

UB GoodNews

Universal Brotherhood Movement, Inc.
Newsletter ~ Autumn 2021



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Everything In Good Time

by Rev. Dr. Jeni Prigmore

Learning patience through the years—
Sometimes with smiles,
Sometimes with tears:

Each piece of it creates a shift
Each syllable a shining gift
To help as I attempt to see
The changes it brings forth in me.

Benefits and JOY reside
Within my heart as I abide
In peaceful KNOWING it is won,
As I believe, behold—it's done.

The dreams I've held within my heart
In time, kind providence imparts.





Your Ordination

by Rev. Dr. Rick Prigmore

In “Song of the Open Road” Walt Whitman wrote, “From this hour I ordain myself loosed of all limits and imaginary lines.”

Some of us think ordination is for a person of the cloth. The truth is we are all “from the cloth” of Spirit. Every one of us wears that seamless cloak. Every one of us has been ordained by God, but it is up to us to claim that ordination. In what way will you live up to your holy decree?

You, who have chosen to request recognition of and credentials for your ministry through the UB process of ordination, have claimed your divine gift from Spirit. Some of us thought we were requesting ordination for one reason or another: protection or confirmation or validation. In truth, we’re acknowledging and accepting that divine right and responsibility to minister to our fellow terrahabitants. For each of us that ordination has manifested in different and unique ways.

There are some who channel life-enhancing energies in one discipline or another. Others share their special talents of the physical senses: music, painting, orating, teaching, feeding, caring and praying. Still others offer skills of medicine or law that seek to integrate the physical with the metaphysical for the enhanced benefit of mankind. Every one is engaging in his or her ministry exactly as is right for them.

In truth, however you choose to manifest your service to the brotherhood of mankind, it is your PRESENCE that is of greatest value to your ministry. When you go within, to the core of your being—to that quiet place of “All-in-All”—you merge with the Creative Source of all Life and BECOME THAT PRESENCE. From then on, Life becomes maximized in your every experience.

Go and BE that PRESENCE.

Rev. Dr. Rick Prigmore and Rev. Dr. Jeni Prigmore founded Universal Brotherhood Movement, Inc. in August 1976.



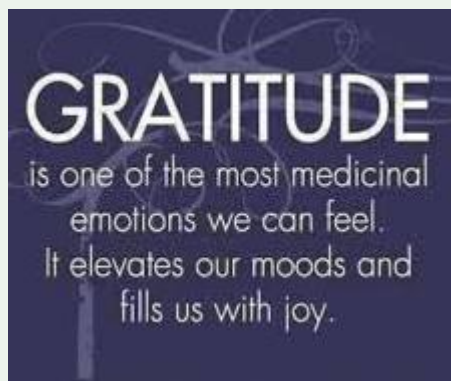
A Word or Two About GRATITUDE

by Rev. Rosemary Cathcart

As we approach the closing days of 2021, we are ushering in the heartfelt and plentiful celebrations of Thanksgiving, followed by Christmas and New Year's. These are all times of coming together with family and our loved ones across the broad spectrum of our lives. But I'd like to talk about the daily Blessings that usually tend to go unnoticed. For instance, just this morning I woke up, **alive** and in my own bed.

Not only did I wake up in my own bed in my own home, but I got myself up and dressed and ready for the day under my own steam. I don't think any of this can be taken lightly, whether you're 30 or 80, because each day is a gift of the highest order.

After getting myself together for the day, I got my 9 month old puppy, Brady, out of his sleeping crate and we proceeded to enjoy a lovely walk around the neighborhood. True to form, this little rascal, as he always does, found every mailbox post and every close-to-the road tree to mark his territory. Of course to him, the entire world is "his territory," and that is just as it should be. The world is our territory too, if we have the courage to claim it.



I believe in optimism, so much so that I "set my intentions" every day when I wake up. At the close of each day, I take the time to do a "review" of the day, giving thanks for each and every event. Even if something kind of went "sideways" for me, I examine my role in the situation, hoping to do a better job of things the next time around. We are constantly in a state of

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evolving, learning more about ourselves and the world around us. When we are willing to be truthful to ourselves ~ also while being in a state of true gratitude ~ we open the door of consciousness to a deeper understanding of our Divine place in the entire scheme of life.

Meister Eckhart, the extraordinary German Catholic theologian, mystic and philosopher, was a teacher without limits. His entire philosophy of how we live life revolved around the concept that, "If the only prayer you ever say in your entire life is thank you, it will be enough."

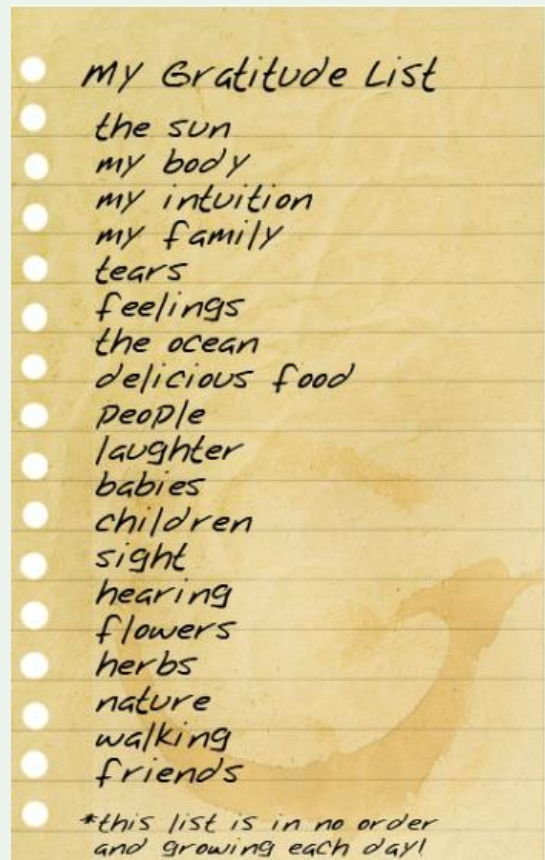
What does that inspire within you about the importance of gratitude? How do you know that it might not be the one missing link to having all of your life's most cherished hopes, wishes and dreams from coming true?

Try this exercise for a day ~ or a week ~ or for even one whole hour **if** you're willing:

"Say THANK YOU to everyone and to everything that appears before you or occurs in the course of your day!"

And if someone or something unpleasant happens by, I dare you to have the courage to "thank" them for it. And not in a snarky or rude way, either. Just a simple "Thank You": "Thank you for coming to my door, thank you for letting me know the bill, the story, the assignment (whatever it might be) is overdue!"

It is a genuine skill when we learn to thank everything in our lives and to genuinely mean it. To mean it because we are learning to say YES TO LIFE! We are genuinely appreciating the fact that we have a life to be living through. How's that for an interesting concept about life?



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I'll leave you with one final thought from Meister Eckhart, and it is one of his most brilliant, at least to me:

“Above all else, know this: Be prepared at all times for the gifts of God and be ready always for new ones. For God is a thousand times more ready to give than we are to receive.”

If you're reading this, then odds are that you are in a physical body, and if that's the case, you have ample opportunity to claim a better, happier, healthier and more gratitude-inspired life for yourself. Please give it a try and be ready to experience life on a new level, understanding that the flow of time is a magical illusion. When we elevate our consciousness and we claim our good in every second through the vehicle of genuine and sincere gratitude, then life opens up to meet us wholeheartedly. The more gratitude we express, the more the Universe gives us to be grateful for.



*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*





CEREMONIES & RITUALS CERTIFICATION CLASS

INSTRUCTOR: REV. PAULA T. WEBB

What exactly is the difference between ceremony and ritual?

Are ceremony and ritual really the same thing?

When is ritual more important than ceremony? And vice versa?

**New for 2022, Universal Brotherhood will begin
class offerings to UB members.**

With our first offering, you can acquire a deeper understanding of how ceremony and ritual began with our ancient ancestors. Learn how important it is to continue to perform ceremonies and rituals today while embracing and building on the root meanings of both concepts

Class developer and instructor Rev. Paula T. Webb notes that “in your ministry, quite a bit of what you may encounter today are people in distress, who need comfort. Giving some sort of professional comfort is, in essence, being a guide, a leader, a person with expertise to help another during a time of ‘dis’ comfort.”

Rev. Webb states that ceremony and ritual can be appropriate for all living things: humans, animals, and even plants!

This class will give you a better understanding and perception of what ceremony and/or ritual may mean to others, as you minister to them. The \$350 class offers a maximum completion time of six months as you work at your own pace. You’ll receive lessons from the instructor by email and return your answers to the instructor by email.

We hope you will join us for this first of what we plan to be many offerings by various teachers.

Keep an eye on our UB GoodNews newsletters, the Love Notes emails you receive from President Rosemary Cathcart via the UBPresidentRMC@gmail.com email address, on our [website](#), and through our [Face-book](#). **Watch for more details!**



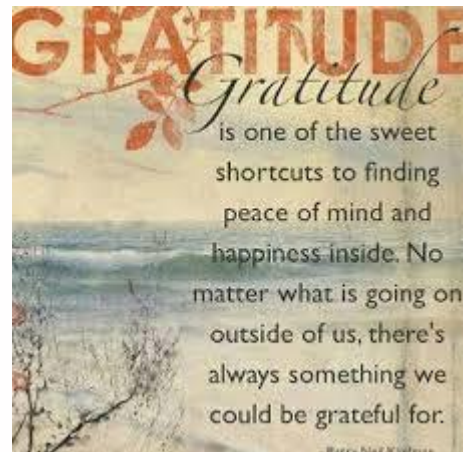


Gratitude Is Just Another Muscle

by Rev. Kelly Graham

We constantly hear about having an “attitude of gratitude.” I’ve seen (and, full disclosure, used and posted) numerous memes about it, in every permutation: how gratitude is “medicine” and it brings a whole host of health benefits*; how gratitude + wonder = happiness; how gratitude makes a house a home; and many more (you’ll probably find several of these on the [UB Facebook](#) page...feel free to “like” and share the content!).

There are books on how we need to exercise our “gratitude muscle” every day, and webinars and workshops on exactly how to do that. Ryan Dunn of Rethink Church suggests that exercising the gratitude muscle is simply like other exercise. “During anxious or cumbersome times,” he writes, “are when we look at gratitude akin with working out a muscle. When new to working out, we cannot lift the heaviest weights. Instead, we have to train our way up, starting with lighter weights and working the muscle until we have the strength to lift something heavier.” Dunn suggests the basic steps of keeping a gratitude journal, offering a prayer of thanks, or practicing mindfulness are good ways to start working out your gratitude muscle.



For me, and maybe for most, it’s not always so easy to remember to practice reacting with gratitude. Sometimes gratitude is automatic and breaks over you like a wave, and you’re flooded with thankfulness. Other times you gotta *consciously* acknowledge your “challenges” (I love that euphemism for “problems”it’s so corporate!) and *consciously* choose to feel grateful in spite of them.

“Grateful?” you might, well, snort (I don’t blame you. There was a time I would have snorted). “Do you know, do you realize, do you have any

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earthly idea what I have to get done in the next two months in order to get a bonus/pay the bills/keep my job/pay the rent?” Well, yes, I do know. I know really, really well. And still I say: be grateful, or at least start working out that gratitude muscle.

I think we should consciously work to feel gratitude for *everything* in life. It's easy with the good stuff, of course, but we also need to find a way to feel grateful today for the things we desperately hope will somehow seem funny to us in the future.

Owing money, for example. That's a reality for a lot of people, in lots of different situations. I know many who've had months when they felt their best choice (actually, they felt their *only* choice) was to pay the rent with a check written on a credit card. I've done that, and maybe you have too.

Some years ago, I read about a concept that seemed completely illogical to me: *feel gratitude when you write the checks to pay your bills*. Now, look, I'm in investments. I *like* money. I like having it around! But I should feel *grateful* to send money out of my bank account? Really???

Here's the concept: if you have bills, it means someone, somewhere, at some level, trusts you enough to advance you money and goods and services and expects you to pay for them later. So to someone, somewhere, you are worthy. *You are worthy*. And if you have more bills—hey! More people trust you, and more people think you're worthy!

Now, I'm not suggesting you go out and borrow a lot of money or run up charges on credit cards to “prove to the world you're worthy.” I *am* suggesting you choose to not resent the bills, and choose to feel something else (gratitude) when you prepare your payments each month. The bills really do mean more than the fact you owe money. The very act of feeling grateful can palpably change a situation, so you can, and should, **CHOOSE** how to feel about it. And this, again, is “exercising the gratitude muscle.”

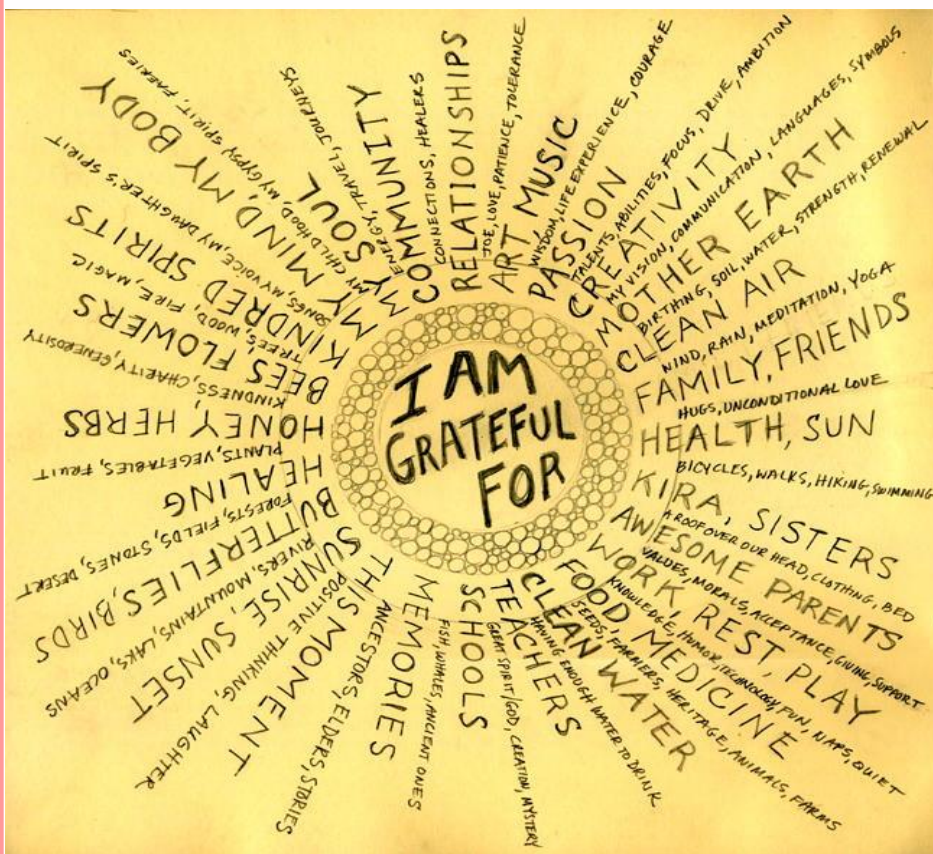
Here is an absolute truth: when you are grateful, you draw to you more to be grateful for. That's an awkward sentence structure, but I trust



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it's a clear idea.

Make the decision that it starts with you. Work on feeling gratitude *now* for every single messy chaotic situation you're involved in for your children, your partner, your siblings and parents. Work on feeling gratitude *now* for your financial opportunities at work; for the chance to meet your wonderful clients; for the opportunity to work with your terrific co-workers; for the chance to make a difference in people's lives. What an incredible way to make a living, and what an incredible way to build a life!



*Gratitude re-
searcher Dr. Robert
Emmons, author of
Gratitude Works,
cites numerous
benefits from prac-
ticing gratitude, in-
cluding increased
energy, enthusiasm
and happiness;
more success in
achieving personal
goals; more resili-
ence and better
stress coping mech-
anisms; increased
feelings of self-
confidence and self-
worth; and im-
proved relation-
ships.

She can be reached at kellygraham@brileywealth.com



Information for Ministers: Liability Insurance

In response to many phone calls regarding liability insurance, one of our UB ministers has mentioned *Healing Touch Professional Association* and *Energy Medicine Professional Association*. The associations have partnered to offer liability insurance for energy healing therapies and spiritual counseling.

Learn more here:

<http://www.htprofessionalassociation.com/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.

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Website:

www.universalbrotherhood.org

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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).

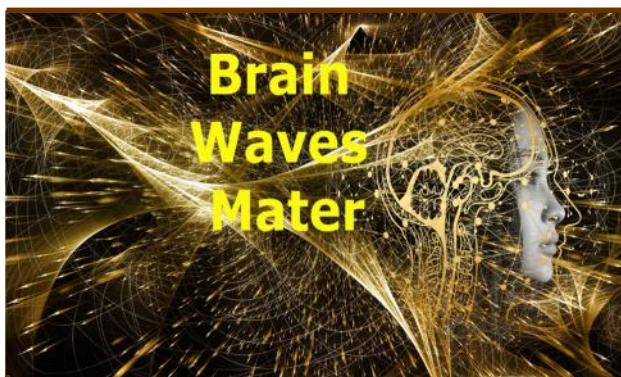
***These beautiful pendants capture
the Light and are filled with UB Love!***

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.



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Brain Waves Mater

by Rev. Robert Mazak

Yes I am jumping in with all the groups that say they matter....sort of. The title of this article is Brain Waves Mater and likely appears to be a very simple phrase, however, it is much more complicated than it seems. Brain Waves do matter, yet, the spelling of matter is different, it is that they “mater.” So, let me break this down for you a little more.

First, I will discuss where this phrase came from for this article. This phrase was given to me in my dreams one night, and not just given to me, but repeated over and over with the emphasis on the last word, “mater.” Dreams are an interesting medium for receiving all kinds of information, guidance, and intuition. There are many scholars who suggest that our soul travels to many other dimensions, timelines, and astral planes every time that we fall asleep. Others suggest that we are simply connecting better with our subconscious mind as our conscious mind slips out of the equation. The subconscious certainly has a reputation for being the link to all there is, all there was, and all there shall be – sounds familiar, doesn’t it? Perhaps we are simply a command audience for spiritual entities, such as angels, to be able to communicate to us without our conscious mind getting in the way. Regardless of where this information comes from, there have been many documented accounts of invaluable information being received during our dream state.



I think that most of us know what brain waves might be, and how they might be measured, but what about the “mater” part of this phrase. What is unique about this word being in the phrase is that our brain and spinal cord is covered by three layers, one being the “dura mater.” This roughly translates to “tough mother” and is the thicker and tougher layer that helps protect our brain and spinal cord, while also forming a container for the cerebral spinal fluid that bathes and nourishes the brain and spinal cord. Most obviously, the brain is our computer, the magnificent array of billions of nerves and connections that processes what we perceive as our reality; and just like a computer, our brain works using waves or patterns. The basic meaning that I received about this phrase is that there is a strong protector, covering one of the most elaborate computing structures on this planet, and allowing our brain to connect and resonate with our earth and our reality.

Brain waves are a very important part of the encoding of our reality and how we thrive in this

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world. These waves generally resonate at the same rate as our mother earth does, so we are truly and specifically designed to have a connection with this world. But what happens when these waves become out of sync? When our brain waves are out of sync, we begin to find ourselves entrapped in many physical and emotional disorders, disease, and dysfunction. Our ever growing technology has truly begun to affect our health and mental wellbeing. We do begin to become like our environment and fire out of sequence when we subject ourselves to this technology and the high resonating energy soup that has become the norm. Our brains are designed to operate at a frequency or wave at 7.38 cycles per second, however we are steadily bombarded by super high resonating energy with our technology. We are currently being bathed in the new 5G technology and that is having devastating effects on our brain. 5G equates to 5 billion cycles per second; can you imagine what that might do to the normal brain waves?

It is no wonder why we have so many more problems with ADHD, anxiety, depression, PTSD, and complex trauma, to name a few. When the elephant in the room, the 5G elephant, is the dominant frequency, the lower operating frequency of our brain gets knocked out of sequence. I know that it is difficult to escape all the frequencies of our 5G, 4G, and all the other electromagnetic energy that is saturated in our environment; however, there certainly are ways that we can minimize the direct interaction. Our “tough mother” cannot hold back all the energy and frequency disruption of the technology soup we find ourselves in; unfortunately, it will likely get worse before it gets better.

Interestingly, energy waves will try to equalize and try to synchronize to the same frequency; this is basically what the definition of entrainment is. If you took three violins and tuned two of them to the same frequency, and the third to a slightly different frequency, eventually the third one would begin to become the same as the dominant frequency of the other two violins. Can you imagine how hard our bodies are working to try and protect our minds from becoming entrained with all the high frequencies of our technology? Outside of wearing a lead suit and not using any technology, what can be done to realign the proper brain cycles?



Meditation is the answer. Done correctly, we can realign our mind, body and DNA and entrain them all to operate off the natural cycles that we have all been encoded with. The purpose of this article is not necessarily to teach you the proper way to meditate, but to bring to your attention that we all possess the tools to be able to realign ourselves. Our entire body is simply energy that is arranged specifically to be you, and we have the energy and ability within ourselves that is needed to create anything we want, especially to create perfect health and an aligned existence.

Our brain waves really do “mater!” Isn’t it time that we took advantage of our innate ability to heal ourselves and protect ourselves from the environment that is difficult to escape from? It is

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time to take charge of your existence and entrain your brain waves to resonate at their natural and optimal state.

*Rev. Robert Mazak
was ordained in
2016 and resides in
Texas.*



MAZAK ETS offers services in: Hypnosis, Psychic Mediumship Reading, Intuitive Reiki, Reiki Certification, Life Coaching, Personal Training, Past Life Regression, Marriage Ceremonies, doTERRA Essential Oils and Sports Tapping. See Rev. Mazak's ad on page 20

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Ministry Starts With A Personal Connection To Spirit

by Rev. Briana Quarles

"Ministry starts with a personal connection to Spirit. My spiritual journey has taught me about openness, humility, vulnerability, and acceptance. It has taught me the importance of having the space to explore, evaluate and adapt without fear of judgment. My role as a minister is to offer inspiration, support and unconditional love to everyone who needs it and through that, I hope they are able to find Spirit.



"My ambitions to become ordained have inspired me to create accessible ways to teach people multiple ways in which they can connect to Spirit and to remind them that it is ultimately their choice."

Rev. Briana Quarles is a newly ordained UB minister. Congratulations, Rev. Briana, we warmly welcome you to our UB family!





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:

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UB FACEBOOK

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

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

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



Thanksgiving Prayer Template

Ask your Thanksgiving guests to help complete it!

*For this food, [especially the _____],
we give you thanks, O God.*

*For _____’s hands who prepared it,
we give you thanks, O God.*

*For _____, which gave us so much joy
this year, we give you thanks, O God.*

*For the memory of _____, whom
we lost [this year], we give you thanks, O God.*

*For the love of _____, who
could not be with us, we give you thanks, O God.*

*For _____, with us for the first time,
and the gifts of _____ they share with
us, we give you thanks, O God.*

*For people who serve and support those in need, es-
pecially _____, we give you thanks, O
God.*

*For the gift of faith, and the blessings of
_____, we give you thanks, O God.*

*For _____, we
give you thanks, O God.*

*For _____, we
give you thanks, O God.*

*For _____, we
give you thanks, O God.*

*For people who are hungry today, people who work
today, people who are lonely today, [and*

*_____,] we ask
your deliverance and loving presence, O God.*

*In the name of the Giver of All Good Gifts, we pray.
Amen.*

Tears

by Rev. Anne Sermons Gillis

There are tears scattered throughout my mind and my heart. They land softly in my world. And they are good tears. When my daughter left for college, I was bereft. I found comfort in a cemetery. It was a place of mourning. I joined the ranks of the bereaved, and in those hallowed grounds of suffering, I let my tears flow. Refreshing. Those tiny drops were my salvation.

There's a deep vulnerability in crying and letting go of holding it together. *Tears detoxify the soul. They wash the dark places of our hearts and reassemble the puzzle pieces of our confusion.* And yet, in no uncertain terms, society maligns our tears. They are deemed weakness by life's hardness. Just let one tear fall and we apologize to our peers.

I love how children cry. I recall my grandson Thomas's eyes filling with tears when we parted at the airport in Houston. He was only three, and as he walked away, with his mom, I remember his tear-stained face disappearing down the corridor. That memory fills me with sweetness.



I am a buffalo heart: one who feels others and cries with them. I cry for the trees, the air, the waters, and the animals. My heart grieves as humanity commits crimes against itself and others. *We need good grievers.* We need those who mourn for the loss of sweetness, compassion, and tenderness. We need snotty noses and glistening eyes to bear witness to Mother Earth and to all forms of injustice.

We need the desperate moments of our lives to show up on our faces. They should not be hidden under a smile that never reaches our eyes. Our darkest moments need the light of expression, not suppression. *There are already too many self-proclaimed martyrs.*

The world peddles excellence, strength, and success, and turns its nose upward, away from the complexity of reality. *We have lost our ability to balance greatness and despair. It is not allowed.* "Chin up. Where's that smile? Don't cry." We are admonished for taking the medicine that can restore our strength. Tears are the medicine for weakness. We need a few moments in our lives where weakness can come forth, or at least pass through with acknowledgment. We do not have to cry daily. We do not have to be perpetual wailing machines, but we do need a space where



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all sentiments and emotions have a voice. *We need the grail of grief to open us to a field where the ego is not welcome.* We need to listen to the rhythm of life and to open to what appears. We need the dark, velvety blanket of grief to comfort us when our dog dies, when our child is injured, and when our partners leave.

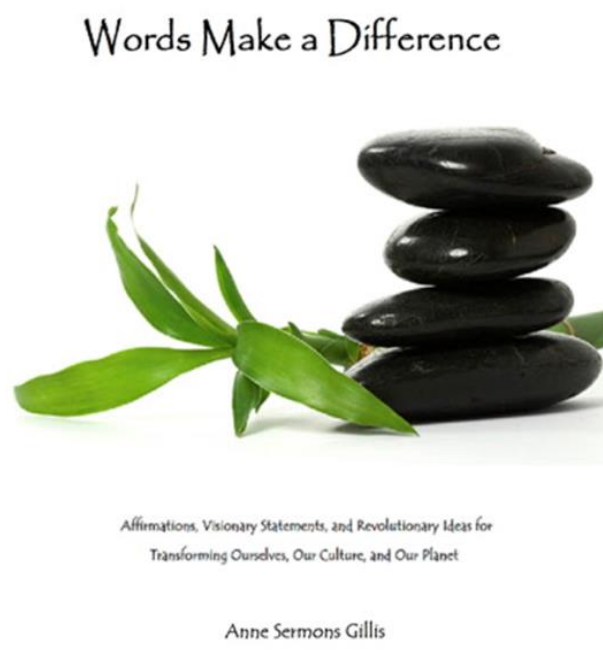
We need the good, the bad, and ugly, if we are to walk the sturdy path of aliveness – the path that leads us home to the self. We need the spa and the garbage dump to unlock our hearts and to restore our vision.

I think Peter, Paul and Mary's powerful, soul-touching song, [Take a Chance](#), invites us to the best our tears can offer.

Won't you take the chance
And let your tears start falling?
Ignore the fearful warnings of your mind;
Let your heart for once do all the talking.
And believe that you deserve for the sun to shine.
Believe that you deserve for the sun to shine.



The next time our heart aches or we shed a tear, no need to reach for the light. Let us rest for a moment in the great unknown and see what our tears offer. *Let us bask in the temporary shrine of the soul and create a soft space for our wounded parts.* Let us not hide the parts, or luxuriate in them either. *Let us allow the wordless pain to flow for a bit, so we can retrieve the joy that lies beneath the age-old sorrow of existence,* because when we do, everything becomes EZier and EZier.



This November Rev. Anne Sermons Gillis celebrates 26 years as a UB Minister! She resides in South Carolina where she publishes her online newsletter The EZ Secret: The EZiest and Most Effective Diet on the Planet—Live an EZ, Simple, Healthy Life

anne@annegillis.com

You will find Rev. Anne Sermons Gillis' book, "Words Make A Difference" Featured in Book Nook on page 19



Your Mustard Seed

by Rev. Mary Ann Barry

A note from Rev. Mary Ann: The gospel reading mentioned the mustard seed parable. I also bought a mustard seed necklace on Amazon and it got to me in time for the service. I passed the necklace in a box throughout the gathering so they could experience and touch and see that little miracle of Nature. Nature was a theme throughout my service. I wore my dragonfly scarf as my stole over my white robe. A little bird right outside the back window sang through the whole service and when I parked in back at my arrival, five beautiful caramel colored chickens greeted me as I got out of the car. No one knew where the chickens came from. It all was so calming and a sweet nudge from above.

Hope you enjoy this.

*Love & Joy,
Mary Ann*

I cannot know or suspect the range of diversity that is here in your faith community. Diversity is, in and of itself, beautiful – who does not appreciate the diversity we experience in Nature? So many different birds, flowers, trees, fish in the sea. So many different critters eating bird seed that I throw out each morning on my driveway. And so many creatures hidden in our forests, in sanctuary and safe from the bulldozers. Last but not least, insects and bees and tiny creatures that pollinate our future meals... securing our future.

Even our mustard seeds – that tiny divine spark of faith that lives in our souls – is diverse.

We seek closeness, community, fellowship and reassurance from our faith communities. And most people are exposed to that journey as a child and the longing to belong. We are on a soul mission that sometimes leads us to a church or service. Our mustard seeds might have been watered and cared for and free to grow and bloom. But many of us lost track of our mustard seeds along the way. Perhaps religion was a torment for some. And for others, the concept of faith changed over time and space and life experience.

When Jesus asked us to join Him in creating heaven on earth, he was not specific in words. But He showed us by example. He hung out with everyone! He loved and treasured everyone! He did not check IDs at the door but freely healed and dispensed His amazing grace. His disciples and apostles at times were shocked by His behavior and maybe embarrassed too. But He never wavered in loving and accepting and welcoming everyone – no matter who they are or what shape their little mustard seed was in.

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This pandemic and all of the ripple effects that it produced has rocked our world. Some people have experienced great loss. But wherever you find yourself this morning in mind, body and spirit – know this: LOVE WINS! Your mustard seed, your divine spark is alive....even if you feel nothing, trust me, it would show up on the monitor as a persistent hopeful blip.

I do not care how you voted, where you grew up or how much money you earn. As the Buddhists greet each other they bring their hands together and nod and say “Namaste,” which means “the divine in me recognizes the divine in you.” Our mustard seeds recognize each other – in spite of all our diversity. We are children of God! How does it get better than that!?

So my beloved, go out there into your piece of the world and make a difference. No matter what you do, do it with love. Push out all judgment in your mind. Work on quietly and mindfully forgiving all who have wronged you. And feel the freedom that forgiveness brings. Forgiving sets you free FOR GIVING! With this intention, you will have meaning and purpose in your life. And your mustard seed?! Well, good luck finding it because it has now become a tree!



I offer this message in thanksgiving to the Holy Spirit who wrote it with me. I ask our heavenly Father/Mother and our brother and savior, Jesus of Nazareth to protect and grow our mustard seeds.

May the God who created us all bless you and keep you safe and may you feel God’s hugs and love. Amen!

*Rev. Mary Ann Barry resides in Massachusetts.
She is a Celebrant and has performed many heart-reaching ceremonies.
<https://www.linkedin.com/in/mary-ann-barry-9199ba27>*

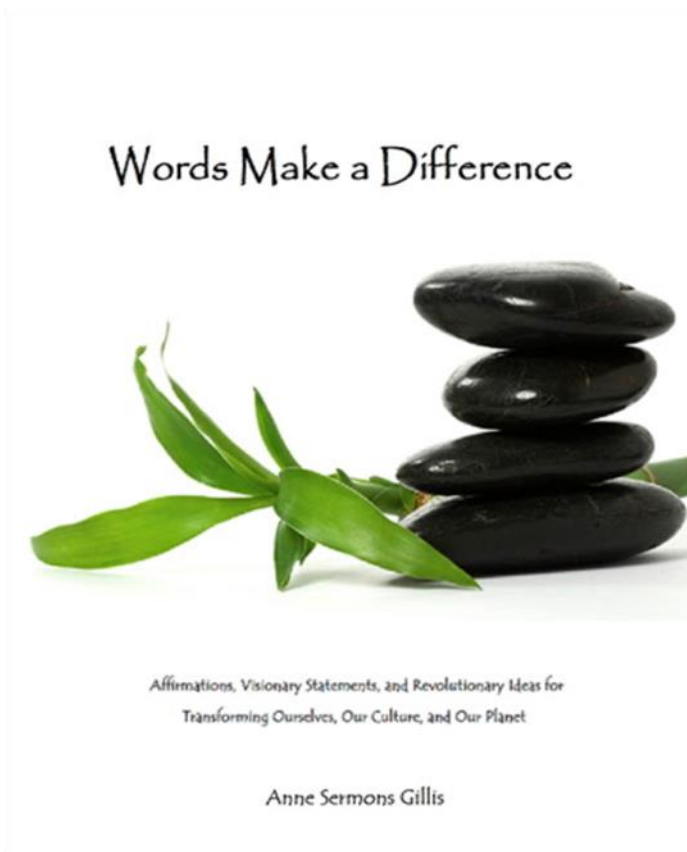


Thoughts...

Rev. Thea Boven from the Netherlands

"Isn't it all about community? Even though we felt separate during all the lockdowns and times of physical separation, there is always a community somewhere. If it is not in the physical it is out there in the digital world, in our hearts, in our prayers, in the energetic connection."

Book Nook



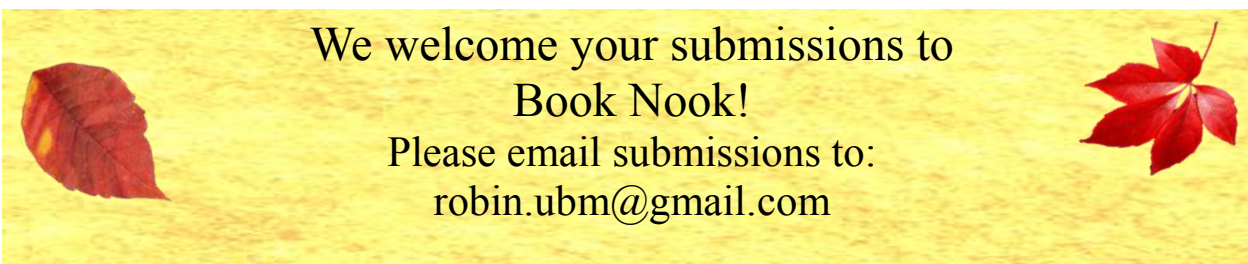
“Books are waiting to be written. Thus, it was my privilege to bring this book to the world. It brought with it such grace and love.

[Words Make a Difference](#) sparkles with aliveness and blessing and delivers the perfect information under perfect timing. We are called not only to heal ourselves and those around us, we are destined to hold a vision for the world. This book commands us to be architects of a brave new future and lights a path for us to follow.”

Anne Sermons Gillis

[Order Words Make a Difference from the website](#) or call the author at [713.922.0242](tel:713.922.0242) to order directly. The price is \$16.95 plus \$3.99 shipping, for a total of \$20.94.

To contact Rev. Ann Sermons Gillis, visit annegillis.com
For her online newsletter: The EZ Secret: The EZiest and Most Effective Diet on the Planet—Live an EZ, Simple, Healthy Life
You will find her article “Tears” beginning on page 15 of this issue





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Moving Forward

by Rev. Eda Nell Long



As we move forward through these times of unusual opportunities to be more, to have more patience, understanding and to let go of the way things have been and our expectations that they will be that way again, we find ourselves making new choices and learning to let go more and more. It is challenging some days to make the mental and emotional adjustments required to maintain the inner peace and equilibrium that we so desperately yearn for to feel happy, safe and balanced.

However, we are here now. We Are infinite Spirit having this experience in ways that stretch our minds, our hearts and our soul. And although we are in these preprogrammed, DNA laden bodies, that come with their own free will and ancestral lineage of what is our way, change, grow, accept, or be dragged along screaming seems to be just what is.

“The flower is always the bud’s undoing. Let go then. Step into the river, lean into the wind, let the strength of the earth rise through you. Watch your fingertips burst into bloom.”

~Pavithra K. Mehta

There are thousands of wonderful ways to decompress available on YouTube free. I urge you to investigate a plethora of them and take re-alignment intervals often during the day.

Qi Gong offers so many gifted teachers to guide you in anxiety relief, peace, and easy ways to breathe and refocus.



Yoga, too, offers so many stretches to re-oxygenate the body and brain! to support us in a greater ability to think and feel clearly.

Continued...

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Tapping is also an excellent way to clear a pattern and begin to dissolve layers of programming which cause us to react in accustomed ways that no longer support us in living our best and happiest lives. Tapping does require us to be honest with ourselves to really get to the meat of an issue. Rather than just saying what is said, allow yourself to say what comes up for you... keep at it. You may be amazed at what you experience.



All of these and the incredible array of different breathe work that is so healing and supportive to our well-being only work if we commit to doing them. If we really wish to navigate these times in peace, with good humor and strong bodies, we have to decide to love ourselves beyond reason and to care for our body temples, our minds and our inner synergy with Spirit in the ways that insure we flow, we thrive, we rest and we allow others safe passage through our minds and lives as well.

I support you in this adventure. I love you all and know that you have what you need, what it takes and what you desire already in you.

Namaste, Infinite blessings and so much love, with deepest gratitude and faith that All Is WELL and will always Be Well.

If you are interested in reading more of Eda's Hearts Matter and Hearts From the Sea newsletter and Etsy site please contact the UB office at: 954-974-1181 or visit Eda's recent article in the UB GoodNews Newsletter, Spring /Summer 2021 Edition
<http://universalbrotherhood.org/members/newsletter/>



Every Leaf

by Rev. Mary Midge Miller

Every leaf will honor autumn
Some may simply hold their place in
Garments of green, but change will take
place
Whether it is noticed or not.

Warm days will drain away when clouds
gather
Evenings will bring a chill and early
Morning's breath will be seen.

How can we say goodbye?

We must only say so long and in the tiny
dancers
Drifting from these trees, a multitude
Of color will adorn the land.

In our hearts, we will remain beguiled by the
warm
Breezes, sunlit beaches and love under the
stars.

Namaste, Blessings into the Light.

*Rev. Dr. Mary Midge Miller
serves as a Minister/Director
in Michigan.*

THE LAST THANKSGIVING



"...in everything *give thanks*;
for this is the will of God in Christ Jesus
for you." 1 THESSALONIANS 5:18

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.
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Coral Springs, FL 33067

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UB Executive Director Robin Morini via robin.ubm@gmail.com.

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Anything else you would like to share? _____
