic, add it with the onion. Cover and bring to a boil ....
- ⇒ ....while you measure out all the dry spices into a small bowl.
- ⇒ Add the chopped green chilies and the bowl of spices (salt, black pepper, red pepper, cumin, and oregano). You can turn the heat down a little now
- ⇒ Add the beans with liquid
- ⇒ Turn up the heat to bring back to a boil. While you wait for the pot to heat up, go to work taking your rotisserie chicken apart
- ⇒ Tear the chicken into bite-sized pieces, discarding the skin, and add it to the pot

IF you can wait for it to simmer 30 minutes or so, that's great...but if not, go on and ladle out a bowl! Freeze leftover chili in individual servings for even faster satisfaction of a chili craving later. Enjoy!

## 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  
615-585-3775 • [www.RosemaryCathcart.com](http://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](mailto: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](http://brileywealth.com)

**daybreak**  
CEREMONIES



Rev. Jim DeKornfeld  
Life-Cycle Celebrant

910-690-9212

[jim@daybreakceremonies.com](mailto:jim@daybreakceremonies.com)

[www.daybreakceremonies.com](http://www.daybreakceremonies.com)

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

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

Robin Morini for details:

[robin.ubm@gmail.com](mailto:robin.ubm@gmail.com)

# Miracle Driveway

*By Rev. Mary Ann Barry*

The fog had spread throughout the neighborhood  
It was time to feed the birds and squirrels with seed,  
per usual  
This was my morning routine

The fog gave me slight hesitation  
As I stepped out into this special atmosphere  
I felt so exquisitely alive  
And pain free

Every aspect of the faded fall garden, the air, the moisture,  
the waiting critters

All were at another level of experience very new to me  
I felt alive and well and the recipient of a miracle

This was no mere chore or simple asphalt  
It had become a runway of mindfulness and awe

The driveway under my feet seemed to transmit joy through  
my feet and my whole body

It was a gift of amazing grace  
A sneak peek at total health

I resisted the fear of pain returning

Wisdom told me to hush and savor the moment

Glory to God my beloved  
Here there and everywhere  
Amen





# I Allow Myself To Receive

*By Rev. Dr. George Flores, Jr.*



My early morning affirmation on August 18, 2020 read, “I allow myself to receive.” Repeating the affirmation a few times, I slowly and peacefully got dressed to go shopping at Publix. The goal was to get there by 7:10 a.m., collect my goods and be at the counter by 7:45 a.m.

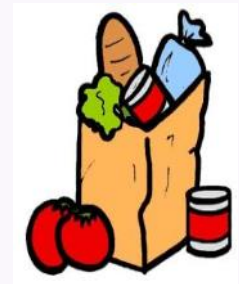
Well, I got distracted by doing a few chores. The chores made me hungry, so I cooked breakfast: pancakes, bacon, and sliced fruit. Then I cleaned up the kitchen, all the while reminding myself that the plan was to be at Publix at 7:10 a.m. Disappointed that I’m 2 hours behind my planned schedule, I kept reminding myself that everything is in Divine Order.

I arrived to Publix at 9:10 a.m. At that hour there were more people in the store than I cared to be around. Unhappy and occasionally chanting to myself “everything is in Divine Order,” I hastily rushed through the store, collected my groceries and headed to the counter to pay.

I’m now at the counter and three customers were ahead of me, I got disappointed and reminded myself that if I had left my home at 7:10 a.m. I would not be in this line. I was being silly. Then I touched my buttoned shirt pocket to confirm that I had my credit card. Well to my surprise, I realized I rushed out of the house, leaving my credit card and my wallet at home. Now I’m pondering, “What do I do??” I wanted my groceries.

Begrudgingly while reminding myself that “everything is in Divine Order,” I walked over to the Customer Service desk. The young lady at the counter was saying good bye to her only customer. I quickly expressed that I had left my credit card and wallet at home and wished to...Well, before I could utter another word, a young man in his early twenties who had just completed his transaction and said goodbye to the saleslady, suddenly paused when he heard I had left my wallet at home. He shouts from across the counter, “I’ll pay for it.” Shocked and thankful, I blurted out, “Thanks, but I have \$70.00 to \$90.00 worth of groceries” and refused his kindness. He insisted and I realized that his gesture was Life reminding me that saying yes confirms that “I am allowing myself to receive.”

So, I graciously said “Yes, thank you.” Wow! I was manifesting that “I allow myself to receive.” Then the gentleman turns to the saleslady, tells her to check my items, he pulled a card from his wallet and reminded her that he’s paying. As she checked my items he and I exchanged names. I told him that I was honored by his kind gesture and promised to Pass It On. The total bill was \$83.41. He pleasantly paid. As he was leaving we glanced at each other and said goodbye. All three people were happy to have shared this wonderful and memorable moment. All three of us smiled and for the third time he waved goodbye, knowing that we shared a lovely gesture.



*Continued...*



*Continued....*

As I joyfully walked home with my gifted groceries, I reminded myself that by affirming earlier that day, "I allow myself to receive" the Universe created that memorable moment. I asked myself, had I not stalled would I have had my wallet with me? Did stalling cause me to anxiously rush? Were the delay and anxiousness tools used by the Divine to orchestrate this joyous, compassionate encounter? I smiled and once more thanked God for the experience.

I experienced the kindness and generosity of a stranger.

*Rev. Dr. Georg Flores, Jr. resides in Florida*



## ***Universal Brotherhood Movement, Inc.***

**Box 670278  
Coral Springs, FL 33067**

**Phone: 954-974-1181**

**Email: [robin.ubm@gmail.com](mailto:robin.ubm@gmail.com)**

**Website:  
[www.universalbrotherhood.org](http://www.universalbrotherhood.org)**



## **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](mailto: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 DEADLINE:**

**Winter Issue: November 16**

**Spring Issue: January 15**

## Autumn Leaves



© Mima A. Smith 2013. All rights reserved.



## Faith, Prayer, Meditation and Mindful Practices *By Rev. Dr. Anthousa Helena*

### During this Unprecedented Pandemic Event

Are you feeling worried, anxious, scared, depressed, struggling or in a dark place?

Throughout history, medicine and religion have been linked. Illness and suffering leads people to consult both health professionals as well as clergy members.

Faith, prayer and meditation, combined with other forms of spiritual coping methods and mindful practices, help ease the stresses of life.

Prayer and spiritual practice are believed by many cultures to be an important contribution people can make to their ailing loved one's health and well-being.

Support through Prayer is an active attempt to communicate with God and can play a role for healing and well-being.

Researchers report that “spiritual *meditation*” has been effective in lowering heart rates and blood pressure, reducing stress and anxiety, providing a more positive mood, promoting pain management and developing stronger spirituality.

The *Trebek Effect* is a new term in psychology. Game show host, Alex Trebek, diagnosed with stage 4 pancreatic cancer has beaten the 18% odds of survival for one year due to the outpouring of blessings through prayers from his loving fans.

Distance Healing is defined as a conscious, dedicated act of meditation attempting to benefit another person's physical or emotional well-being at a distance...including prayer and some forms of spiritual healing. DH includes mind-to-mind communication between patient and practitioner and some form of energy transfer techniques..

*Continued...*

*Continued....*

There are four vital dimensions of the human being = The emotional self, the physical self, the social self and the spiritual self. Spiritual deterrents that impede a stronger spiritual connection and spiritual growth progress are; = Anger, Fear, Isolation, and Depression.

The ultimate cause of all disease according to Traditional Chinese Medicine is Spiritual Imbalance, a lack of Spiritual Connection. Spirituality is a sense of connection and relationship that has as its premise a realm of existence that is nonmaterial from which comes the essence of what a person is.

The body has a remarkably innate ability to heal given the proper support. Integrating the Spiritual Dimension is Essential. Especially with the integration of medically, scientifically, holistic proven natural modalities.

You may find it helpful to have someone to support you.  
I'd love to be that support for you.  
You are worth taking care of!



Detailed information about myself & business is found on my website  
<https://www.sollite.com>.

My Other Social Profiles Include:

YouTube: <https://www.youtube.com/user/SolliteAnthousa>

Facebook Business Page: <https://www.facebook.com/SolliteAnthousaHelena/?ref=bookmarks>

LinkedIn: <https://www.linkedin.com/in/anthousa-helena-607b8635/>

Twitter: <https://twitter.com/solliteanthousa>

Amazon: <https://www.amazon.com/Anthousa-Helena/e/B07KPVGJFZ%3F>



## 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/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.*



## 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 the Light and are filled with UB Love!***

The pendants measure approximately 1 1/4" - 2" from the top of the bail to the bottom of the pendant. Included is an 18" lobster clasp chain.

UB Office: 954-974-1181 Email [robin.ubm@gmail.com](mailto:robin.ubm@gmail.com)



\$23.99  
Postage  
Included,  
Supply  
Limited!



## HEALING PRAYER: CAN IT REALLY HELP? Putting Prayer to the Test

*by Dr. Scott Rogers, Chiropractic Physician*



The faithful of all religions have long believed that prayer can help physical healing. But is there any scientific evidence for this idea?

In July 1988, the Southern Medical Journal published the results of an experiment conducted at San Francisco General Hospital. In this prospective, double-blind study, a computer randomly assigned 392 patients admitted to the coronary care unit into two groups: one that was prayed for, or one that was not.

Those who prayed belonged to a variety of Catholic or Protestant prayer groups around the country, and did not personally know the patients they were praying for - only their names and conditions. The groups prayed for their patients daily for 10 months. The results?

Patients receiving prayer were 5 times LESS likely to require antibiotics than those who were not;

Recipients of prayer were 3 times LESS likely to develop pulmonary edema (lungs filling with fluid);

NONE of the prayed-for group required an artificial airway in their throat, while 12 of those who were not prayed for needed mechanical ventilator support;

Fewer patients in the prayed-for group died;

The prayers were equally effective whether the patient was a just few blocks from the prayer group, or hundreds of miles away.

Obviously, something is going on here, even though this particular experiment did not attract much attention in medical circles. However, if the technique in this study had been a drug or surgical procedure, the scientific community probably would have regarded it as a significant breakthrough.

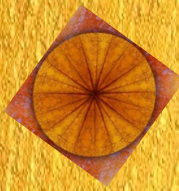
*Note: Dr. Scott Rodgers has passed on. Scott is survived by his wife, Trinja Rogers who lives in North Carolina. A fantastic Chiropractor, Scott studied many forms of healing and is sorely missed. He was a great gift to many and his memory lives on amongst us. Shared by Rev. Dr. Gregory Possman.*

Reprint from winter 2011-2012 newsletter




# Haiku and Senryu

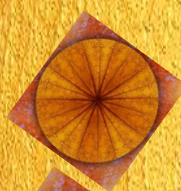
By Rev. Patricia Daharsh



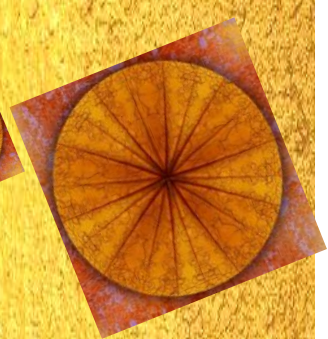
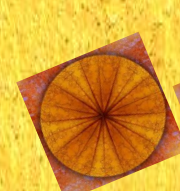
halfway home  
a tug boat's horn  
splits the fog  
~Ukia Haiku



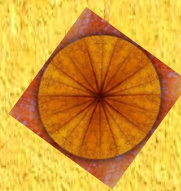

snowmelt...  
the road less traveled  
reappears  
~ Failed Haiku (senryu)



distant chanting  
the saffron threads of crocus  
at sunrise  
~ Ukia Haiku



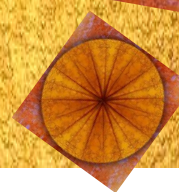
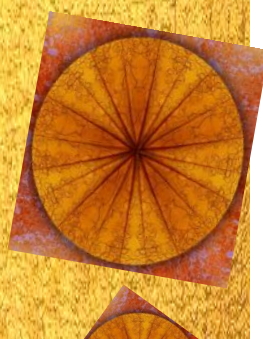
summer solstice  
distant wind chimes  
melt the silence  
~ World Haiku Review



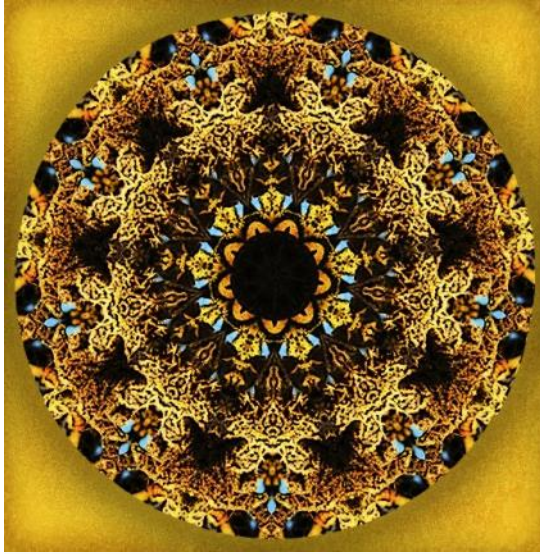
autumn migration  
the white paper crane  
left behind  
~ Wild Plum

Rev. Patricia Daharsh is a published Haiku and Senryu poet. She resides in Florida.

Rev. Patricia: "A couple of years ago, one of my haiku was exhibited in the Golden Triangle business district in Washington DC. Selected haiku are displayed for a month on decorative posters in flower beds along the sidewalks in spring. I was pleased and honored to be included."







## LOVING SPIRIT: TRANSFORMING THE JOURNEY OF LOSS

*By Rev. Valerie Barsevich*

In 2011 Dayle and Will Spencer experienced the sudden death of their daughter, Allie, as a result of the flu. This devastating experience sent them into a long period of grief that resulted in the founding of Loving Spirit, a non-profit organization dedicated to assisting

adults who are grieving losses of many kinds. Loving Spirit partners with universities, hospitals, hospices, libraries, and other community organizations across the country.

Prior to life with Covid-19, Loving Spirit offered free two-day workshops around the country to those interested in learning tools and mindsets to promote healing and acceptance of their losses. These workshops have been described as “transformative” and “life-changing.”

Loving Spirit does not promote a religious point of view but reflects spiritual beliefs from many traditions. It is not therapy but rather provides many tools used from a cross-section of self-healing practices.

Due to the restrictions with travel and gatherings, we have found an alternative way to help those who are in pain and are grieving. The entire workshop has been transformed into a free webinar of six approximately one-hour sessions which can be viewed at any time on any device. The sessions are close-captioned for the hearing impaired and will soon be available in Spanish. We are excited to extend our reach across the world in this new format. A workbook can be downloaded after registration as well.

This webinar is a perfect tool to share with family members, friends, and other members of the community who may be grieving and need an in-depth experience during this time of limited in-person activity. Anyone interested can register at [www.LovingSpiritwebinar.com](http://www.LovingSpiritwebinar.com) to access these sessions.

Continued...

*Continued...*

As a minister with UB and also a facilitator for Loving Spirit, I have found this information invaluable in working with others who are grieving but also to help me through difficult times of personal loss in my own life. As we reach out to others during this challenging time in the world, we have the opportunity to change how we grieve and how to respond and help others who are grieving.

We would be happy to answer any questions about the webinar.

Please feel free to contact me at [valarion523@msn.com](mailto:valarion523@msn.com)

*Rev. Valerie Barsevich has served as a UB minister since 1994. She resides in Arizona. Rev. Barsevich has also been volunteering as a facilitator for a workshop through an organization called Loving Spirit.*

## **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 the Light and are filled with UB Love!***



The pendants measure approximately 1 1/4" - 2" from the top of the bail to the bottom of the pendant. Included is an 18" lobster clasp chain.

**\$23.99  
Postage  
Included,  
Supply  
Limited!**

UB Office: 954-974-1181  
Email [robin.ubm@gmail.com](mailto:robin.ubm@gmail.com)





## Updates from Revs. Paul and Windsong Kervick

*Residing in Vermont*

**UPDATES!** In our Spring Summer 2020 *UB GoodNews* Rev. Paul and Rev. Windsong shared their excitement about the community labyrinth they were creating. This labyrinth was built with over 2,000 stones that came from many places and from many people.



**The community labyrinth has been completed!** The act of walking the labyrinth is powerful and healing on many levels, please contact Rev. Paul for more information: [paul@vitallivingvt.com](mailto:paul@vitallivingvt.com) or 802-539-2939.

*Rev. Paul* ~ I wanted to share my new website with our fellow UB members. Windsong and I are so happy to be able to share our expanded passion and vision for contributing to the awakening that is happening across the planet and to bring health products and beauty more fully into the world for you: [www.vitallivingvt.com](http://www.vitallivingvt.com)



### Rev. Windsong's Pottery and Clay Creations

Rev. Windsong is a true nature lover who sits with her sacred clay utilizing living structured water, and creates with either her pottery wheel or specialities created in meditation while forming clay around stones gathered over many years from the world's oceans. She meditates and creates a beautiful variety of sacred stone bowls of all shapes and sizes, both plain and with designs.

*Rev. Windsong* ~ My creations include Stone bowls: created in meditation while forming clay around ocean stones gathered over many years, Blessings Bowls, mugs and Love Drops (pictured above). Love Drops are ornaments with sacred word design and images on small clay circles and hearts suitable for hanging or wearing or fitted with a small magnet for placing around your home. All are beautiful and magical clay creations to grace and be used in your life. They connect you with the elements of life, fire, air, earth and water and the sacred within and without. For ordering and pricing information: [paul@vitallivingvt.com](mailto:paul@vitallivingvt.com) or 802-539-2939.

*Rev. Paul* ~ I also wanted to share a recent interview I gave that is now on YouTube, my first such venture. I have been getting some wonderful feedback and wanted to share this. Here is the link to my interview: [https://www.youtube.com/watch?v=T\\_GCcszK8Vo](https://www.youtube.com/watch?v=T_GCcszK8Vo)



**UB Administrative Office  
Phone Number**

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



**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](mailto:robin.ubm@gmail.com)

[www.universalbrotherhood.org](http://www.universalbrotherhood.org)

**UB is on  
Facebook!  
LIKE and  
FOLLOW us on  
Facebook,  
and SHARE  
content!**





# 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](mailto:robin.ubm@gmail.com).

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

## *Phone Numbers:*

Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Email Address(es): \_\_\_\_\_  
\_\_\_\_\_

Website(s): \_\_\_\_\_  
\_\_\_\_\_

Anything else you would like to share? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_