

UB GoodNews

Universal Brotherhood Movement, Inc.
Newsletter Spring~Summer Edition 2021

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August 17, 1976, is the birth date of Universal Brotherhood Movement, Inc.

Since that day, UB has ordained more than 5,044 ministers worldwide.

THANK YOU,
Rev. Dr. Jeni Prigmore and
Rev. Dr. Rick Prigmore,
for your heartfelt desire to
bring this beautiful Light to
our world!





UB's Loving Founders
Rev. Dr. Jeni Prigmore and
Rev. Dr. Rick Prigmore

COURAGE, CLARITY and THANKS

Rev. Dr. Jeni Prigmore

Talk about REVAMPING your Life...
When it comes to BRAVE—I can relate to that. I've had lots of courage through my life. In fact, it used to scare my dear, departed mother all the time, that I really “wasn't afraid”—she thought I should be, lots of times. Somehow when The Universe taps us on the shoulder and says, “OK, it's your turn to do this...” You just DO it!

Through my adult years, and in the nearly 45 years that Rick and I have been together, there have been any number of moves. No worries, we're young and healthy, we can do it! Try that when you were born in the 1920's and 1930's—it's a bit of a stretch from these vantage points.

YET, age aside; ANY MOVE, be it household, job change, health challenge, partnership dissolution—it's “a BIG DEAL.” Let's face it, LIVING at this point in time IS “A BIG DEAL.”

It ALL takes COURAGE!

Yeah, right...so how do I get some of that?

Years ago—when I was in the decision stages of opting for a brand new titanium hip—I was doing a lot of searching within myself. In one of the inspirational email things I subscribe to came what's printed below:

“Ask, Jeni.
Ask for whatever you want.
Ask for help.
Ask for clarity. Ask for insight.
We're always there.
You're always answered.
10,000 Strong to do your will.
OK?
The Universe
And then
Give thanks, Jeni.”

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I BELIEVE in Angels—they've so often pulled me through a tough spot—this wasn't "new" information / suggestion. It just happened to hit me right when I really needed it. SO I put it into a form that I could hold on my computer's desk top. I titled it "Remember To Ask." Seems like just when I most need to remember it's there, that piece calls to me, yet again.

Ok, Angels, I'm ASKING...
I KNOW you're listening.
I GIVE THANKS!

*Peaceful Blessings,
Jeni*

Reprinted from UB GoodNews, [Spring 2010](#)



Soft Summer Morning

Rev. Dr. Jeni Prigmore

Deep in "The Angel Garden"
Near the edge of the forest
Is a small bird bath...

A gathering place for birds—
All kinds of birds;
Who find reason enough

To stretch and preen and sing
Their delight in being alive
On this Soft Summer Morning.

I too feel the deep stirrings
Of gratitude

For the privilege of being here.

NOW AVAILABLE:

Clear Quartz Pendants

Check out our
lovely, hand-
picked oval,
wrapped clear
quartz
pendants!



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

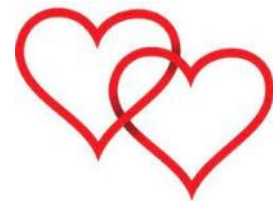
Call Robin: 954-974-1181
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www.universalbrotherhood.org

Celebrations

June 20: Happy 55th Wedding Anniversary for UB Co-Founders the Rev. Drs. Rick & Jeni Prigmore! To replace their beloved golf cart “Bullwinkle” they received a new golf cart named “Snow White,” and enjoyed a wonderful meal at a Japanese



steakhouse.
Happy Anniversary to Rick & Jeni!



July 26:

Happy 98th birthday to UB Co-Founder Rev. Dr. Rick Prigmore! This picture is from his birthday a couple of years ago and we look forward to seeing pictures from this year's celebration!



August 17:



Happy 45th birthday to Universal Brotherhood Movement, Inc. This international “love child” of Co-Founders Rick & Jeni Prigmore turns 45 in August. With more than 5,000 ministers ordained so far, we're growing and going strong!



The Seeds We Plant ~ We Also Get To Harvest

Rev. Rosemary Cathcart

Blessings and Light to the entire Universal Brotherhood family, spread across these United States and beyond. We are about to celebrate our **45th** year of being a beacon of love, light, hope and a resource for a greater vision for all of humanity. Incorporated in Tallahassee, Florida on August 16, 1976, Universal Brotherhood Movement, Inc. was created to be a legal entity for those of us who wanted to share our healing gifts with other like-minded individuals. So many important seeds have been planted in the past 45 years, and the time has come for all of us to nurture and feed our precious garden with greater intention and focus.

When I first became a UB Minister in December of 1983, I was quite impressed at the relatively small, but esteemed membership. Dedicated seekers of truth and light from every walk of life: businessmen and women, physicians, attorneys, metaphysical practitioners and more. It was also not uncommon for this original group of ministers to routinely tithe to UB as the acknowledged source of their spiritual food.



It was also not uncommon in those earlier days for UB to be the joyful beneficiary of surprise financial gifts. These gifts went well beyond the usual 10% tithe, and were simply given as a “thank you” for the spiritual nurturing that goes along with being a member of the UB family of ministers.

Universal Brotherhood Movement, Inc. is a completely self-supporting entity, without the benefit of grants or other financial backing. We are financially supported by Ordination fees and the materials sold on our UB website. It's time to change that dynamic and to reach out to all of our wonderful membership for on-going financial support.

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If you value your Ministerial credentials, and I am quite sure you do, please consider making regular contributions to UB. This could be in the form of a tithe each time you perform a wedding or a christening or even for a funeral service. The point is to make giving back to UB a regular practice.

“But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.”

Corinthians 9:6

It is a true thing that the more we give, the more we receive, and UB would like to help you in manifesting that reality for yourself and all those you minister to.

One of my favorite “original UB Ministers” was a gentleman named Art Schlosser. Art was down to earth, funny as all get out and one of the most savvy businessmen you could ever hope to know. He also believed in giving back, generously and frequently to this wonderful organization. His wife, Dottie Schlosser, was a very well known psychic medium and a gifted reader. During one retreat weekend, I commented to them both that I thought their generosity and support of UB were commendable, to say the least. Art’s immediate response was, “Why wouldn’t we support the thing that loves and nurtures us so well? It’s our privilege to give back.”



And it was my privilege to share this wonderful UB Ministry with them both for so many years. I have no doubt they’re continuing their good works on “the other side of the veil” and sending us their best wishes for continued and robust success as UB strives to serve as a resource to so many around the world.

UB has also been remembered in the estate planning of several ministers over the years, and I would like to suggest that as an option for all of us to consider. Leaving a bequest to UB is such an elegant parting gift, and one that is always deeply appreciated.

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Here's an excerpt from the Universal Brotherhood Ordination ceremony:



“Child of Light”

Child of Light, I bless you!
I see you strong and whole.
I see you blessed and prospered.
I see you courageous and confident.
I see you capable and successful.
I see you free from limitation or bondage of any kind.
I see you as the spiritually perfect being you truly are.
Child of Light, I bless you!

UB is so much more than a credentialing organization; it is a living, breathing entity that cares about you as an individual and holds you lovingly in the Light of the Divine, today and always.

I hope something I've said here has your wheels turning about how you personally can be a much stronger supporter of UB going forward. A large financial gift is always such an excellent treat, but so are the smaller and regular contributions which always add up.

I'll leave you with this from Luke 6:38:

*“Give and it shall be given unto you, pressed down,
shaken together, and running over.
As ye give, so shall it be given unto you.”*

I sincerely hope you have a wonderful, healthy and joyful summer spent with those you love the most. Treasure the moments to the fullest as you give thanks for your very life. We've all lost a great deal in this past year and a half, making life, for me at least, all that much sweeter and more precious. Thank you very much for being a UB Minister, and for continuing to spread the vision of our Founders, Rick and Jeni Prigmore.

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

UB Minister In Spirit



The much-loved Rev. Dr. Joyce Rennolds of Georgia continued her lifetime adventures of growth and discovery as she moved to “the other side of the veil” on Wednesday, May 19, 2021. Although she will be dearly missed by those of us who loved her, she and God are writing a new chapter now.

Born into a Catholic family, Joyce embraced the Holy Spirit from a very early age, and never questioned that Divine presence in her life. Having dealt with alcoholism for 23 years, she resolutely turned her life around and decided to write a new story for herself: this one filled with hope, joy and determination to be of service.

Known as a “Motivator of One or a Thousand,” Joyce Rennolds, DDiv. was a captivating teacher who absolutely loved teaching and ministry.

Ordained in Atlanta, Georgia on January 2, 2003, the Rev. Dr. Rennolds was an internationally recognized keynote speaker, seminar leader, TV personality, spiritual healer and intuitive consultant to thousands of people over the course of her lifetime. In her book *The Energy Connection*, Joyce Rennolds reached an even broader audience with her talent for manifesting success and happiness.

If she were here today she likely would say, “Thank you, thank you, thank you God for my amazing life!” How Blessed we are to have known her.

Search JOYCE RENNOLDS on YouTube to enjoy many of her presentations





Making Room For More

Rev. Kelly Graham

You may have noticed that in virtually all the newsletters, Rosemary Cathcart has an article and I have an article that follows. Many times — MOST of the time — these two articles seem to be linked, or complementary in some way.

Interestingly, Rosemary and I never, ever discuss what we're writing. I see her article when she sends it in for the newsletter. She sees mine when I send her a proof copy of the newsletter. And yet, these things are often....similar.

Well, I don't believe in coincidence. I DO believe in Spirit, Love, God, the Universe, whatever term works for you — and I DO believe this Force is shaping our experiences based on how we act, react, and respond. Just my opinion!

So in this issue Rosemary is talking about financially supporting UB. And in most of my articles, I talk about money in some way, because money is, basically, what I do.

I'm an investment professional. I've been one for decades. In a sense, money is my tool and my product. I'm very good at what I do; I couldn't have done it for more than 30 years otherwise.

Since March 27, 2020, I have worked from my home office instead of traveling to the “regular” office. And my husband is at home too, so he has happened to overhear the end of a conversation or two with one or another of my clients. And very often he hears me say, “I love you too.”

So after hearing this a few times, he says to me, in a puzzled tone, “your clients tell you they LOVE you?” “Yes, a lot of them do,” I respond. “And you say you love them too?” he inquires. “Yep,” I answer.

“But....love??” he asks.

Well, yes. Many clients I work with tell me they love me when they say goodbye. And many clients hear it from me as well. I work really hard and really closely with my clients. I'm their first call when they want to buy a car, want to pay for a grand-

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child's medical school, need to set up a retirement plan, or must decide what to do next, since the doctor said blindness is inevitable (that last one was Friday's call).

I work closely with my clients because money is EMOTIONAL. You can pretend it's not, but it is. If it were intellectual instead, my work could be a great deal easier.

But I don't deal with the head. I deal with the heart. With the lump in the throat. With the gut instinct. With the solar plexus. That's where things with money happen, and I believe that's why most of us have difficulty with it. We are trying to "learn" or "brain" our way through, but you can't really deal with money until you understand *it is emotional*.



That's one of the reasons I think giving, and specifically giving money, is so incredibly important. You see, if you are giving money away, that means you have **plenty and to spare**. So in the act of giving, you are telling the Universe you have plenty AND you make room for more (abundance) in your life. And in my experience, you must flip that emotional "switch" before you can really work appropriately with money. Budgets, income/outgo, all that stuff — that part is intellectual, yes. But until you recognize and get really comfortable with the emotional side of money — well, money can be a bit fickle!

There is nothing — *nothing* — that so clearly states you have plenty and to spare as **giving money**. And it is the best way, in my experience, to remind your inner self that you are prosperous. Try it. Give money regularly to UB if you like. Or elsewhere, if you like. But if you are able to work in your chosen field because of the ordination credential your UB membership affords you, then I believe UB would be an appropriate recipient of your largesse. (Largesse — isn't that a beautiful word?)

You have ***largesse***. Use it! When I feel lack, or lesser-than, I look for a chance to give. Whether it's taking a friend to dinner, or buying groceries for a family who's struggling, or sending PayPal to UB, I use my largesse. It works. You can too!

UB Vice President Kelly Graham has worked in the financial field for more than 37 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

Now Open Your Heart and Fly

Rev. Mary D'Alba

My dear, why are you crying?
Is the sadness bringing up fears?
I can't see your beautiful eyes
drowning in all those tears.

Yes, hurt is hurt
and you've had your share
cry it out, go ahead
but promise not to stay here.

It's a shame that they failed you,
they had no right to drop the ball
but it's time to stand up, my dear
and not allow them to let you fall

This too shall pass, trust me
it will pass with time and care
why stay in this place of sadness
and swallow the bitter taste of despair?



Take care of yourself and take time
it will not happen overnight
pull yourself up, even if you're wobbly
and take up your voice and fight

Time will march on without you
don't let it slide on by
let me straighten those wings – ah there we are
now open your heart and fly

Compassionate Listening

Rev. Penelope Williams

There is a desire in each of us to alleviate the suffering of others. During childhood we lose a family pet, and mourn its passing. We give this pain identity, and serve others experiencing similar loss through empathy, and compassion. By the generosity of empathy, we courageously bridge empathy towards compassion, finding healing in our journey while in service to others.



QUOTE - When you combine your own intuition with a sensitivity to other people's feelings and moods, you may be close to the origins of valuable human attributes such as generosity, altruism, compassion, sympathy, and empathy. - Mr. Fred Rogers

Compassionate listening begins through empathy. It is born from a liberated heart, through pain and growth. Expressions of compassionate listening can be brief among strangers or long enduring conversations among loved ones. We extend ourselves with benevolence, serving one another in these meaningful practices, encouraging a spirit of "you belong."

QUOTE - Separation begets domination. In feeling separate from someone, especially someone with whom I disagree, there's a lack of care or connection to their experience. That separation can lead to the arrogance of assuming I do not belong to them and even that I am somehow better than them. - Sebene Selassie

We don't have to believe everything we hear, but see humanity crying out, "LISTEN TO ME!" Do you feel it? I do. I see trash on the street and I hear, "I don't care anymore." I see poor grades in our school children, and hear "I don't matter anyway." I see our environment temperatures rising, and press forward trying to outrun the inevitable. I see police brutality, racial injustice and hear our people's demands. We are seeing it all. And now is the time and we are the ones to break the cycles of dysfunction among our communities and in our churches.



QUOTE - Move into the context of conflict, and not create more conflict. - Roshi Joan Halifax

Compassion is innate within us, yet we are fearful when we see someone who looks different, experiencing poverty, loneliness, addiction. During these opportunities to engage, we can break the delusion of separation, extending compassion and empathy.

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We do belong, we are enough and we all matter.

QUOTE: Love one another as I have loved you. - Jesus the Christ

Compassionate listening arises because I choose to listen to your story. I hear God's whisper through you, and I serve you in meaningful ways.

As you listen to the God of your understanding, we join in unity. I have a daily practice with God in prayer, meditation, and in the fullness of God's Love, now I give of myself for your healing. We must first heal our thoughts and in compassionate listening encourage others to do the same.

Penelope Williams, RScP
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The Importance of Seeing Others as Part of One Family of Humanity

Rev. Eugene Belilovsky

In my current work as a therapist, I see a fair amount of pain and suffering when working with clients and have heard many stories as well. Part of this has to do with the mental challenges they may be struggling with and another part has to do with the way they have been treated and/or currently are being treated by the people in their lives. I also feel that these two can sometimes be connected. It is saddening to hear over and over similar stories of abuse, discrimination, humiliation etc. Also, one does not have to be a therapist to see this type of phenomenon. One only has to look back through history or even to modern day events to find a plethora of examples of things like abuse, discrimination, assault, murder, and genocide of people who are deemed "different" or otherwise "undesirable," that are carried out by other

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human beings. This would apply to groups such as people who are gay, African American, Jewish, asexual, transgender and many many more.

The common thread here is that most of this hatred, discrimination, killing, etc. seems to have been done and continues to be done because these people are seen as somehow “different” and not worthy of the same love and respect. A lot of the time, it seems like this has to do with something as simple as a person having a different skin color, different sexual orientation, or different religious view. The real problem begins when people start viewing others in an “us” versus “them” fashion. In a similar way, an example would be if someone starts seeing another person as just a “liberal” or just a “conservative”, instead of as first and foremost, a human being with liberal views or a human being with conservative views.



I would even argue that in one way or another, most of the problems of the world are the result of people not feeling a connection with other people and not caring about them, especially ones that they perceive as “different” from them. Some people also seem to only care about their immediate family, their religious community, and/or the country that they happen to be living in, and disregard everyone else.

My view of the population of the world is like one family of humanity and that there is no “us” and “them,” but only “us.” There is so much more that unites us and connects us than makes us “different.” If more people realized that and started caring more about each other, loving and accepting others as they are, and seeing each other as part of one family of humanity, I think the world would be a much more peaceful and positive place.

*Rev. Eugene Belilovsky is a newly ordained minister from New York.
A warm welcome to you, Rev. Eugene, from your UB family!*

Celebrating Rev. Goddess Sofreeya's Ministry

An interview by Rev. Robin Morini



It was a joy-filled hour speaking with beloved Reverend Goddess Sofreeya who is celebrating **29** years as an active Universal Brotherhood Minister! We have talked many times throughout the years, but today she reflected back to March 1992 in New York City where Rev. Goddess Sofreeya was ordained by Minister/Director Carola van Dusen. To be of deeper service, eventually Rev. Goddess Sophia decided to embrace the mantle of responsibility and serve as a Minister Director. Throughout her years as a Minister/Director, she has introduced and ordained many new ministers into the loving embrace of our UB family. As she spoke I could feel the depth of her love of Creator and her deep desire to be of service to all beings. This desire to reach out further led her to a new path:



t.e.a. (the embracing angel) was birthed! Goddess Sofreeya explained to me that this quiet, gentle ministry represents her heart. In this space she wanted a place for people who were coming home from a busy day wanting some time to sit, relax and enjoy some quiet time.

For the first three years of Rev. Goddess Sofreeya's television meditation she sat in front of the cameras and continued to smile beautifully and quietly. Before long the program gained the reputation of "the quietest weekly program on TV since 1995."

Eventually her 30 minute television meditation evolved to include www.globalsanctuary.org, a website filled with soft music, gentle affirmations and lovely pictures of nature.

Goddess Sofreeya, from her home in New York, and me, from my home in Florida, joined together at www.globalsanctuary.org/tea, and listened to the i.am meditation on her website. Together we listened and together we whispered the positive affirmations..."I am whole"...I am joy"... "I am simplicity"...I am flow". The feelings of Love and peace highlighted my heart all day long, and I'm still smiling! I am so grateful for this beautiful space of love on her website. I look forward to visiting www.globalsanctuary.org again and again.

Thank you, Rev. Goddess Sofreeya, for your loving service of seeing the world with eyes of love.

Beautiful Blessings to you!

Rev. Robin



Continued...

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the embracing angel (t.e.a.)

“you are invited into this quiet place in cyberspace:

**to suspend the chatter of your ego mind
to freely explore your true being
to love your sweet divinity
to recognize and acknowledge you are spirit-visible
to experience the preciousness of each moment
to practice the behavior of love
to awaken and to live your dream
to be of service to humanity”**



*Reverend Goddess Sophia, The Embracing Angel,
is the Founder of Ecclesya: Universal Church of Embrace
and the television host of t.e.a. (the embracing angel)*

www.globalsanctuary.org

SUMMER SOLSTICE

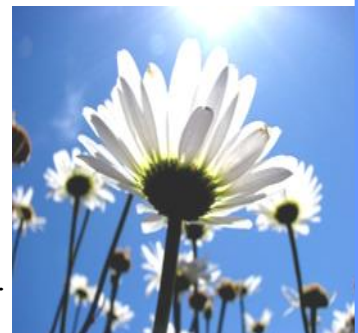
Rev. Dr. Jeni Prigmore

Bird song awakens me.
Outside my room
There's a new day awaiting my touch.

The rain clouds of yesterday
Have all disappeared.

This new day offers so much.
There are people
A whole beautiful world awaits.

My heart is so happy -
There's so much to do...
Let's see what God's bounty creates.



A Universe That Could Break Your Heart

Rev. Lawrence Brown

In the movie *Contact*, Jodie Foster is taken on an improbable ride through the universe. She plays an atheistic scientist in the film but when confronted with the cosmos in all its vastness, she is in awe, stunned in wonderment. “I had no idea,” she exclaims to herself – or maybe to God.

Recently, I bought a DVD from the Boston Museum of Science called *Star Gaze*. The film takes you on an extended version of Foster’s galactic ride. It’s the collected visions of the Hubble orbiting telescope. You play it with narration, or you can shut off the voice, and tour the universe with music. I recommend watching it in the dark.

It’s a humbling experience. In our ordinary speech, we use the word “reality” without questioning what reality actually is. How large is reality, for example? We look into the night sky and see stars sprayed across the heavens. The universe looks really large... until the Hubble telescope shows us a field of black dotted with spiral nebulas, each one a whole sky-full of stars. Then we see a horizon of galaxies packed into the distance as densely as oranges in a crate and the brain starts to fizzle at the edges. There is far more reality out there than we will ever be able to comprehend – and we’ve only seen into a tiny funnel of sky.



Then Hubble takes us into far places one by one. The universe appears to be divided into neighborhoods. Some of them remind us of paintings by old English masters, muted browns and umbers swirl mixed with highlights of royal reds and gold. Vast pillars boil up with pointed antenna like snails have – galactic nurseries for stars. And there they are, some hidden, some lifted out: blazing suns radiating shafts of light.

A massive galaxy pinwheels in space in shades of silver and white. New stars shine with brilliant blue light; dying stars in angry red. Another vast system has at its center an inexplicable brilliance too massive to be a star and too enigmatic to be a god. There are eyes floating in space, framed in diaphanous browns, each with an iris of dazzling blue. In the boiling caldrons of stardust enigmatic shapes appear and illusively disappear again as if, behind the scenery of the universe, great beings – or a cosmic Oz – are doing things we cannot even see, let alone comprehend.

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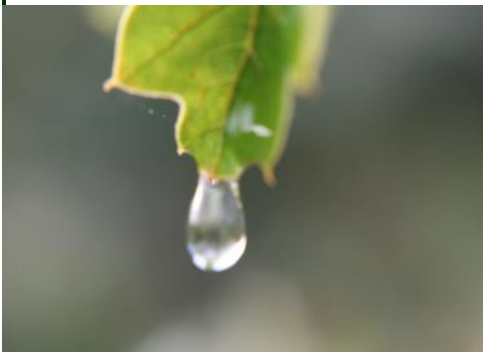
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Mostly, though, we realize a risen soul could float through this for eternity, never seeing the same thing twice and never seeing it all. Here, reality is not only unbelievably vast but also ephemeral. Reality is dying here. Whole galaxies of reality are blowing themselves to smithereens. New reality is being born in ecstasies of blue fire. And continually, we're reminded that each view contains more reality than we could apprehend in a thousand night skies.



Meanwhile, there are whole realities inside each leaf, inside each drop of water in a pond, down into the crystalline structure in a grain of sand...into each atom...into each part of each atom...billions of micro-universes beyond counting. Along the spectrum of the real, we are blinder than Mr. Magoo. Somewhere around here comes the voice of God: your thoughts are not my thoughts, nor are your ways my ways. No kidding.

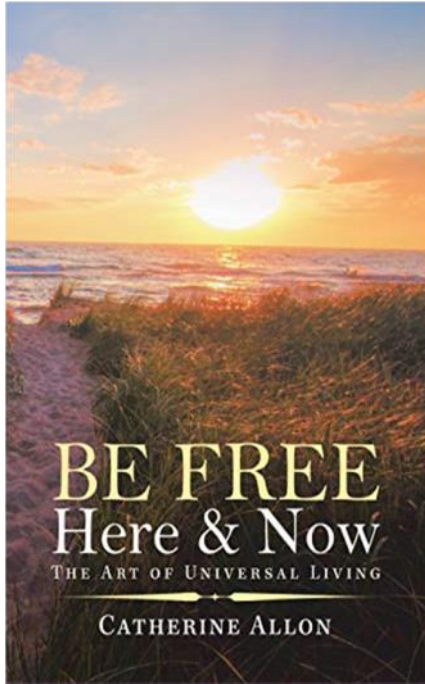
But then, it's spring on this tiny speck in this narrow sliver of reality. A baby bird wobbles with its open mouth and we see something Hubble cannot see from its gaze into space: the principle of mother love. Here too, there are spectrums, this time of sentience and compassion. Maybe this love exists in profusion down deep in all the places Hubble sees. However beautiful the spectacle is of matter created and destroyed, there is no pity in it and a wandering soul could ache for a companion to see it with. We have all the laws whereby the physical universe goes about its affairs, large and small. What we finally hunger for is not heat but warmth, not reality but truth. If God is Brahman, as Hindus see it, then God is the total of all the reality there is and the Mind that conceives it. We cannot imagine that, let alone approach it. So we seek the Divine in the narrow zones where we live, for without that, as wonderful as the universe is, it would break our hearts.



Rev. Lawrence Brown and his wife Rev. Benita Brown reside in Centerville, MA. They have been ordained since 1992 and they also serves as Minister/Director in the area of Hyannis, MA. Rev. Lawrence teaches humanities at Cape Cod Academy in Osterville, MA. He also writes a Friday column for the Cape Cod Times. You may contact him at omamerical@gmail.com

"A Universe That Could Break Your Heart" was previously printed in the Cape Cod Times.

Book Nook



Be Free Here & Now The Art of Universal Living

Author: Rev. Catherine Allon

Scientists have shown how trends in behavior take hold of a population and spread like wildfire when a certain number of people subscribe to a new behavior. Like the popularity of the hula hoop in the 60s, and the cell phone in recent years, today increases in yoga and meditation practices in many communities are also trending. That is the promise for self-realization and living in the present moment.

In *Be Free Here & Now*, Rev. Catherine Allon describes how in overcoming challenges, embracing

higher energy levels and engaging in heightening awareness, people become happier and more balanced. Individually, their lives are more free and fulfilling. As a population, communities of aware people will raise the Earth's vibrational energies, bringing about world healing and world peace.

Be Free Here & Now, the Art of Universal Living is an insightful book with excellent suggestions for becoming self-aware and creating world peace. Readers will most appreciate her conversational narrative style and easy-to-follow steps.

Certified to teach Kundalini yoga, today Catherine Allon is the National Coordinator in Canada for The Love Foundation, a world-wide non-profit organization based in the US. You can find Catherine's book on [Amazon](https://www.amazon.com/Be-Free-Here-Now/dp/1494000000) in paperback, hard-cover or Kindle formats.

*Rev. Catherine Allon resides in Canada.
She has been a UB minister since 1996
and also serves as a Minister/Director*

www.energyawakening.com

ccawaken@ca.inter.net

(416) 694-0232



Profound Gratitude

Rev. Dr. Karen Cosgrove

On this Earth plane I send out gratitude...deep gratitude for my being.
Gratitude for being here at this auspicious time in humanity's evolution.
I give thanks for those that have come before me to help prepare the way.
I give thanks to all who have held space and shone light in any darkness of the past.
I am grateful for the life force that is evolving into a light force.
This light connects me to all life and the Oneness of all there is.

Gratitude flows through my being as I experience ever more wisdom
and profound blessings.
I trust that all beings have the capacity to tap into the love, light, wisdom and Oneness.
At this time in humanity's evolution things may appear to be falling apart.

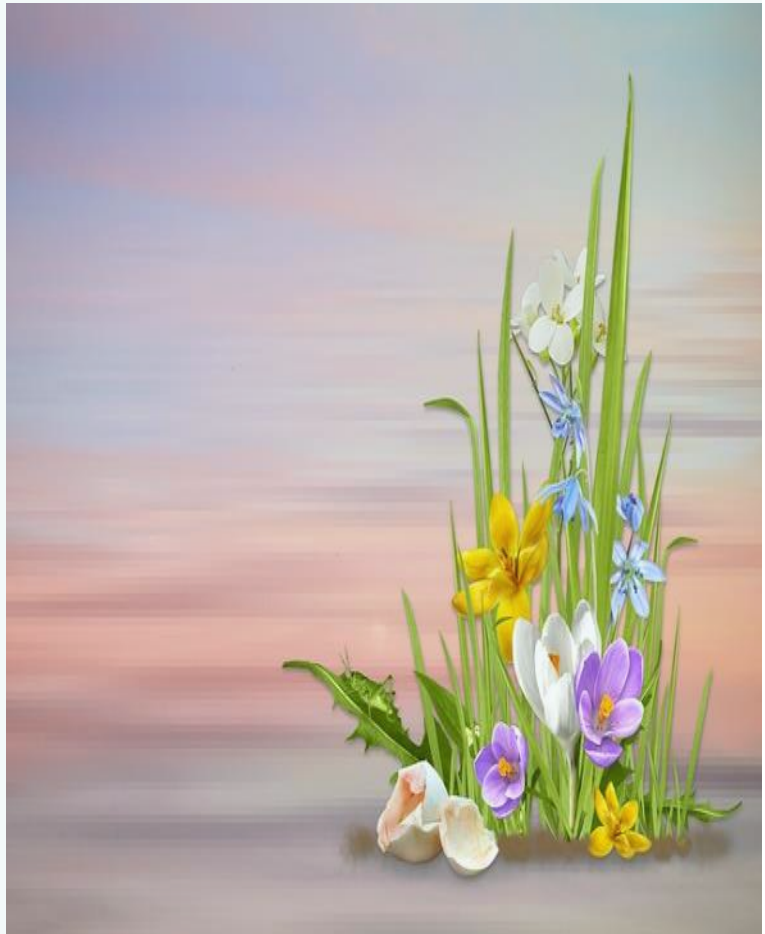
Yes, the old is falling away to
make way for the new.

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

Welcome it in and integrate it into
your being.

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

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



Energy Medicine: A Necessary Modality to Assist Healing from Anything!

Rev. Alison Brooks

What we know as “Universe/Source/G-d” does NOT understand language....no matter how clearly and precisely we speak.

“Universe/Source/G-d” responds ONLY to our Energetic Vibration and Frequency. In other words, if you are on the floor in the feelings of despair praying for financial relief, “Universe/Source/G-d” will only pick up on your very low vibrational frequency of Despair; it will respond, match your frequency, by giving you **more** despair.

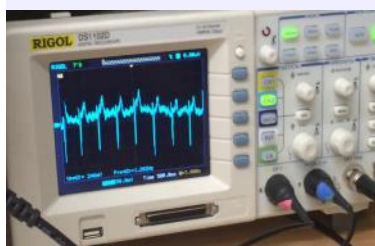
You can say affirmations a thousand times a day but if you do not say them together with a feeling of Joy, Gratitude, and Thankfulness....nothing will shift.

So in order to get your prayers, hopes and dreams answered, get yourself into the Feeling of gratitude, thankfulness, and joy **first** and then blurt out your desires...even if you are in the feelings for a moment. Add your wording in that moment and then trust “Universe/Source/G-d” received the request.

Oh and by the way...spirit knows no time. Let go of a timeline and let go of the “how will it work” question. TRUST Source to deliver your request in the most perfect way for you and at the most perfect Timing for you. Of course, your “work” will be to maintain and sustain a higher vibrational frequency that emits outward from the physical body to match and attract to you the desired outcomes of higher vibrational frequency people, opportunities and wellness. Like attracts like!



WHY ENERGY MEDICINE WORKS



The Human body is a complex collection of electrical circuits. The heart, brain and central nervous system are all powered by electrical energy which can be measured via various methods such as EEGs (electroencephalograms), EKGs (electrocardiograms), etc. This electrical energy within the body generates an energetic field that projects outward from the physical, four feet or more. This field, known as the Human Energy Field (HEF), has been scientifically measured and acknowledged to have a direct impact on physical, emotional and spiritual wellness.

Integrative Energy Medicine focuses on the assessment of the HEF, Chakras and more. Life patterns, caused by injury, chronic pain, disease, trauma, as well as extreme or chronic bouts of grief, betrayal, anxiety, depression, etc. show up as distortions or “energy clamps.” These distortions or “clamps” get dispersed somewhere along your Energetic Bodies, and affect the

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physical body as well as the emotional body. These low vibrational frequency experiences create a low vibrational frequency that emits from your physical body. Like attracts like, so unfortunately, Universe will tune into this energetic frequency and give you more similar vibrational frequency events by matching your energetics with similar energetic experiences. Also, “what runs in the family DNA” can also be discovered via this assessment.

THE ENERGY MEDICINE SESSION

I assess a person, who is comfortably positioned remotely or physically present, by using hand scanning, “psychic vision” and kinesiology. I do not require or need information from you for this initial assessment unless, if you have a serious medical diagnosis, I like to know that up front.

Once the assessment is made, we have a conversation. I reveal what is presenting or showing up; you, who will hopefully resonate with these findings, will then give me more details. Please know that Pandora’s Box will not be opened with the initial session; only those aspects that your body system is ready to deal with will come forth. So based upon your input and my intuition, the session is facilitated as you lie comfortably. Think of this as a deep Energetic Massage.

The Energy Medicine modality is a process of peeling the layers of our human journey thus far; the Work becomes deeper and deeper

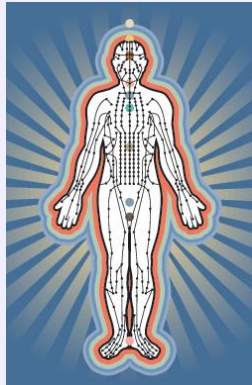


with continued sessions. By making adjustments, removing energetic attachments and balancing these distortions, the body system is set up to heal itself right down to cellular level. Energy Medicine is the **fastest**

method to expand your vibrational frequency. The caveat is....Work, between sessions, will need to be done by you! This process is a “tuck and roll” process.

It is very beneficial to have a therapist on board (as I call myself the “Sh*t Stirrer”); buried repressed and suppressed emotions come to the surface, along with information that can then get processed through talk therapy. This combination is most profound in moving people quickly through their stuff and I am open to collaborate with interested Psychotherapists, Psychologists, Life Coaches and Psychiatrists.

*Rev. Alison Brooks resides in Georgia.
She has been ordained through UB
since November 2015.
www.energymedicine-psychk.com*



Aging in Community: How Living Well Group is Changing Elder Care

Contributed by Rev. Paul Kervick

Vermont Business Magazine writes that Paul Kervick and Dee DeLuca have known each other for more than three decades. More than one-third of that time has been spent changing society's approach to elder care. The two entrepreneurs are altering how we as a nation, a state, and a community approach aging and health care as part of their [Living Well Group](#), with campuses in Bristol, Burlington and Montpelier.

"In 2004, I was attending a small gathering at a friend's house and someone in the group mentioned that she was looking at a place in Bristol for her grandmother," recalls DeLuca. "She said that they had looked at the 'Bristol House' and it was nice, but since it had been for sale for so long with no buyers in sight, the State was not going to relicense it as a Level III care home.

"Everyone in the group looked at me. I said, 'Oh no, no.' I had just sold the last of my businesses and was in the process of simplifying my life and making room for more creative pursuits. Well, needless to say, I was on my way over to the Bristol House a few days later. As soon as I stepped through the door, I knew this would be my next endeavor. It felt so right."

DeLuca gathered some investors together and enlisted the help of her old friend, Paul Kervick, to provide the nonprofit status and help with the vision for what this could mean not just for the 13 elders living at Bristol House, but the entire aging population in Vermont, and someday, nationwide. Thus, this first residential care home in Vermont to use an integrative medical approach was born, as a collective action.

Within six months, many residents of Living Well in Bristol evidenced noticeable improvements. A woman who was thought to have severe dementia

picked up the phone one day and had a lucid conversation with her family for the first time in

years. Another woman, who mostly sat in her room alone, got up and played the piano. No one knew she had been a piano teacher. The house came alive with new energy and new health care protocols that treated the whole person and not just their disease.

By 2017 Living Well Group had three facilities in Vermont — Living Well Residence in Bristol, Ethan Allen Residence in Burlington, and Heaton Woods Residence in Montpelier — serving more than 100 elders. Half are Medicaid clients. Paul and Dee are just as involved as they were in 2004 and are more committed than ever to expanding their humanistic and cost-effective approach to health care and elder care.

"We are working to shift the thought that aging is an illness and instill in our health care system and in our field of residential care that aging is a normal part of life and holds much value and promise," said Kervick. "No other business model encompasses the whole person like Living Well does. We approach wellness as the interconnectedness of body, mind, and spirit."

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Each of Living Well's residences has a homey feel, and all residents are encouraged to engage in meaningful connections with each other, with their care providers and extended family, and with members of the broader community where they reside. Family input and engagement also offer opportunities to design personal health plans and activities. Exercise, strength training, and healthy diets are all part of daily life that honors individual needs and preferences. The healthful benefits of local, natural foods, holistic medication management, and abundant opportunities for physical and social activity complete the circle of wellness, connection, and engagement that define Living Well's model of care.

"Aging in community is one approach on a long continuum of elder care. Once someone can no longer live alone at home, we provide a home for them with engaging activities, locally sourced meals, a naturopathic on-staff doctor, and a bevy of social interactions, if they so choose. We have witnessed an increase in joy and health in our residents," confirms Kervick.



Another cutting-edge program implemented by Living Well is Dynamic Governance — an organizational model that goes beyond effective, efficient management. Dynamic Governance creates communication circles within the caregiving facility and beyond. Individual residents, groups of residents, families, care providers, staff and community members take part in ongoing, timely and supportive dialogues. All concerned with residents' wellbeing provide their unique perspective and input to assure Living Well's delivery of services includes the best current innovations in health-care, unique wellness programs, and nutrition.

"I had been studying with John Buck, a leading expert in Dynamic Governance and Sociocratic principles, before we bought the Bristol



House," remembers DeLuca. "I was thinking I would use these methods in my next adventure. I never dreamed I would be using them as the guid-

ing principles for a residential care home. But Dynamic Governance absolutely complements our approach to care and our organization's structure."

What sets Living Well apart is the depth and breadth their model of care offers its residents regardless of ability to pay. For example: Living Well has 45% lower cost for their home-made, nutritious meals compared to the national average; 50% of their residents are Medicaid clients, the second highest percentage in Vermont; there is a 1:1 staff to resident ratio that tends to each individual's needs and preferences; more than 800 volunteer hours were donated last year for a wide array of activities; 100% of the residents have access to a Naturopathic Doctor who coordinates traditional and naturopathic medical treatments; and they have won seven awards in seven years from statewide associations, including the Governor's Excellence Award.

Someday, Paul and Dee hope to witness a seismic shift that ripples throughout our medical system and our elder care institutions. For now, they are working on expanding their model of care by providing a blueprint for integrating their interconnected modality to other residential care facilities in Vermont.

Paul Kervick and Dee DeLuca live and work with these words as their guide: *It is a basis of our endeavors, a single facet of a broader purpose, to redefine what it means to age in*

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America, with security, dignity, and connection to vital and caring communities. It is said that it takes a village to raise a child. We understand that it takes no less to uphold our elders.



Dee DeLuca



Rev. Paul Kervick

[Living Well Group](#) is a nonprofit organization with three campuses serving more than 100 elders and their families. Living Well Group's mission is resident-focused caring for elders that promotes wellbeing within a wide range of community connections.

Rev. Paul Kervick resides in Vermont with his wife Rev. Windsong Kervick.

To read more about Paul and Windsong, their labyrinth and Windsong's pottery, see their articles in the

[Spring/Summer 2020](#) UB GoodNews and [Autumn 2020](#) UB GoodNews.



Commonly known as the Silver Dollar Plant, Lunaria, Honesty, or Moonwort, these "silver dollars" are the dried seed pods that follow the beautiful purple flowers of the herbaceous perennial *Lunaria Annuua*. It has a spreading growing habit....so nice when money spreads, right?



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Coral Springs, FL 33067**

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954-974-1181**

**Website:
www.universalbrotherhood.org**

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

Love Never Fails

Rev. Eda Nell Long

Blessings and love for a Happy Heart today and every day. May you be happy, healthy and peaceful, embracing life with more connectedness, acceptance and awareness than last year at this time.



Each day we have a brand new start, we get to begin again, or we can choose to pick up where we were, same ole, same ole. We can set the intention that today is my happy day. I am expecting a great day today, I am joyfully embracing this day with all I am. Today is the best day of my life, then, even if it may not be totally awesome, it is already better than a repeat, same as day, because we make the choice to see it and live it in a new way. We are reminded to live fearlessly, as children do, wide open to whatever, expecting it all to be good. Yes, you can throw a million issues and examples at me of this world today, however, it remains, we have control of our beliefs, our thoughts and how we choose to live and respond to life. We can react, or relive the same way over and over with much the same results, or we can empower ourselves with new energy and new intentions to shift our view of what we don't want, into fueling what we do. It's all energy and it's all directed and decreed by how we think and replay our thoughts over and over.

I share this as a prelude to choose Love, "Love Never Fails." Love grows, love unfolds, love changes form continuously, much as the seasons do, much as our bodies and minds do. Love is the Energy of life, love is the very material all is created from, of and with.

Love IS. We can deny it, spurn it, reject it, but it is like our breath, it is a part of what we are composed of. Love is soul stuff, the heart holds it and yearns to constantly express it in any way it can. Love IS God, Love is Source, Love is the Creative Power and strength, the Presence of All There IS. We cannot remove love, we can redirect our body's mind and thoughts away from it or rile against it, but it does not change LOVE at all. All that appears changed is our perspective and way of holding it! And we know how tiny our view really is! Rise up, 100-200 feet and look again. Go a mile up and see what you see! Go

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deep within and allow yourself to really sit in what you feel, and see if you can go deeper to the origin of the first time you felt that particular feeling. Ha! Another perspective and awareness awakens within you. Love



is the only true energy that we cannot change or erase!

For me, I pray to love more, to love deeper, wider, longer and higher! I yearn to be all the Love that can flow through me into this world. Yes, I fall short, I grapple with emotions that are less than loving, and I know that I can try again. I can reset myself! I will have another moment to choose to be more loving and less annoyed. I can rise higher

than I was just then. I can let go of the fear of being less, of being wrong, of being disrespected, unloved or unappreciated. I understand that my reaction is my choice and perspective based on where I have been, seen and experienced. I am choosing love, more love, greater love, love without conditions, no matter what! Right now!

"Love is life. All, everything that I understand, I understand only because I love. Everything is, everything exists, only because I love." ~ Leo Tolstoy, *Where Love Is, God Is* (1855)

I am expanding my resistant self, yet again. I created an Etsy site before the end of last year. I have begun to add more and more to it. It is truly a stretch as I much prefer to create than to sit at this computer and enter so much, then to take enough good photos to post and describe what I have posted. Thank you for looking at my site and sharing it! If you have a social media site please do share me far and wide. Etsy has many, many thousands of vendors. It is quite a feat to be seen and get going. **I am including my Etsy link at the end of this article and I thank you with all my heart!** I am thrilled to share my work with you in any way I can.



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I originally wanted to sell my art and photography on Etsy. However, I dearly love to make jewelry. I sit and smile as I do. I pray that the light will shine through the sparkles and hearts that I mostly use. I pray that the person wearing all I create will feel the gentle flow of love into their mind and heart and they will have happy times each time they wear it as well. I **ble**ss **all my work and love the process** of creating as much as I do finding heart shells and beach glass! To me creating is a spiritual synergy, the gift of Source flowing through me. I let go as I create. If I get stuck, frustrated or feel stressed in any way during a piece, I stop, I breathe, sometimes I get up and dance, get tea or just go to the beach! I let go and do something else. It seems important to allow a piece to express through me rather than force it into being. I hold intent, envisioning what I have seen when holding the stones, glass or shell, and I bless and pray for the receiver.

My message is love; looking for the simple, true, natural beauty in all. I and my work are imperfect, simple and unsophisticated. I have yet to reach the mastery level. I may not reach mastery; however my passion and joy in creating jewelry, cards, art and photos is more than enough for me. May my work touch your heart in some way and may it bless you if it comes to be yours! Oceans of love and blessings.

Rev. Eda Nell Long resides in Matagorda, Texas. She has been an ordained minister with UB since 2003. Email Rev.

Eda here: edalong@outlook.com

Rev. Eda Nell Long, LMT, RM
Hearts Matter and Hearts from the Sea
Ministry / Massage / Art
Etsy: [HeartandSeaArtbyEda](https://www.etsy.com/shop/HeartandSeaArtbyEda)

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Jewelry & Heart Art inspired living on TX Gulf Coast





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.

UB is on [Facebook](#)!
LIKE us on [Facebook](#), and SHARE content!

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



\$23.99
Postage
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ARTICLE SUBMISSION

To submit an article for our
newsletter:

Email your poetry, article,
recipe, blessing/prayers, shared
thoughts and ideas to

robin.ubm@gmail.com

You can also send your
articles to our office:

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

SUBMISSION DEADLINES:

Autumn Issue: August 24
Winter Issue: November 16

UB FACEBOOK

[https://www.facebook.com/
UBMovement/](https://www.facebook.com/UBMovement/)

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

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

One of the ways to help spread and dis-
tribute this goodness is to share our Fa-
cebook page. Let’s send it around the
world!

UB Website Directory

Universal Brotherhood Movement,
Inc., has a wonderful “tool” for all
UB ministers located right on our
website:

www.universalbrotherhood.org

In this Minister Directory you will
find ministers who have requested a
listing in this public directory, and
you can request inclusion on this list
too.

If you would like to be added,
please know:

- You must be an active member
- You must include a link to your website
- You must have a privacy form on file with UB
- We will not list phone numbers or email addresses in the directory

If you are interested, please com-
plete our contact form with a re-
quest to be included in the directo-
ry, and include your website ad-
dress.

Send your request to:
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UB Administrative Office Phone Number

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NOW AVAILABLE: Clear Quartz Pendants

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

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



Please call Robin: 954-974-1181

Email: robin.ubm@gmail.com

www.universalbrotherhood.org

**"Let each one give as
he has decided in his
heart, not grudgingly or
under compulsion-
for God loves a cheerful
giver."**

2 Corinthians 9:7 TLV

UB MINISTER BUSINESS



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

Please consider supporting your fellow UB
ministers in their practices!

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

Robin Morini for details:

robin.ubm@gmail.com

Let's Stay In Touch!

Staying in touch with our worldwide membership means we work every day at updating the contact information for all UB ministers.

It's important that we have your current contact information, **especially your email address**. Much of our UB communication is sent via email, so a current email address ensures you can stay informed.

Please print this page, complete it, and mail to:

UB Executive Director Robin Morini
Universal Brotherhood Movement, Inc.
PO Box 670278
Coral Springs, FL 33067

Or—even better!—scan the completed form and email it to
UB Executive Director Robin Morini via robin.ubm@gmail.com.

Name: _____

Address: _____

Phone Numbers:

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Email Address(es): _____

Website(s): _____

Anything else you would like to share? _____

