

# UB GoodNews

Universal Brotherhood Movement, Inc.



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## LOVE

*By Rev. Grover Cleveland*

THE BEST GIFT WE CAN GIVE  
OURSELVES  
IS TO OPEN OUR HEARTS  
AND POUR OUT LOVE TO THE  
WHOLE WORLD!

BECAUSE THAT LOVE BEGINS  
WITHIN US  
AND EMBRACES EVERYONE  
AND EVERYTHING  
WITH LOVE, LIGHT AND  
HEALING!

LOVE TO ALL OF US EVERY-  
WHERE!



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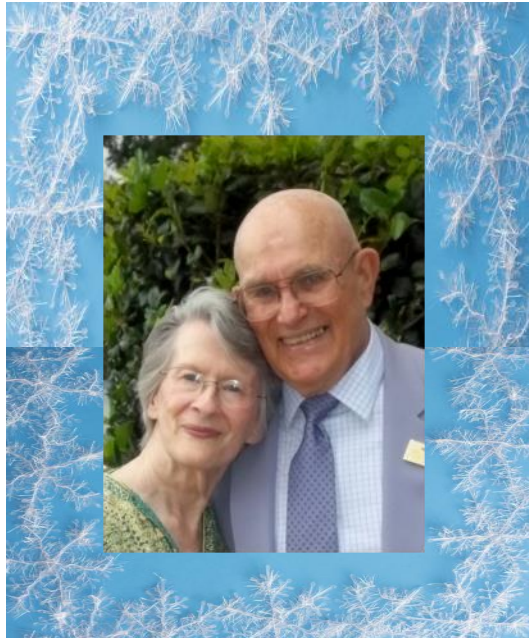
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**Our UB office phone number is**



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

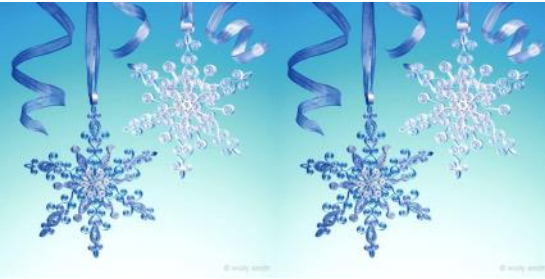
***Today's Treasure  
Rev. Dr. Jeni Prigmore***

My "Treasure" today  
Is the Spirit of a Breeze  
Gently caressing  
Each tree and her leaves.

Nature, the giver  
Has blessed me on this day  
And graced our dear forest  
In her inimitable way.

I give thanks to the bestower  
Of incredible gifts  
And feel in my heart  
A powerful lift.

No matter what bother  
My heart or my soul  
The largeness of Nature  
Makes me feel whole.



**Bits of Whizdom from Rick:**

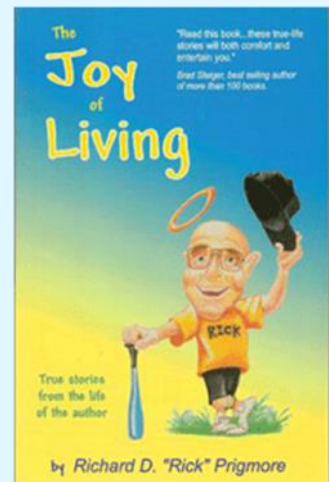
*"You know how you sometimes think you recognize someone, but upon checking, you discover you've never been at the same place and time as this person?"*

*Why do you think that is?  
Some people credit it to 'look-alikes.'  
Others suggest previous life  
connections, or similar types, or  
mannerisms...*

*I like to think that what we recognize in  
another person which seems to  
suggest we know them, is the Christ  
Light, the Holy Spirit, if you will, which  
is Universal.*

*It shines brighter from certain people,  
making them appear to us as previous  
acquaintances.*

Enjoy more of  
Rick's "Whizdom"  
and adventurous  
stories in his book  
*The Joy of Living*.  
You may order  
through our website  
by clicking [here](#), or  
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# Welcome to 2021

## A Number 5 Universal Year

By Rev. Rosemary Cathcart

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



If this is true of each new day, just imagine what the start of a brand new year affords us! We are being offered **365** new chances to become more than we have ever been before. So, what are we going to do with all of this incredible future? Let's take a look at the number patterns for **2021**, and how they're apt to affect each of us personally and globally.

Before we do that, I'd like to address this extraordinarily challenging and unprecedented year we've just left behind: **2020**. In the "Esoteric Numerology" which is what I practice, I consider not only the number value of each digit, but the Spiritual significance and the Astrological influences as well, in order to illustrate the deeper meaning of the numbers. A **"2" vibration** is ruled by the Moon, making it one of the more emotional numbers. A **"0" vibration** exacerbates whatever the primary focus is; when adding **2 + 0**, we've upped the game to one of greater integrity, requiring a laser-like attention to balance, right action and cooperation for the good of the whole, all the while balancing our own sometimes erratic emotions. If there is an error anywhere in the basic premise, such as greed, deceit or just a simple lack of intellectual or emotional maturity, things can deteriorate dramatically. We are designed to be loving, kind and caring "Children of God", here on the Earth Plane to do good work. A year like 2020 provides an extraordinary "wake-up" call.

When you add  $2 + 0 + 2 + 0 = 4$ , we move into the realm of grounding, since # **4** is an



*Continued...*

Earth-ruled number. Once again, the presence of “**o**” adds an element of exaggeration to whatever it touches. In this case, elements from the Moon in combination with a # **4**, which is a physical number, and grounded in practicality, forced us all as a culture, to learn new things, try new ways of operating, all the while working at simply staying alive as functioning and contributing members of society. What a task it’s been!

Adjustment, understanding (**#2**), along with discipline and organization (**#4**), were all necessary to our physical and emotional survival in **2020**. And hopefully, we’ve now come to appreciate that there are forces in the Universe which are stronger, more potent and more unpredictable than we could have ever imagined 13 months ago. To those 470,000 lives lost to COVID-19 in the USA alone, and to all of their loved ones left behind, my heartfelt sympathy and may God Bless us all going forward.

\*\*\*\*\*

I’ve always had an unwavering belief in the Divine Order of things, and as we come to our New Year of 2021, that is once again affirmed. Now life has brought us the gift of another year in the form of a **Number 5 Vibration**, “**The Adventurer**”, governing physical activity, freedom, movement, action and sexuality. I said in last year’s Numerology article that our # 4 Year, “should be a stimulating year for artists, musicians, writers and creative thinkers and operatives in every field”, and it most certainly did become that and more out of dire necessity. Now with our # **5** vibration we will hopefully have the physical energy and stamina required to heal our World, to stay healthy and to keep our lives intact.



We live in Numerological cycles of **1 ~ 9 + o**, which makes up the entire spectrum of numbers, no matter where you live or what language you speak. The year we’ve just wrapped up, 2020, added up to a Universal # 4 vibration, “The Builder”, and as I referenced earlier, was comprised of the # 2 plus “o” vibrations. Even though we are more than weary at the Corona Virus, the lack of socialization, and all of the rules in place to keep us alive and functioning, our New Year of 2021 should give us a much-needed energetic boost.

\*\*\*\*\*

The study of Numerology began when life began, because “in the beginning was 1”. The vibrations then began and # 2 appeared ~ creating the first pair ~ and ushered in the real beginning of “Universal Geometry”.

According to “The Secrets of Numbers” by Vera Scott Johnson and Thomas Wommack, “Reference to numbers as metaphysical abstractions can be found in every ancient civilization known to man, including Egyptian hieroglyphics dating back to 3100 B.C.

Continued...

early Christians. The rituals and writings of all the world's major and minor spiritual and religious movements have used the abstract symbology of numbers. The Bible is a prime example, with its reference to numerological symbology, including the **Trinity** and the entire book of **Revelation**, which is a feast for numerical and Numerological symbolists."



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

As we move from a # **4 Universal Year** vibration ( $2 + 0 + 2 + 0 = 4$ ) ruled by the Earth, into a # **5 Universal Year** vibration ( $2 + 0 + 2 + 1 = 5$ ) ruled by the Planet Mars, a bit of preparation and understanding might be in order!

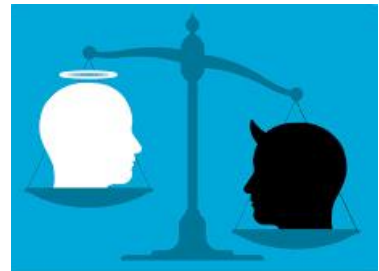
We are meant to live in a specific, sequential order of things. The idea being, of course, that we learn, mature and gather skills and wisdom all along the way. At least that's the "theory" of sequential growth. We can only hope it's true and individually do our part to grow into open-minded, compassionate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



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

matter which number we're personally expressing in any given year.

The higher octave of the # **5** represents: freedom, progress, versatility, curiosity, cleverness, mobility, virility, and a sense of great adventure. The lower octave of the # **5** leans toward irresponsibility, inconsistency, self-indulgence, insecurity, thoughtlessness and a true "Libertine" nature.



As we approach this new **Number 5**-year cycle of life, how will you choose to make your mark in the world? You can decide anew each moment, and then the next and the next and the next.....

Continued...

Let's take a look at the meaning of each number and then demonstrate how to find your **Personal Number** for 2021:

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

\* My original Numerology teacher, M. Carroll Owen insisted on the discovery of the Planet Vulcan (#9) and she was not a woman to be trifled with, in physical form, or beyond. So, I always include Vulcan in my list of Ruling Planets in her honor.



To find your Personal Number for any given year, simply add **ONLY** your **month of birth** and your **day of birth** to the value of the Universal Year's vibration. In the case of 2021, the Universal Year's vibration adds up to a # 5.

$$2 + 0 + 2 + 1 = \# 5$$

Now we take the # 5 and add it to the month and day of any given birthday to discover what that individual's **Personal Number** is for the New Year of 2021.



Examples follow on the next page:

Continued...

### For Example

A May 2 birthday looks like this:  $5 + 2 = 7 + 5 = 12$  and reduces to a # 3

(Oct. 4)  $1 + 4 = 5 + 5 = 10$  and reduces to a # 1...The Pioneer

(Nov. 22)  $2 + 22 = 6 + 5 = 11$  and reduces to a # 2...The Helpmate

(March 22)  $3 + 22 = 7 + 5 = 12$  and reduces to a # 3...The Artist

(April 4)  $4 + 4 = 8 + 5 = 13$  and reduces to a # 4...The Builder

(June 12)  $6 + 3 = 9 + 5 = 14$  and reduces to a # 5...The Adventurer

(Feb. 8)  $2 + 8 = 10 + 5 = 15$  and reduces to a # 6...The Harmonizer

(July 31)  $7 + 4 = 11 + 5 = 16$  and reduces to a # 7...The Mystic

(Aug.13)  $8 + 4 = 12 + 5 = 17$  and reduces to a # 8...The Executive

(April 27)  $4 + 9 = 13 + 5 = 18$  and reduces to a # 9...The Metaphysician/Magician

Again, to discover your Personal Number for 2021:

Take the value of your month of birth \_\_\_\_ + day of birth \_\_\_\_ + 5 = \_\_\_\_  
Your Personal Number for this New Year !

With the Planet Mars as its ruler, the # 5 Universal Year offers us the attributes of a positive polarity, with an outgoing, demonstrative male energy. As the “Planet of War”, Mars is aggressive by nature and must work to keep the focus of their attention on the highest and most beneficial outcome for all concerned. Keep in mind, this can also address those internal struggles we all go through from time to time. The nature of the Planet Mars is yang, offering a boost to both physical stamina and an overall increased physical sense of self. As the natural compliment to the feminine Planet Venus, Mars offers us initiative, executive ability, courage, impulsiveness, rashness and a need to experience. However, at times, that rashness can result in accidents and sudden breaks to bones, promises and even relationships. The best course of action in a # 5 year is to channel that excess energy into a strenuous workout program, or begin in earnest that Yoga practice, buy a bicycle or join a neighborhood walking group. The more time spent outside in Nature, the better you’ll be for it this year and beyond. In the Natural Zodiac, Mars rules the forceful Aries and the very determined sign of Scorpio.

By combining an understanding of the inter-connectedness of both basic Astrology and numbers, we create within ourselves a larger perception of the vastness of the Universe. We owe so much of our spiritual and scientific understanding about numbers to Pythagoras, “The Father of Mathematics”. He is remembered most often for the “Pythagorean Theorem”, which states: “The square of the hypotenuse of a right triangle is equal to the sum of the squares of the other two sides”. This gifted man was primarily a mystic and a philosopher, believing that “*all things are numbers*”. Pythagoras saw in number patterns and geometrical ratios the explanations of all natural phenomena, musical harmony and our tonal qualities. He knew that the stars and the planets as vi-



*Continued...*

Here's a brief look at what to expect in your Personal Year:

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

Another Astrological perspective comes from the **Chinese Year** of the **Metal OX**, which begins on February 12, 2021 and ends on January 31, 2022. As one of the strongest animals in the world, the mighty OX is a stabilizing force, remaining both resolute and unimpeachable. Seeking to serve with integrity, boldness and strength, the OX patiently bears the burdens of righteousness with dignity and grace. All of these attributes will be needed as we face the on-going challenges of the COVID-19 Virus, and the many consequences suffered the previous 9 ½ months of 2020. The element of Metal only intensifies the strength and courage of this focused and determined powerhouse of a sign. Hopefully, a deeper wisdom will provide the proper balance required to avoid arrogance bordering on fanaticism and reckless behavior. Hold the belief that it will.

As in all things, we are constantly being encouraged by the "better Angels of our nature", to grow into the balanced, resourceful, patient, seekers of the highest good for all concerned humans that we know ourselves to be at our core. Use all of the higher octave qualities of the # 5 to shore up your edges and to empower you personally and on the world stage. Choose curiosity over self-indulgence and a sense of adventure over any insecurity and watch your sense of inner worth mount. Challenge yourself to use the physicality of the # 5 to get healthier, stronger and more fit than you've ever been before. If you're recovering from surgery or dealing with on-going health issues, visualize all of your organs, glands, bones, muscles, ligaments and connecting tissues working in perfect harmony together. Then non-stop visualize it all happening, seamlessly.

Continued...

In the Universe which is **Universal Brotherhood Movement, Inc.**, born on August 16, our numbers for the year ahead look really good like this:

$8 + 7 = 15$  or  $1 + 5 + 5$  (for the Universal Year) = # **11** which ultimately reduces to a # **2**. However, since the # 11 is a Master Number, we have the opportunity as an organization to work with the number in its most pristine form, the # 11, and then reduce it to its easier version of a simple # 2. As the # 11, we're looking at the *VISIONARY*, an energy that represents revelation and idealism, always striving for the highest and the best in all things. The ruling Planet is Neptune, the color is silver and the gemstone is the diamond. The # 11 affords us as an organization, any number of outstanding opportunities for leadership and accomplishment in 2021. With the # 2, we have the *HELP-MATE*, an energy that is naturally understanding and able to make necessary adjustments easily. The ruling Planet is the Moon, the color is orange and the gemstone is the lovely moonstone. The # 2 vibration offers us the chance to be genuinely warm and cooperative, offering a receptive, helpful and diplomatic energy that exhibits a rhythmic pattern of accomplishment.

As representatives of this esteemed organization, may we move into the world each day of 2021 with a knowing in our hearts that there is much to accomplish, that we are more than up to the task, and that each of us represents the finest values of ministry and mentorship. May this be a year of personal, professional and spiritual growth for us all.

We're alive, by the Grace of God, so let's do the best we can to show up as part of the "solution" and not the "problem", inviting in as much light, love, joy and delight as possible.

In the words of Lewis Carroll,

*"There is no use trying," said Alice; "one can't believe impossible things." "I dare say you haven't had much practice," said the Queen. "When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast".*

We've got this folks! Blessings to you and to all those you hold dear.  
Have a really great New Year 2021.

Rosemary Cathcart  
President

**Universal Brotherhood Movement, Inc.**

*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)*



# No Days To Waste

*By Rev. Kelly Graham*

I had a total knee replacement (TKR) in December 2020. I did a ton of research beforehand; bought all the necessary equipment you need to have at home; rearranged our furniture to suit the walker I understood I would be using for a while; gave my husband a tour\* of the kitchen and the laundry room, since he would be handling everything after the surgery; and read a LOT about recovery from knee surgery and the best way to go about it.

I wasn't worried about the actual surgery or the expected post-op pain as much as I was concerned that I would have a successful recovery from the surgery. Don't get me wrong – I wasn't looking forward to hurting, and my doctor told me that all knee surgeries are painful but mine would be more painful than most (*great*, right??). I've lived with constant knee pain that has been increasingly excruciating for more than 20 years.

Pain is something I know really well – so my concern wasn't so much the pain. It was the one indisputable fact I learned through my research: how successful my total knee replacement would be depended solely on ME.

It depends on participating fully in physical therapy. It depends on doing exercises at home. It depends on using (possibly uncomfortable) compression and ice for the pain and the swelling. In short, it depends solely on me.

Whew. Talk about personal responsibility!

Part of my research was asking people I knew had gone through TKR about their experiences and what they wished they had known or done beforehand. I received (unsurprisingly!) different information from each. And I had a friend who had a TKR a month before mine was scheduled, so I got real-time reports on her progress.

One of the biggest keys to recovery, according to my research, was something called “knee flexion,” popularly known as “range of motion,” or the distance the patient could bend the new knee. My research indicated that the goal is 120 degrees, and my doctors confirmed that.

I checked in with my friend who had just had her TKR to ask about her flexion, and she said it was at 103 degrees four weeks post-operation. In the meantime, my friend had purchased and read the book I recommended the most: *Fast Track Your Recovery From A Total Knee Replacement* by Michelle Stiles, PT, M.S. My friend said she really enjoyed the book and gave it to her physical therapist to read, and the therapist liked the book too.

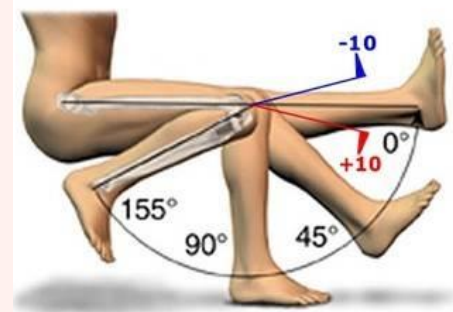
The author developed a tool she calls the FLEX Bar for patients to use to help with knee flexion. She also had developed plans for anyone who wanted to build one for themselves from an old walker or from PVC pipe. My friend said that, after working on flexion for a month, she really wanted to pick up an old walker and put together her own version of a FLEX Bar.



*Continued...*

I had been on the fence about buying (yet another) tool for home use after the surgery, but that helped me decide. The website for the tool posts this question and answer: “How Many Days of Your Life Do You Want to Waste On Your Knee Replacement Recovery? Exactly...Not 1 More Day Than Necessary!” That was encouraging, and exactly the route I wanted to take. I bought the FLEX Bar (and sent one to my friend for her birthday).

The concept is this: the faster you get to 120 degrees of knee flexion, the faster you can move on to strength training and weight bearing exercises, and the faster you will recover. But knee flexion, or range of motion, is the single most important goal in the beginning. It is typically the most painful movement the patient will make in the beginning, in part because of the swelling around the knee post-op, not to mention the incision(s).



And it's important to achieve this goal as early as possible. The more time that passes, the more scar tissue can form in the knee and this can result in a restricted range of motion for the rest of your life. So bending the knee early and often and as much as possible is quite important, always with the focus of getting to 120 degrees within six to 12 weeks post-op.

When the FLEX bar was delivered, I noticed the title on the one-page instruction sheet. It was: “NO DAYS TO WASTE.”

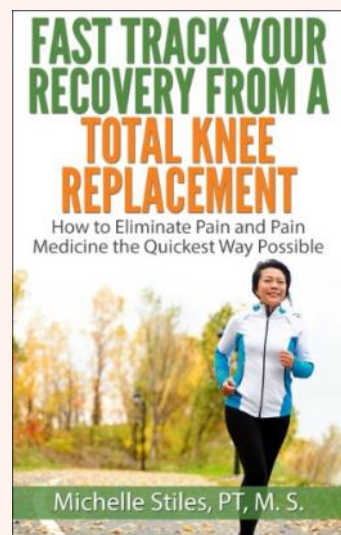
Wow. But that's true, isn't it? With the pandemic all around us for the last 11 months, we've lost friends, family, colleagues and so many others. We've lost businesses we own, businesses we patronized, businesses we intended to patronize, and so much more. We all have “no days to waste.” So staying present becomes more and more important, doesn't it?

Our esteemed President, Rev. Rosemary Cathcart, writes this issue that this year is a “Number 5 Vibration, ‘The Adventurer,’ governing physical activity, freedom, movement and action.” me, that feels like a good year to be recovering from a surgery! Recovering – while remembering we have “no days to waste.”



P.S. I achieved 120+ degrees my fourth PT session. Guess that “no days to waste” philosophy makes some sense!

\*The “gave my husband a tour” thing is a joke...just



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



October 8, 2020  
UB President, Rev. Rosemary Cathcart

It was my pleasure to create the Mantling Ceremony this afternoon for the Rev. Julie Joy and the Rev. Amos Snider from Kentucky.

I was incredibly proud today myself, as I've had the privilege of Ordaining Amos and Julie in years past - and also performing their Wedding Ceremony right here in my home several years ago.



On page 17 you will find Rev. Julie Joy's inspiring article about blending creativity and service. A joyful way to stretch our imaginations and service.

# A SIMPLE INTERFAITH SEASON

*By Rev. Paula T. Webb*

We hear the word Interfaith all the time, don't we? But just what does Interfaith mean? If we break down the word into its two components, one can better see what a good definition of Interfaith might be.

*"Inter" ~ derived from Latin, is described by Webster's Dictionary and Roget's Thesaurus as ~  
between, among; with each other, together, mutual, reciprocal.*

*"Faith" ~ also from Latin, means ~ an unquestioning belief that does not need proof; complete  
trust, confidence and reliance.*

Isn't that a great description? Now taking this a bit further, do you think it's possible to have an Interfaith world? I do. How? With all the seemingly endless strife across the planet, where it seems as if very few people or countries are getting along, how can we have an Interfaith world, full of respect for each other and everyone's beliefs? Very simply.

Let's take a look at a simple example, let's talk about snow, or rather snowflakes! I think we would all agree that snow is comprised of snowflakes, millions and perhaps billions of tiny snowflakes:

Each one, unique and beautiful in its own right.

Each one unique and beautifully created in its own time.

And mankind?

Each one of us is unique and beautiful in our own right.

Each one of us is unique and beautifully created in our own time.

And the animal kingdom?

Each one, unique and beautiful in its own right.

Each one unique and beautifully created in its own time.

And, just as with the billions and probably immeasurable number of snowflakes created by God, Creator, Yahweh, Allah, Buddha, Mother Earth, whatever term you may use, in His or Her grand design – all life is no different! Each one, unique and beautiful in its own right. Each one unique and beautifully created in its own time.

What do the snowflakes gently falling to earth provide? Meaning, do they stay the same design throughout their life? And what do we provide? Do we stay the same throughout our lives?

What does the animal kingdom provide? Let's think about this.



*Continued...*

*Continued...*

Yes, the snowflakes are unique and individually created, as is mankind, and as is the animal kingdom. And yet, after falling gently to the ground, snowflakes form a covering blanket, all joining together to provide another purpose, another part of God's design. As you look at each snowflake individually and see each one's unique beauty that is just one part of the design. However, when joined together, the blanket that covers the earth comprised of all those beautiful individual snowflakes provides a source of insulation to the roots and branches of all nature, keeping those same roots insulated until spring, when the warmth of the sun shines strong again, for everything hidden under those unique and united snowflakes to blossom. They live their unique lives to join together through a common spirit of oneness, and one purpose. Instilled by God.

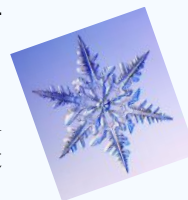


Don't we all act like snowflakes at some time or another, or maybe each and every day? Don't our companions in the animal kingdom act like snowflakes toward us? Let's think about this for a moment. How many times have you smiled at someone while in line at the grocery store? Someone you didn't know? Now, you didn't know what their religious philosophy was, nor probably their ethnic background. And yet, you had the impulse to smile and share a moment with a complete stranger possibly someone of a different faith than yours, a different economic strata and yet, you smiled.

Or how about the times you may have chatted with someone while waiting at the post office, or while pumping gas, total strangers, remember, unique and individually created and you felt a comfort level to talk with them even if just for a moment...not knowing one thing about them except they were sharing that same moment with you in line, or pumping gas.

How about the times you have heard a bird sing? Or watched a spider weave its web? Or marveled at ants carrying huge leaves 10 times their size? How about the times your beloved pet knew just what to do for you in a moment of stress with a wagging tail, or a soft purr? And in those moments, each of you, or all of us, are joined together in a welcoming and covering blanket of humanity and compassion embracing our uniqueness, but also joined together through a common spirit of oneness.

And after each one of these experiences, didn't you feel just a little bit happier in that moment, or felt like being a little nicer to others because someone had just been nice to you? What would you call these experiences and feelings? I call them Interfaith! Meaning, "interfaith" with respect to our uniqueness! And yet I believe it is a oneness of purpose, even through those simple moments with people we do not know, which leads us to care about all lives...a oneness of purpose instilled by God.



Now, we can take this a bit further, as most of you know I like to do. We can think of all the snowflakes that may have fallen throughout the ages...

*Continued...*

*Continued...*



Snowflakes on the Mount swirling around Moses as he received the Ten Commandments

Snowflakes that flitted through the Bodhi tree leaves under which Buddha sat contemplating God

Snowflakes swirling around Mecca while Mohammad meditated to God

Snowflakes that may have lit up the Star in the sky above that Manger so long ago

Snowflakes fall on every country on our planet regardless of ethnic background, regardless of culture, regardless of religious affinity. Why is that you may ask? Because they are snowflakes, individuals, unique, and created by God to come together as one.

Not so different than you and I, and the animal kingdom, right? Simple, isn't it? And that's all it has to be, that simple. Keep in mind the basic definitions "inter" with each other; "faith" complete trust. Not religious doctrine, but a concept created by the All, the Universal One ~ God. "And so it is written, and so it is done." Very simple.



*Rev. Paula T. Webb serves on the UB Board of Directors and is a UB Minister/ Director in California.*

*Rev. Paula also hosts a Prayer Team, please see below.*

## **Prayer Team ~ Rev. Paula T. Webb**

I have hosted a Prayer Team since 2005 through my ministry and I invite each and every one of you to join. Being a part of our Prayer Team is simple. I will periodically receive prayer requests, which I then forward to you via e-mail to pray for. No response is needed back from you – just your prayers for those that are asking for assistance. It may be financial, it may be physical, it may be for a beloved pet companion – and all you are asked to do is include those requests in your own type of prayer or meditation or visualization; in other words your own modality.



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



You will find the complete article, *FOR THE LOVE OF ALL GOD'S CREATIONS Creating A Powerful Prayer Team* in our [UB GoodNews Newsletter, Summer 2018](#), pages 11-13.





# Creativity and Service

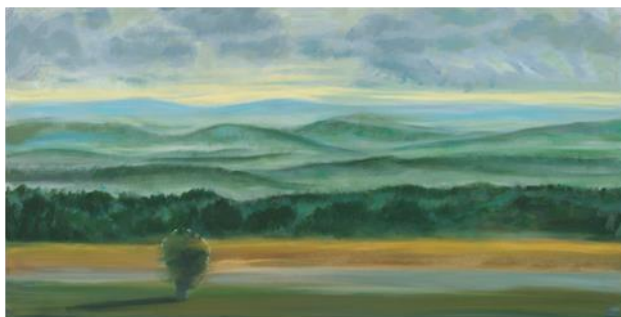
*By Rev. Julie Joy*

The warm sun beamed onto the well-worn dining room table each day as my Mom sat at the table in her flannel shirt and paint-covered hands. She would often paint comforting landscapes, geraniums and pumpkins on small pieces of wood or slate. I enjoyed watching her as she was in such a peaceful state as she carefully crafted each piece and signed her name. Her pieces of art were very popular among the local people in our community. I believe people loved them because she was so happy while creating each one. Her love for her craft made others happy. It was her unique way of being in service to her community.



Growing up with this wonderful example, creativity has always been the dominant theme of my life. It has culminated in a richness and depth of self-expression that has brought a natural excitement for life. I have been painting on walls, paper or canvases for many years. It goes beyond the simple act of spreading paint onto a canvas. Applying layers of paint like frosting on a cake, it became a meditation and helped me connect to Infinite Source/God. Letting go and without judgment, I learned to create with joy and passion. Forgetting about my worries and fears for a little while, it fed my soul and relieved the daily stresses of my life.

It has never been so important in these challenging times to access that creativity and peace that exists within us when we are in our most creative state. There are no limits to the natural creativity that exists inside all of us. It is the purest form of our own self expression in each moment in our daily lives. Creativity is the spark that exists in the passing smile of a child, the sunlight sparkling across the water, or the laughter shared between two friends. It is at the very essence of the words and moments we share with our friends and family.



We can express this creativity in our relationships or through our hands as we explore and learn in each moment and in each experience. In all

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creativity, I am able to share with you how to make creativity a daily part of your life in all aspects and in each moment.

I have heard many people say that they are not creative. They admire those who live a creative life and have the perspective that it is unachievable in their own lives. A new day is dawning on earth and we can open our hearts and have a new understanding of who we are at the very core of humanity. We can unfold in each moment with a natural curiosity and PRESENCE to access the unlimited creativity and peace that exists in Infinite Source/God. Becoming explorative like a child we let go of our worries and fears while having a conversation with a friend or family member. It is very simple yet can be very challenging to do if you do not make it your daily intention.

Accessing our creativity can be very healing to our physical, mental and spiritual well being. Having a clear understanding of what creativity actually is will help us as we manifest and create in each moment. Speaking to the hearts of all those who devote their lives in service to others, we can open up a new aspect of that sacred service that pays forward indefinitely as it flows out endlessly. A candle lights up the room however its rays expand to infinity.

I am so thankful for the curiosity and explorative mind of my mom. She was such a wonderful mentor in so many ways. There is a whole lifetime to discover new ways to create and co-create. As I am growing with a deeper relationship with myself and others, I am also exploring new ways to get creative on a physical level. I

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can often be found sitting in the warm sun at my

*To the right: Jewelry and painting by Rev. Julie Joy*





*Continued...*

helps me to get present in the moment. I enjoy the creative aspects of writing and giving Akashic Record Consultations.

As I write this, we are entering the Autumn season of crisp air and colorful leaves floating slowly to the ground. With each season, embrace your own unique creativity with a new understanding that it is in healing service to yourself and others. Let's put on our favorite sweater, get cozy and create!

In service,  
Rev. Julie Joy  
[www.amoswithjoy.com](http://www.amoswithjoy.com)  
[www.juliejoy.org](http://www.juliejoy.org)

Rev. Julie Joy resides in Kentucky.

She and her husband, Rev. Amos Snider,  
were recently Mantled as UB Minister/Directors;  
see this article on page13



*Fields of Gold* painting by Rev. Julie Joy

## *UB Minister In Spirit*

Minister/Director Rev. Patricia Ann Corbett passed away on November 27 in Kentucky.

Born in Philadelphia, Patricia moved to Kentucky in the 1960s where she taught dance, changing to the profession of hairdressing a few years later.



With a desire to help others spiritually and physically she would begin to study Reiki while continuing her hairdressing career.

A mother of three, Patricia was ordained on February 6, 1994 in Lexington, Kentucky, by President Rev. Rosemary Cathcart.

Later in her life she would study Belvaspata, a sacred modality that heals with light and frequency. Using these skills, she would go on to meet and help people all over the U.S. and beyond, even teaching classes on the subject as far away as New Zealand.

A lover of the arts, she would for years volunteer at the Lexington Opera House even into the final years of her life.



# ***Looking At Folktales, Myths and Legends In A New Way***

*By Rev. Kathy Shimpock*

I've been a spiritual seeker for most of my life, but the path followed has taken many unexpected twists and turns. As a child, my mother told me the old stories. They fed my imagination and sparked my creativity. I learned from these tales to be brave and vigilant. I loved them so much I began to write my own. She also told me the old stories from the Bible of Samson, Daniel, Joseph, Moses, and Jesus. These stories stayed alive in me. As a teenager, I studied spiritual practices found throughout the world. I especially loved the stories from these traditions. These were stories of great spiritual seekers who became enlightened or discovered the truth. Eventually, I grew up. I put the tales aside, and I spent many years working in the legal field and raising a family. It wasn't until my children were grown that I could switch course. I became a transpersonal practitioner offering spiritual direction and other holistic modalities. Ultimately, my love of ceremony brought me to ordination at the Universal Brotherhood Movement, Inc. Ministry.



Rev. Kathy Shimpock

A significant shift occurred close to my 60<sup>th</sup> birthday. My daughter and I went on a trip to Wales, where we heard many storytellers. Suddenly I knew this was something I wanted to do. When we returned, I enrolled in classes at the South Mountain Community College Storytelling Institute. Before I knew it, I was teaching there. These stories gradually became a part of my spiritual journey. Researchers say that some folktales and myths are thousands of years old, carried from generation to generation orally. These were stories for adults, not children. They held the culture and teachings of a particular people. One day I told the story of "Frau Holle" to a classroom of psychology students. In the next class, a student came to me and said that her life changed after hearing the story. She made a decision very different than the one she planned to make. From that moment on, I began to look at these stories in a new way.

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At this time, I began to puzzle and struggle with the idea of aging. As a woman in the western world, I wasn't happy to either become invisible or retire to a rocking chair. I preferred the Hindu belief that the later years were a time for spiritual study. I hoped that stories would come to my rescue. And they did! The old stories have become my spiritual and psychological path for the past several years. I figured that my great-great-grandmothers might have some guidance on aging, so I began to study the "wise crone" archetype stories. From that study came my blog ("The Wise Crone's Cottage in the Woods," <https://www.wisecronecottage.com>) and later my podcast ("The Wise Crone Cottage Podcast," <https://wisecronecottage.buzzsprout.com/>). Perhaps the best way to explain this is to share a bit of my blog:

*Let's pretend you are lost in the woods. (Those of you who love metaphor know exactly what I mean.) You're certainly going to get hungry. You definitely will be thirsty. As the night begins to fall, you might even find yourself feeling lonely and afraid. If this was a fairy tale, just as you are about to lose hope, a cottage appears - right in the middle of the woods. The cottage is the home of the Crone, a wise woman, who can appear as friend or foe depending upon your need or worth. If you have found yourself at this blog, know that you are worthy of the quest before you. Listen with an open heart, and the Crone may yet show you favor and assist you on your journey.*

The Wise Crone's Cottage is a spot where the heart is opened, and the spirit renewed. At the blog, I explore the ancient world of myth, legend, and folklore. I share stories recorded by the Grimm Brothers and from traditions around the globe. The blog is where I ponder the meaning they might have for us today.

*Know that it is when your journey is difficult and the path dark and unclear, that the Crone offers you a helping hand. She may leave you enriched by your visit; giving*



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*Sometimes she may haunt you with an unanswered question that leads you deeper into the forest of yourself. But this is true only if you choose to accept her help. You must see beyond her visage. You must see beyond the fear of the unknown. For when you do so, you are proven worthy, and her magic takes you home.*

These stories have captured my heart. They have brought me closer to my ancestors and have given me new spiritual insights. I am thankful for the storytellers who have carried these stories from long ago until today. Perhaps you'll decide to join me in looking at the old stories anew. I certainly hope so!

*Rev. Kathy Shimpock*

Rev. Kathy Shimpock resides  
in Arizona

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## *UB Minister In Spirit*

Minister/Director Rev. Shalandra Abbey, a resident of Maui, Hawaii, died peacefully at her home on July 21, 2020.

She asked to share that, “It has been a wonderful life and I feel complete with all I want and need to accomplish.”



Shalandra was ordained on October 12, 1989 in Florida and began serving as a Minister/Director in 1991.

Shalandra was a full-time Usui Shiki Ryoho Reiki Master and UB Minister/Director in Hawaii and around the globe for more than 25 years. She is the author of *Living a Life of Reiki* and was a member of The Reiki Alliance, an international, professional organization of Reiki Masters.

UB *GoodNews* articles by Shalandra Abbey:

[Autumn 2019](#), “Unleashing the Power of Reiki,” page 18

[Wedding Guide 2019](#), “Divine Gift of Weddings & Reiki,” page 11

[Winter 2017-2018](#), “Light of the World,” page 12

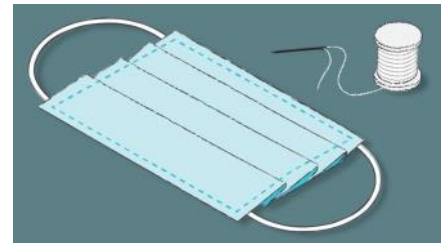


# PANDEMIC MINISTRIES: BIBLICAL COUNSELING, MASK MAKING & MORE!

By Rev. Kathleen Zurenko, MCS

As I have been involved in various ministries throughout my ministerial studies, 1992-2009, which led to my Master's Degree in Consciousness Studies, so many more opportunities have presented themselves to me during this time of "pandemic."

The local craft store remained open during lockdown and I was invited to take home mask making kits and participate in making masks for health care workers. At first I hesitated since I do not own a sewing machine. But that did not stop me. Over a 3-month period from the middle of April until the middle of July, I made 42 masks, all sewn by hand. What a joy to be of service and do my part to support first responders.



My next new ministry is a 24/7 Prayer Hotline. As I have been serving on prayer hotlines for decades at various churches, I decided to host my own. Seeing all the negative postings on Facebook, I began posting a weekly announcement that says: "3 Ministries to serve you: Prayer Hotline, Facebook Live Seminars, Biblical Counseling. Message me anytime. As a licensed, certified, ordained non-denominational minister, I welcome your prayer requests and counseling needs. My prayer room door is always open." The requests have been steadily coming in and it has been amazing! The Bible tells us to *Pray without ceasing*. - 1 Thessalonians 5:17.

My Wednesday Wellness Facebook Live Seminars are based on my book, *52 Ways to Transform Your Life from Okay to WOW!* Every Wednesday at 11:30 a.m., I explore a different chapter from my workbook. It continues to amaze me how my book, that was published almost 5 years ago and written over a 25-year period from 1990-2015, is so relevant to what is going on in the world today. My Facebook Live Seminars have been a huge success and the list of viewers continues to grow.

I am so honored to be in the Biblical Counseling Ministry at my church. I am still in the process of completing the coursework that includes the following books: *Why Suffering?*, *Instruments in the Redeemer's Hands*, *Competent to Counsel*, *Communication and Conflict Resolution*, *From Pride to Humility* and *The Total Money Makeover*. It warms my heart to be of service as a Biblical Counselor at CrossRoads Bible Ministries.

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The guitarist at my church was also my chiropractor several years ago. Recently, he decided to start an outreach healthcare-without-borders organization to provide complimentary health care to those who do not have insurance and cannot afford to pay. So he put together a team of doctors, nurses, lawyers, counselors, etc., and we had our first meeting in early July. When Dr. Daniels invited me to be on his team as a spiritual counselor, I felt as though I won the ten million dollar lottery. I am blessed beyond measure.

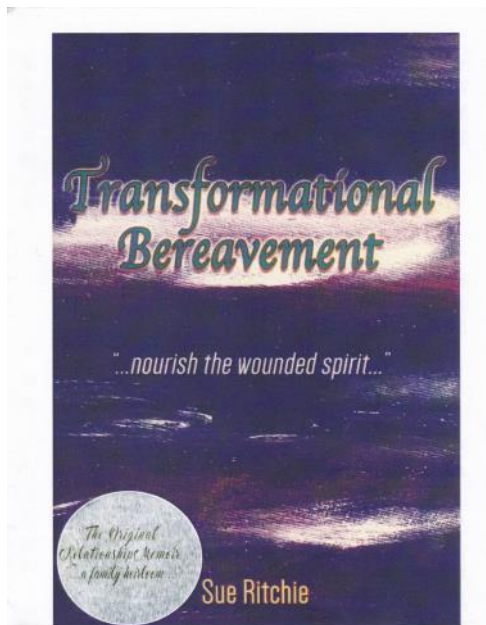
In the middle of all this pandemic craziness, I was called upon to officiate a wedding at the river. God is so good...

Eleven years ago, UB ordained me. It is my honor, pure joy and privilege to serve as a minister in whatever capacity I am called upon to do so. *Blessed are the peacemakers, for they shall be called the children of God. –Matthew 5:9*



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Zurenko





## *Transformational Bereavement* By Rev. Sue Ritchie

*Interview excerpts from American Legion Auxiliary magazine, November 2019.*

Q: What ultimately prompted you to write *Transformational Bereavement*?

Sue Ritchie: “There are so many women who never move from the mourning stage into a life of their own.

“And it’s really safe to stay in the mourning stage because you don’t have to grow, and you don’t have to do anything. People will be saying, well, they’re sorry for you. But, you know, after 20 years, you should be out there.

You should be living.

“People think there are only three stages to this, but that’s not true. There’s the immediate grief stage. Then there’s the mourning stage. And then people sometimes will move into survivor stage. And they just stay there the rest of their lives.

“But there’s another stage, and it’s called thriving. And we as a society should help people to move from that survivor stage into the thriving stage, where their talents come through. Their abilities. Their happiness. Their wisdom.

“People have told me that reading this book has helped them get their lives back. Now nobody does anything for anybody else. They have to do it by themselves and with their Creator. This little book is helping people make the choice.

“I think that I, along with all the other bereavement counselors and psychologists, offer a stepping stone. But the healing itself will take place from within.

“*Transformational Bereavement* encourages those coping with loss to emerge from their grief and share their own knowledge and gifts with the world.”



Rev. Sue Ritchie resides in Arizona

To order *Transformational Bereavement*  
please visit Rev. Sue Ritchie at  
[Transformationalbereavement.com](http://Transformationalbereavement.com)

Or send mail to: P.O. Box 37031, Tucson, AZ 85740-7031

# FUNERALS FOR PETS

*By Rev. Zita Christian*



The love people have for their pets can be seen on the calendar, from National Love Your Pet Day in February, to National Pet Day in September, to World Animal Day in October. So, what do we do when a beloved pet dies? How do we celebrate the life that gave unconditional love?

## STATISTICS ON PET OWNERS

Every other year, the National Pet Owners Survey provides valuable information for pet owners and supporting industries.

[https://www.americanpetproducts.org/pubs\\_survey.asp](https://www.americanpetproducts.org/pubs_survey.asp)

The 2020-2021 survey gathered approximately 15,000 responses, and covered dogs, cats, birds, small animals, reptiles, freshwater fish, saltwater fish and horses and, for the first time, chickens.

Here are a few of their findings:

About 67 percent of households in the U.S. have at least one pet.

More than 63 million American households own at least one dog.

More than 42 million American households own at least one cat.

There are 94 million cats and 89 million dogs in American households. I'm guessing that's because more households are likely to have multiple cats than multiple dogs,

As for the most abundant household pet... Can you guess? Fish. The National Pet Owners Survey says there are nearly 160 million of them in glass bowls and tanks across the country.

And here's the last statistic I want to share, from The National Pet Owners 2019 survey: Americans spent more than **\$75 billion** on their pets in 2019. That number includes food, supplies, medicines, veterinary care, live animal purchases and grooming and boarding.

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It's clear. The love owners have for their pets is real. And that's what makes the death of a pet so hard.

## LINKEDIN POLL

A few weeks ago, I posted a poll on LinkedIn. One simple question: If you had a pet that died, did you have some kind of funeral? In hindsight, I should have offered better options. That said, here are the results:



- 30% Yes, and I'm glad I did.
- 20% No, it was too much trouble.
- 0% No, and I regret it.
- 50% Other - They responded with their own words.

Some people emailed me to answer the question or to add details to their response on the survey. I am grateful beyond measure because it is in these personal responses that we see a heart-opening aspect of our humanity. Here are a few examples:

*Sandra said: I have lost two dogs and not had a ceremony. I prefer to remember my dogs in my own way privately. Losing a pet is heart wrenching and you just need to work through the grief your own way. Only pet owners understand the feeling you get when a pet dies.*

As I told Sandra, she expressed what so many of us feel. My cat has been gone for 20 years and, to this day, when I pull out a certain chair at the dining room table, I remember how she liked to sleep there, tucked under the tablecloth.

Louise responded to the poll saying she didn't have a ceremony of any kind because she simply didn't think of having one.

I wasn't surprised by her response. It's only been in the last few years that I've noticed people having some kind of funeral ceremony when a pet dies. Not having a ceremony doesn't mean people don't grieve. It just means the concept of pet funerals hasn't become part of our everyday world. I suspect that will change when pet lovers realize how helpful a ceremony can be for the healing process.

Mary wrote to tell me about her black-and-white tuxedo cat, Horatio, who had come to her as a stray. She said: *I didn't have a ceremony, per se, but I was very intentional about the burial, which felt like a personal ceremony. I dug the grave in a special place*

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*in my flannel shirt. This is a shirt that Bruce would always get out and let Horatio snuggle with, whenever I had to be out of state. So I tied the flannel shirtsleeves around him, like I was hugging him and laid him in the grave along with some of his favorite toys. We covered him with flowers before covering him with earth. We put larger stones on top of his grave and I hung a wind chime on a fence post just next to the grave. All of these things felt important, in honoring his life, and what he had meant to us.*

I'm a member of the School of Podcasting. The founder, Dave Jackson, had a very vocal cat named Bernie who would sometimes walk into the studio when Dave was on the mic. We could all hear Bernie. And we could all hear how affectionately Dave talked to him. For those of us who had lost a pet, hearing Dave talk to Bernie brought back good memories of our own. So when Bernie died, we understood Dave's grief. We felt it, too.

Fortunately, help is available.

## **PET LOSS SUPPORT GROUPS**

Until recently, I didn't know about the Association for Pet Loss and Bereavement, APLB for short. On their website, they describe themselves as "a nonprofit association of concerned volunteers who are experienced and knowledgeable in the tender subject of pet death."

They recognize that a lot of people don't have their own support system for sharing the grief that comes from the death of a pet. So APLB offers free chatrooms. They are facilitated by specially trained pet bereavement counselors. You don't need to be a member of the organization to participate. I don't know of any other organization offering this kind of service.

Sometimes, pet parents continue to celebrate the life of a pet they've lost. Referring to her cat, my friend Leslie said, *We keep the little cedar box with her ashes on the bookcase in the living room, so she can watch over us. Every night, when we'd sit on the couch and watch TV, she'd sit between us. So now I put her blanket between us, and when we go to bed, we say, "Nighty night, little Punkin," which we always did so she'd know it was lights out time. Silly, but comforting.*



Sometimes, grief can blindsides. David Hooper from Build a Big Podcast told me how heart-wrenching it was to have his dog put down. Weeks later, when he felt he was managing his grief, he came home from a stressful day at work, immediately went to put food in his dog's bowl and it really hit him. He sat down and cried. I've been there. My guess is you've been there, too.

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## **MORE THAN PERSONAL PETS**

Of course, many of us have feelings for animals that are not personal pets. I live on the East Coast. We hear about a beached whale and newspapers have photos and human interest stories of the people who rush to the shore to help save one of these giants of the ocean.

Every winter, we see videos about deer that have fallen into a frozen lake. We watch the humans and their heroic efforts to save the deer. We feel relief and joy when the animal is pulled to safety, warmed up, and released.

Last year in Australia when uncontrollable fires destroyed the habitat of koala bears, we watched wildlife rehabilitators bind the burned feet of the cuddly animals we've come to associate with gentleness.

Here in the United States, as I write this, parts of California and Oregon have been on fire for over a week even as hurricanes ravage the coast. Right now, the volunteer responders who work with the organization RedRover.org are providing an emergency safety net for animals displaced by the fires in our western states.

The ASPCA (American Society for the Prevention of Cruelty to Animals) set up temporary pop-up shelters for animals when families must be evacuated from their homes and go to shelters. When the fire or hurricane or flood has passed, people work to reunite the animals with their families. We've all seen the videos. And we've heard the heart-breaking stories when families never show up to claim their pets.

Some of those stories have happy endings. My friend Carol adopted an unclaimed dog that had been rescued in a hurricane. Now, Sam (that's what she named him) lives in a home that's filled with love and takes Carol for walks every day.



There are organizations that work to prevent extinction. The World Wildlife Fund maintains a species directory of animals in danger of extinction.

For instance, sea turtles are endangered. They help maintain the health of the seagrass beds and coral reefs. Fortunately, the World Wildlife Fund is working with Arizona State University to create fishing nets that have solar powered LED lights that will deter the turtle.

It's no surprise that there is an international World Animal Day. It was organized by writer and activist Hein-

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nearly 100 years ago. The date has since been changed to October 4 to coincide with the feast of St. Francis of Assisi, a Catholic saint known for his love of animals. The day was organized to start a movement to prevent animal cruelty.

Today, when people ask the organization what they can do to help, the answers are simple:

- Be kind to animals.

- Visit a local animal shelter and check out the volunteer opportunities.

- Adopt a pet instead of buying one.

- Donate to a program that helps animals in need.

- Spread the word. The organization also has a video you're invited to share.

## **PET FUNERALS**

For many children, their first experience with death comes when a pet dies. We've all heard the stories of the parent who provides a shoe box lined with an old towel, digs a hole in the backyard, and holds the child's hand as they say good-bye to the pet they loved. Just like the funerals we hold for humans, saying good-bye helps the healing begin.



According to an article earlier this year from Death Care Industry, over 11 million dogs and cats die in the United States every year. Because of the close bond people have with their pets, the people are often referred to as “pet parents.”

According to the International Association of Pet Cemeteries, the industry's trade organization, there are approximately 700 pet cemeteries in the United States. In a November 2017 article for the *Chicago Tribune*, journalist Christopher Borrelli writes about pet cemeteries. One of the people he interviewed was Linda Peterson, niece of Patricia Blosser who founded Paw Print Gardens in 1970. Since then, more than 5,000 animals have been buried there. Peterson said that in the early days, burials were held at night because “clients were too ashamed to be seen treating an animal that well.”

That was 50 years ago. A lot has changed. A quick search on the Internet will yield lots of readings for pet funerals. Companies offer caskets and urns for pets. Artists will paint a portrait of a pet from a photo.

If you've been asked to lead a funeral ceremony for a pet, here is an outline you can follow:

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Invite three people who were close to the pet to share a story. Sometimes, It's easier for a grieving pet owner to tell a story if there's a prop available. If that's the case, you can set up a pet altar. Have the pet's family gather favorite toys, a leash, a food bowl, a box of treats, photos, and place them on a table.

Someone could talk about how the pet came to the family and how the pet was named.

Someone else could share a story about what life was like during the good years. If there are children in the family, say something about the relationship the children had with the pet. If the pet was a therapy dog, be sure to talk about how the dog made a difference to many people who were suffering.

The third person could talk about what it was like when the humans in the family could see something had changed, that age was taking its toll, that their beloved pet was in pain, that a decision had to be made.

Talking about the final moments may be very hard for the person who shares that story. Don't avoid it. Acknowledging the pain helps the healing begin. If you, as the one leading the service, have to tell that part of the story, do so.

Sound can play an important role in the service. After the stories have been shared, you can ring tingsha (tin-sha) -- two small cymbals joined by a short, leather cord. Or ring bells or chimes. You can strike a singing bowl. You can lead the guests in chanting *Om*. The chant is said to raise a person's energy and calm the mind. The idea is to use sound to signal that you're near the end of the service.

If a coffin or urn is present, nod to it. Affirm that the pet being honored is gone though never forgotten.

Close with a meaningful quote. Here's one of my favorites. It's from Anatole France, a French poet born in the 1800s. He said, "Until one has loved an animal, a part of one's soul remains unawakened."

If appropriate, remind everyone that donations of food, toys, bedding are being collected for a local animal shelter. Let them know where they can drop off their gifts.

Thank everyone for coming.



*Continued...*



Continued...

If you're doing a funeral by yourself for your pet:

Create a pet altar. Hold each item, call on your memories.

If you had a dog and would go for walks together, put several items from the altar in your pocket and do a walking ritual.

Or light a candle, sit quietly, and write in a journal.

Or play music, close your eyes, and imagine your pet healthy and happy on the other side of the Rainbow Bridge. In fact, if you have children who are also grieving, encourage them to draw a rainbow bridge.

Or create a collage of photos.

If you have the opportunity to bury at least some of the items from the altar with your pet, or with the ashes of your pet, do so.



If you've had to make the decision to have your pet euthanized, tell your vet that you want to do a ritual during the transition. One of my Life-Cycle Celebrant colleagues, Anita Larson, was asked by a friend to create such a ceremony when her dog had to be put down. Anita said yes. She knew a ritual would make the process more personal and less clinical. She wrote a beautiful ceremony, made copies for her friend, her friend's children, and her boyfriend since they would all be present.

Anita also made a copy for the vet. You can imagine how meaningful the ceremony was for Anita's loved ones. What might surprise you was how meaningful the ceremony was for the vet who later hugged Anita, thanked her, and said she never gets to hear the stories about the animals and their human families.

## THE POWER OF RITUAL

I think of ritual as a visible act performed with invisible intent. In all the pet funeral rituals I've mentioned, the visible actions are designed to begin the invisible intent of healing.

*Continued...*

*Continued...*

Someone who hasn't experienced the power of a good ritual might ask, What's the big deal? Simply put, rituals reveal the invisible dimension of life. In that dimension is where we can connect with the deepest part of ourselves and with the energy some call the Universe, the Divine, the Force, God, Mother Nature, chi. I see that dimension as the realm of all things spiritual. That's where we can find meaning to who we are, what we do, and why we're here. Ritual opens the door to that dimension.

Have you had a funeral or memorial for your pet? What did you do? How did it make you feel? I, for one, am glad we now live in a world where no one need be "ashamed of treating an animal that well."

*Zita Christian is a certified Life-Cycle Celebrant, nondenominational minister, and host of Ritual Recipes, a podcast that celebrates the cycles of nature and the moments and milestones of life, one ritual at a time.*

Email: [zita@moonriverrituals.com](mailto:zita@moonriverrituals.com)

For further exploration:

Anita Larson: [ThinkOutsideTheCoffin.com](http://ThinkOutsideTheCoffin.com)

Association for Pet Loss and Bereavement: [aplb.org](http://aplb.org)

Red Rover: [redrover.org](http://redrover.org)

American Society for the Prevention of Cruelty to Animals: [aspca.org](http://aspca.org)

World Wildlife Fund (for directory of animals in danger of extinction): [worldwildlife.org](http://worldwildlife.org)

International Association of Pet Cemeteries and Crematories: [iaopc.com](http://iaopc.com)

[American Pet Products](#) (for surveys)

[National Love Your Pet Day](#)

[National Pet Day](#)

[World Animal Day](#)



# **I Now Know What I Learned From My Best Friend and Guardian**

*By Rev. Mike Gruteke*

Dedicated to Lauren Bacall "Rocket" Gruteke



Before I go on, I must thank my very good friends, outside of Bacall, of course, Rev. Dr. LoraKim Joyner, DVM, Rev. Robin Morini, Rev. Paula Webb and others too numerous to mention.

First off, I myself just can't believe that it's been five years since I was indeed blessed enough and I do think of myself as blessed, to become one of "God's tools," so to speak. A very, very dear friend of mine calls my dear friend, Bacall "The Other Chaplain" because she is so wise and teaches so very well.

Some of you might say, "Wait Mike, what can you learn from animals, particularly birds, after all many of them are in cages?" The first thing I would say to you is this:

"True, true, many birds are in cages and indeed, "No cage is big enough," as my dear friend LoraKim Joyner would say (she's a fellow minister and avian vet). However, believe it or not they can and do indeed "talk." You just have to listen to them!

About five or six years ago, I unfortunately had a caregiver who did not listen either to myself or my dear Bacall, who manages to teach, to this day, but only to the truly observant. Anyway, my caregiver made one mistake, not knowing a thing about Parrots or Lovebirds, which is a subspecies of the Parrot family, and said to me, "What does she know, she's only a stupid bird." Needless to say that was the very last day that caregiver worked for me. Birds, especially my dear Bacall, are actually very, very smart, therefore being called a "birdbrain" is actually a huge compliment.

Anyway, after years, especially her first five years of occupancy, I have learned to talk with her. Through much patience, trial and error, I truly believe that is what it

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is to be dedicated to the ministry and to Bacall. Bacall, like me, is not only one of God's creatures, but a true partner, teacher and friend as well. Learning how to talk with her, sometimes during sleepless nights, I have found myself listening to an abundance of wisdom from her and I remember, as should you all: "It is in giving that we receive" and "Slow down, think, process. Stop to smell the roses."

I therefore have one tip for you: if you don't have a four-legged or winged friend in your home, get one. You will, if you take the time to listen, be surprised with what you will learn.

*Rev. Mike Gruteke resides in Vermont with his cherished lovebird, Bacall. You may contact Rev. Mike at:*



## Silence

*By Rev. Alice Weinberg Greenspan, M.S.*

*I am fondly submitting this poem and hope it brings peace.*

As the rhinestone sun dips gently into  
the ocean,  
Sea urchins cheerfully roll along to  
greet her,  
Playful dolphins balance upon the tips  
of their noses,  
Spinning their aquatic cirque du soleil,

I am the sun.  
I meditate and slip beneath the surface,  
Into a sea of spiritual silence, comfort  
and joy,  
Into infinite peace and love.  
Come with me.

*Minister/Educator/Healer/  
Author Alice Greenspan lives in  
Sarasota, Florida. She is an or-  
dained minister with UB, Inc.  
since 1995.*





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tributes goodness wherever it goes.”

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tribute this goodness is to share our Fa-



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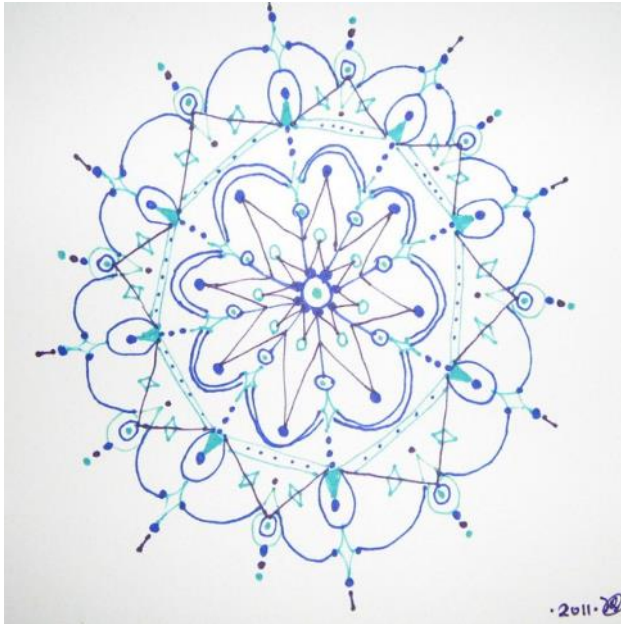
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