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The Gap

By Rev. Jo Anna Shaw

Be with
the gap
between endings
and beginnings.

Relish
a no-time remembrance
before lumbering into
more doing.

Enter your cave
hibernate with the bear inside you
allow stores of fat and thick fur
to gestate yearnings.

Let your next cycle
be more
than habitual wanderings
grabbing more berries and meat.

Harness the natural rhythm
that awakens deep dreamers
and births new ways of being
come spring.



UB Founders
Rev. Drs. Jeni & Rick Prigmore

Leadership

By Rev. Dr. Rick Prigmore
Co-Founder and CEO of UB

We who are on the exposed point of action with our activities as Universal Brotherhood ministers are often criticized, judged to be wrong, sometimes laughed at and frequently ostracized.

We have recognized our commitment as ministers to the brotherhood of mankind and proceed courageously along our path. That takes a great deal of fortitude and leadership.

Andrew Cohen had this to say about leadership: "The thought of being a leader may seem like an appealing idea to the ego, but the reality of what being an authentic leader implies scares the ego to death. It means ego death. Why? Because it means that we actually care so much about a higher purpose, a higher principle, a higher goal, that we're willing to make the most important sacrifices for the sake of what we are aspiring to accomplish. It means we care so passionately about others also reaching that goal that we unhesitatingly sacrifice our own peace of mind, comfort, and security in order for them to succeed. It really means that we have no choice left anymore because we have realized without any doubt that from now on, it is up to us. We have realized that One Without a Second. We have realized that there is no other and there never could have been. What is so interesting about authentic leadership is this very insight: that once we have arrived, there is no longer any point of return. We have become one with destiny itself."

That's who we are as UB ministers, leaders in the new age of enlightenment. We have no choice but to forge ahead, fueled by our spirit-based urge to serve Life as expressed through those we serve. Whether we are counselors, healers, musicians, teachers or lawyers (yes, there are UB lawyers), our strength and our motivation sustain us through "thick and thin." We have moved to the forefront: we cannot return to the safety and comfort of the herd.

Leadership, both a joy and a challenge. Go for it. I applaud you and your chosen mission.

Reprinted from the Summer 2005 UB GoodNews Newsletter



One Simple Kindness

By Rev. Rosemary Cathcart

Is it just me, or have you noticed recently how mean-tempered and just plain rude people have gotten? It's astonishing to someone like me who was raised by parents who expected and got, "Yes Ma'ams" and "No Sirs" as routine responses to every day questions. And yes, there were consequences for inappropriate behavior.

I've lived in five states and seven cities from New York to Florida with even a stint in Ohio, and in all of them I've encountered friendly, helpful people who were genuinely nice. When I finally landed in Nashville, Tennessee, I was very impressed with the sincere brand of "Southern Hospitality" I found herebut it's gone missing now, and I fear it may never return again.



As a practitioner who has studied the Unity and Science of Mind Principles for many years, I truly know the value of projecting the energy and the thought forms I want to receive reflected back to me. **"The Law of Attraction"** is a part of my daily practice, so it gets a bit discouraging when I deliberately project: Compassion ~ Hope ~ Love ~ Kindness ~ Ease and Serenity, only to get slapped back sharply with a contrary vibration.



Earlier this week I had to make a trip downtown, and I was conscious of only going early in the day and at the beginning of the week since ~ if you haven't heard ~ Nashville is now the **"IT CITY"**. What that means is that we have also become the "tear down city" with construction dumpsters on every street, and we are also now home to any variety of Trolley Tours,

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Hop On and Hop Off Buses (better to not ask about those), Double Decker Buses and even Golf Cart tours of our fine city. You kind of take your life in your hands driving downtown on the weekends these days. I also understand that Nashville now surpasses the city of Las Vegas as the #1 Bachelorette Party City in the country, a fact that I consider a rather dubious claim to fame, to say the least.



But then on the way home from my many errands, as I was doing my best to keep a good mindset in the midst of all of these “transgressions”, a rather wonderful and unexpected thing happened. I was the first person in line to make a left hand turn from Hillsboro Pike on to Richard Jones Road. This may mean nothing to you, but those streets are in the middle of my suburb called Green Hills, one of the busiest and most demanding places to drive here in Nashville. The green arrow had not come on yet, but the cars were in a deadlock on my side of the traffic light. Suddenly the two SUVs facing me stopped and motioned me to turn left. I cautiously did not trust this gesture of kindness ~ it was so “Un-Green-Hills-Like” ~ and only after both drivers waved me on and flashed their lights at me did I make the turn. Even though I didn’t have the green arrow. Even though it was not my turn and even though the Cadillac and the Range Rover could have made



mincemeat of me and my road-worthy and trusted RAV4 ~ they both simultaneously allowed me to turn left. Wow!! Stunning!! I waved and mouthed “Thank You” as I quickly made the left-hand turn. Not only that, but the three cars behind me were allowed to make the turn as well, still with no green arrow in sight.

It changed my whole mindset immediately. It got me out of my funk about all of the “supposed transgressions” my city of choice has gone through in these past 15+ years. Instead of forcefully, and with **great** determination, reciting my many affirmations/mantras, I was enjoying a much lighter tone ~ actually laughing at myself for being such a stick-in-the-mud just moments before.

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What a waste of my Life Force Energy!

In Science of Mind teaching, the mainstay of healing is called a Spiritual Mind Treatment where the practitioner creates a purposeful statement of a new “truth” for the person seeking help. For many years I served as the Volunteer Co-Ordinator at Religious Science of Nashville. In that capacity I would routinely remind my teams that **any** positive statement had the power to turn a person’s day around completely: “That dress is just so pretty on you; It is always such a pleasure to see you walking in the door on Sunday, you’re such a special Light; My, my don’t you look bright and so beautiful today; That suit makes you look like a million bucks!”

They were all true statements, but what made them special was that a human being took the time to make them to another human being. We are all such tender, precious beings, and we all need a lift right about now. As a Nation, we have lost so much in recent years, a little bit of kindness can go a long



way. Even a person with as much training as I’ve had can hit bottom in the blink of an eye, over silly stuff like construction and traffic jams. I am forever grateful to “Cadillac” and “Range Rover” for giving me a dose of my own medicine just when I needed it the most.

I had temporarily forgotten my status as a Divine Being having a Human Experience and I got caught up in mental mish-mash...but even those few minutes caused me to feel unhappy and uncomfortable in my own body. “I am whole, complete and perfect in every way, and I know that **I am** the Creator of my own Reality!” God Bless “Cadillac” and “Range Rover” for their on the spot “wake-up” call, which I really needed in that moment.

Whose day can you turn around? What small gesture could you extend to a family member or a work colleague or a neighbor? Could you shop for an ailing friend, or take in the mail for someone who doesn’t walk as well as you do? Maybe even pay the toll for the person in the car behind you on the highway or behind you in line at McDonald’s? You could even pick up the trash around your cul-de-sac or at the corner no one seems to claim for weed-eating duty or tidying up.

It could also extend to the more subtle levels such as not holding a harsh

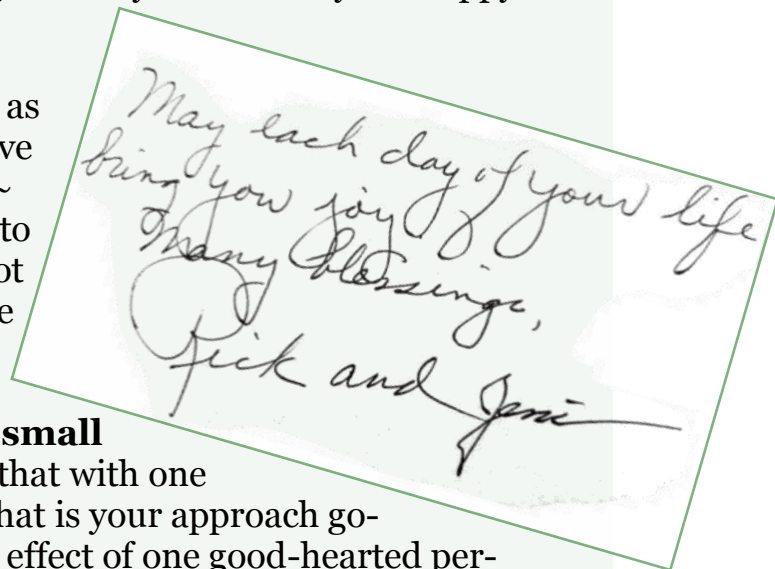
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opinion or a judgment about someone whose skin color is different than your own, or a child struggling with their sexuality, or a young girl/woman caught up in the very real and urgent trauma of whether she can care for a child she had not planned on giving birth to. Or, just being so mean, judgmental and prickly about anyone who doesn't "do it your way"? And what about that "unusual" young couple who just moved into your neighborhood? Rather than unkind speculation about their religion or their sexuality, their country of origin or their **whatever**, just invite them to join you for dinner and extend the hand of friendship.

Life is such a fragile and all-too-fleeting gift, and kindness doesn't cost us a penny, and it's such an important gesture. One of the best men I've ever known or loved ~ Rick Prigmore, our Founding Father ~ passed from this physical life on April 18th and it still hasn't settled in my heart just yet. It may never. The closing words in his fabulous book *The Joy of Living* are these: "It is my understanding that we are here to be joyful and to experience happiness, that the world's best and all its abundance are here for the asking. I've asked for and received the best. Life is good. May it be so for you. Happy trails."

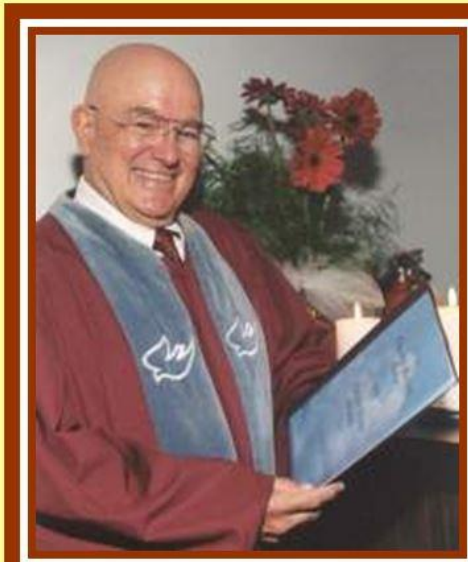
My personal goal going forward is to be as happy, hopeful, optimistic and full of love as Rick Prigmore was on his worst day ~ and then to extend all of that and more to everyone who crosses my path. I may not be able to heal the World, or bring peace to Mankind, or cure the Climate Crisis, but I certainly can impact in the most positive way possible, **myself and my small corner of the World**. Perhaps I'll do that with one simple gesture of kindness at a time. What is your approach going to be? As Oscar Arias has said, "The effect of one good-hearted person is incalculable."



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

Co-Founder Rev. Dr. Rick Prigmore



The Soul Journey of our beloved Co-Founder and Chairman of the Board, Rick Prigmore, expanded on Monday April 18, as he dropped his physical body and took flight into the realm of the Angels.

Holding the hand of Co-Founder Jeni Prigmore, his wife and partner in all things, Rick took his last breath at 10 AM sharp in their Mount Dora, Florida residence.

A Visionary Presence in the worlds of business and the Spiritual arena,

Rick led with a heart full of optimism and love for “what might be possible,” always striving for “better and better” in each endeavor.

A Celebration of Life is planned for Saturday, June 4 in Mount Dora, Florida.

With Rick’s passing, Jeni Prigmore moves into the role of Chairman of our Corporate Board of Directors.

Please join us in prayers and incantations that speak to your traditions and your own hearts, as we pave the way for a peacefully smooth journey forward not only for Rick, but for UB as well.





Re-

By Rev. Kelly Graham

Our most recent Corporate Board meeting was held after UB Co-Founder Rick Prigmore's transition on April 18 and prior to the upcoming memorial for him set for June 4. One of the topics of conversation was the Mercury retrograde transit in between these two events.

Mercury retrograde is generally assumed to bring glitches in commerce and communication, both ruled by Mercury. One piece of advice that's pretty universal for this time is "review!" Or, literally, "re-view," that is, take a second look. Or third, or fourth. The assumed "glitches" would seem to demand that one take at least a second look at one's plans. And our esteemed President Rosemary Cathcart also mentioned that one might want to re-view and re-consider before one chooses how to re-act or re-pond during Mercury retrograde.



I've been thinking about the concept of "re-" ever since. (Well, along with the rest of the to-do list, which seems to have somehow ingested steroids, amirite??)



When GPS was a new technology, before we all had it on our phones, I was intrigued by the fact that if you didn't exactly follow the directions, the speaker did not shout 'WRONG!' at you. Instead, it merely noted, "re-calculating." I loved (and love) that. You're not *wrong* with a decision, merely re-calculating!

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So what kinds of re- words come to mind for me? I started a list:

- ♦ Resume
- ♦ Review
- ♦ Reconnoiter
- ♦ Repeat
- ♦ Readjust
- ♦ Reconsider
- ♦ Reassess
- ♦ Recalculate
- ♦ Recalibrate
- ♦ Repeat
- ♦ Recapitulate
- ♦ Revenge (whaaaaa? I do not know whence cometh this, but...)
- ♦ Return
- ♦ Renew
- ♦ Rearrange
- ♦ Re-boot
- ♦ Regenerate
- ♦ Receive
- ♦ Revert
- ♦ Reciprocate
- ♦ Relax
- ♦ Refurbish
- ♦ React
- ♦ Remember
- ♦ Reliable
- ♦ Readjust
- ♦ Re-do
- ♦ Realize
- ♦ Re-read
- ♦ Rediscover
- ♦ Reacquaint



“Give yourself permission
to reset, restart, refocus
or realign as many times as
you feel you need to.”

- HELEN MARIE



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- ♦ Reintroduce
- ♦ Reform
- ♦ Recognize
- ♦ Respond
- ♦ Reorganize
- ♦ Refresh
- ♦ Recover
- ♦ Reconstruct
- ♦ Recirculate
- ♦ Rebel
- ♦ Redistribute



The point of this exercise is to re-consider the concept of “re.” And not just during Mercury retrograde (the current period ends at 4 a.m. ET on June 3 and the next is September 9 at 11:38 p.m. ET to October 2 at 5:07 a.m. ET).

According to vocabulary-building website membean.com, “re-, which means ‘back’ or ‘again’ appears in hundreds of English vocabulary words, for example: reject, regenerate, and revert. You can remember that the prefix re- means ‘back’ via the word *return*, or turn ‘back;’ to remember that re- means ‘again’ consider *rearrange*, or arrange ‘again.’” We might re-furbish a piece of furniture, re-arrange a schedule, re-cover from yard-work, re-ceive a blessing.

So re- means *back* or *again*. Wow, high school suddenly comes to mind. There was a guy with whom I attended high school – handsome, popular, church-goer, played football, dated cheerleaders, the whole thing. Grew up, started a successful business, got married, had kids, got divorced. I learned Saturday his girlfriend found him in the floor unresponsive and called an ambulance. He was pronounced at the hospital.

You see, it turns out he had a significant problem with alcohol, and he

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had once again re-lapsed. He had tried to re-cover but it seems he could not re-program how he felt about or re-acted to alcohol, so he tended to re-capitulate, re-peat the cycle and re-turn to alcohol.

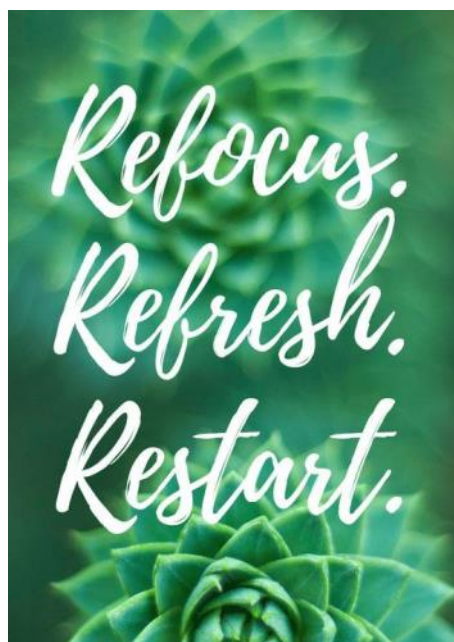
But that sad news also has a positive side: it caused several high school friends and I to become re-acquainted while we re-viewed our shared histories. It made us re-alize we did not want to re-peat our various patterns that had caused us to lose touch and need to re-connect.

We decided to re-calculate our schedules and patterns and goals so we could re-discover our friendships and re-introduce ourselves to each other, and become more re-sponsive. Maybe re-arrange things so we could re-turn to that li'l ol' town we all come from and re-connoiter our old stomping grounds, like the park where we used to hold our high school re-unions. Back when we all thought we were teenage re-bels, right?

Or not. I mean, everything is a choice, isn't it? But taking the time to re-visit, re-assess, and re-consider might make our re-actions move in line with our own truth. And that is worth considering.

And reconsidering, yes?

UB Vice President Kelly Graham has worked in the financial field for more than 30 years, and is a Senior Vice President with B. Riley Wealth Management. She is honored to have been ordained by both UB President Rosemary Cathcart and UB Founders Rick and Jeni Prigmore. She can be reached at kellygraham@brileywealth.com



August 17: Happy Birthday UB!

Happy 46th birthday to Universal Brotherhood Movement, Inc.

This international “love child” of Co-Founders Rick & Jeni Prigmore turns 46 this August.

With more than 5,000 ministers ordained so far, we’re growing and going strong!



The Loss of a Loved One

By Rev. One Eagle

Losing a loved one due to death
Is never a gentle touch
To your heart or spirit
You will hurt
You will feel an emptiness
They say time
Heals all wounds
But losing a loved one will always
Keep hurting your heart
Maybe not as bad
As the first day
But it will nonetheless
Keep hurting

Rev. One Eagle wrote this the night his family's beloved 23-year-old kitty was euthanized due to pneumonia.



Send Only

By Rev. Keith Noyes

Send only Love
Send only Light
Let Divinity speak through you

Send only Love
Send only Light
Let Divinity speak through you

Be only Love
Be only Light
Let Divinity be you.





The Gift of the 3 Blessings

By Rev. Lisa Giroux

Summer is a great time to reconnect to the earth and prepare for the coming harvest. In spring we plant our seeds of intention and watch with wonder as they come to fruition, as “trees bend with ripening fruit.” We are that ripening fruit, when we are connected to all the frequencies and vibrations of the Divine. To perceive this connection is too a blessing.

Without connection we are flaky, flighty, fearful and unable to reach toward our potential. We move without confidence or purpose. Across the globe we are sorely lacking this connection, and this lack is seen in the “pockets” of chaos that are now exploding and expanding in all directions as the reset continues.

One way we can move toward connection and regain our confidence and balance is to perform ritual, or righting of the energy. One of my regular rituals is to use “The Ancient Gift of the Blessings.” It is a teaching that originated from the wisdom of the Dead Sea Scrolls.

The Gift of the Blessings is a way to clear our frequency of the negative energies that have become trapped within each of us and cause chaos in our mind and body. Learning to use it regularly will melt away these negative frequencies and restore our balance and our connection to all that IS.

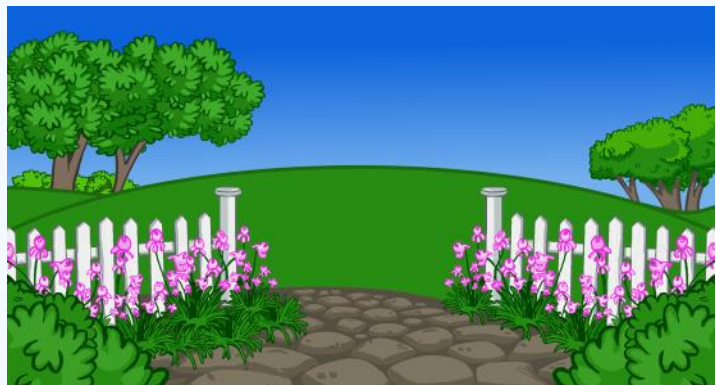
It can be used any time. The more we use it the clearer we become. It is simple, powerful and effective.

The first blessing is for all who suffer. Those who have been devastated by earthly disasters, manmade horror, political confusion, or their own warped mind. We bless them for their suffering.

The second blessing is for those energies and entities that cause the suffering. They are the perpetrators. They are those who have not come to this planet to weave light or have been damaged by others. They continue to vibrate in dark places and spaces. They who have chosen pain and suffering for themselves and inflict it upon others. They are corrupt and we bless them. Maybe we bless them most for their suffering and the suffering they cause. We are not excusing bad behavior; we are transmuting it for the benefit of all.

The third blessing is for our self. It is for those of us who are sensitive in nature and need to unload the frequency of the

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horror we witness. Whether it is on the news, in our home, in our schools, or in our own minds. We Bless our self profoundly and repeatedly for what we have witnessed and let it go. We will know we have released this suffering when we feel the shift in our own vibration.

Before I gave up TV I would bless those images on the screen of people in the throes of chaos and crisis, blessing them, the perpetrators or causes of the crisis and myself for witnessing. It gave me the power to detach, strengthen my own frequency and restore my peace of mind.

Without peace of mind we cannot witness peace on earth. Please try this powerful tool to help you rebalance your sensitivities toward the love and light and minimize the damage caused by the images and experiences we are exposed to everyday.

With this practice we become strengthened because of our empathy for all beings. Our compassion expands for others AND our self. As the Buddha said: "If our compassion does not include our self it is incomplete."

Part of our journey is to be complete and connect each day. Not a fractured frequency contaminating the collective with our own dysfunction. We are here to heal and be healed and through our daily Simple Practice we do.

Thank you so much for your time. I am wishing you love and light throughout your journey. Continue to be Divinely Guided, Directed, Protected and Effective in all you choose to do as we continue to bring about the shift toward the Light. Namaste, Lisa

***Rev. Lisa Giroux has been an ordained minister
since 2001. She resides in Colorado.
Pathways to Peace, Purpose and Prosperity
www.lisagiroux.com
www.facebook.com/reikiwithlisa***



Universal Brotherhood Movement, Inc.

**Box 670278
Coral Springs, FL 33067
Phone: 954-974-1181**

Email: robin.ubm@gmail.com

**Website:
www.universalbrotherhood.org**

**UB is on
[Facebook](#)!**

**LIKE and
FOLLOW us
on
[Facebook](#), and
SHARE**



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](http://www.htprofessionalassociation.com/liability-insurance).

This information does not constitute insurance or investment advice, or an offer to sell, or the solicitation of any offer to buy any insurance or investment, and is provided for information only.

NEW! Contact our UB office for more information!

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

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

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

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

UB Office: 954-974-1181 Email robin.ubm@gmail.com



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

Going Home

By Rev. Richard (Dick) Freeman



I was between projects and was not too far from where I was raised. So I diverted from the route I was on and went to the town and was very surprised to find that the town had refurbished the park even better than I remembered growing up.

I had a week to spare so with plenty of time I decided to camp at the park. I was able to remember my childhood, all the things that my friends and I did, and all the pranks that we pulled in good fun. Lots of good memories.

I was able to go past all the places that I had lived growing up. One of them was near the old airport that as a really small child I remember playing with toy cars on the porch that was chest high to me. When I drove by there was a small boy playing in the front yard like I did as a child.



The house looked almost the same with the big maples in the yard. When I lived there I would watch the yellow Cubs fly past with pilots practicing takeoff and landing. I would wave at them and they would rock their wings or wave back to me. I decided then that some day I would fly airplanes.

Three years after I got out of the Army I started flying lessons — not in a yellow Cub, but a Cessna 150 Trainer. One day I noticed the instructor sitting with his arms and legs crossed and at that moment realized I had achieved a lifelong dream: I was flying the plane. I felt a tremendous sense of both loss and achievement; achieving my goal, and at the same time losing my dream.

I have been able to fly a lot of different aircraft in many different places and have no regrets of any time I spent in the air. I also appreciate the many people I have met, some of whom are still in my life.

On this visit I was able to go out to the new airport and rent a Cessna 150. As I flew around all the places and looked at them from the air I did a low pass at the old airport. As I climbed up, I looked down and saw a little boy waving at me, so I rocked the wings and waved back at him. It was like I was able to go back in time and touch that little boy that I was. It is not often we get to go home and touch who we were as a Child.



Rev. Dick Freeman lives in Indiana and has been an ordained minister with Universal Brotherhood since August 1986.

UB Administrative Office Phone Number

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



NOW AVAILABLE: Clear Quartz Pendants

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



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

Please call:
Robin: 954-974-1181
Email: robin.ubm@gmail.com
www.universalbrotherhood.org

UB MINISTER BUSINESS CARD ADS



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



Podcast: My Spouse Has Dementia

By Rev. Zita Christian

When my husband was diagnosed with Alzheimer's disease, I knew our world would change. We could prepare for some changes. Others would take us by surprise. Among the many decisions I made was to discontinue my services as a wedding and funeral officiant until I had a plan in place for how best to care for my husband. I'd hire an aide. I'd research adult daycare centers. I'd work with a social worker who could help us both. At least that was the plan.



Reality tossed my plans out the window. So I devised a new plan, one that would let me share my ideas about rituals – for weddings, funerals, vow renewals, baby blessings, seasonal celebrations, the cycles of a woman's life, and so much more. I created a podcast called *Ritual Recipes*.

As my husband's health declined further, the stress of caregiving landed me in the ER with the suspicion of a heart attack. Fortunately, my heart was fine. The diagnosis was stress.

The challenge to my health made me think about other caregivers of family members with dementia. Research showed me that approximately 40% of such caregivers die first. As horrid as that statistic is, it used to be over 60%. I felt called to use my skills as a storyteller and my new experience as a podcaster to launch a new show. It's called *My Spouse Has Dementia*.

Right now, the podcast features my personal stories. Eventually, I'll interview experts in the field as well as other family dementia caregivers. I see them as true experts!



I'm also working on rituals for family dementia caregivers. That's a work in progress. But then, I'm a work in progress, too.

If you know someone who is caring for a family member with dementia, please let them know about the podcast. We need to survive.

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Rev. Zita Christian knows from personal experience that dementia creates unique hardships for a caregiving spouse. Financial decisions, end-of-life arrangements, family pressure, anger, grief, changes in physical intimacy -- those are just some of the challenges caregiving spouses face. Through her podcast, *My Spouse Has Dementia*, Zita hopes to help other caregivers survive.

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

Self-Care Rituals When Your Spouse Has Dementia:
<https://ritualrecipes.libsyn.com/rr54-caregivers-alzheimer-s>



Today's Treasure

By Rev. Dr. Jeni Prigmore

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

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



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

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



A Prayer For Our Peoples

By Rev. Heather Carlile



Beloved Holy Spirit,
May more human souls awaken to reverence
The body and the spirit we are each provided with for life on Earth.
May we learn to desire and love the privilege of life
More than our inevitable death.
May we grow continuously in understanding
That the infinite source nurturing humanity
Is our Loving God.
May we more and more easily move past the illusion of
Victimhood and joyfully claim
Our resources, abilities and possibilities.
May this time of learning and communing
Transform powerlessness into hope and
Move dreams into manifestation.
May our troubles gift us with brave innovation that we,
Your people, use the abundance of Earth
To tend to each human being.
May each of us use our will to become a greater power
For effectiveness in the cause of
Wisdom, productivity, kindness and cheerfulness.
May Your Grace and Love guide our thoughts, words and actions
That we desire and know the forgiveness, gratitude, faith and joy
That are natural to the human soul.
May your goodness rise in all peoples with intelligence, empathy
And courage to make a Heaven on Earth.
We pray from the knowledge in our minds,
And gentleness in our hearts,
And the purity in our spirits.
And we humbly place a blessing on all souls.

Thank you, Thank you, Thank you, dear Loving God.

Rev. Heather Carlile was ordained in 2003. You will find a wealth of information, wisdom and Love on Heather's website: Marriage Counseling: Communication, forgiveness, parenting. Individual Counseling: Stopping Self Sabotage, Stress Reduction, Anger management, Grief Recovery, Trauma: PTSD, PTSS, Childhood Trauma Article and News Blogs.

heather@heathercarlile.com
www.heathercarlile.com

The Importance of Seeing Others as Part of One Divinity

By Rev. Eugene Belilovsky

In the last article that I wrote, *The Importance of Seeing Others as Part of One Family of Humanity* (Winter Spring UB GoodNews 2020-2021), I offered my view that a lot of the problems between human beings that exist in the world, such as discrimination, violence, hatred etc. are due to many people not seeing others as part of one family of humanity.



Instead it seems like there is a lot of “us” versus “them” mentality in the world. I ended the article by saying that 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.

I wanted to write a second part for that article specifically presenting the idea of some people viewing religious differences as a supposed justification for an “us” versus “them” mentality. I wanted to specifically address this both because of the type of field that Universal Brotherhood Movement is a part of, and also because I believe it is one of the biggest reasons that some people use to try to justify an “us” versus “them” mentality.



In an extreme example of this phenomenon, some people have used their religion

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as a supposed reason to hate, discriminate against, and kill people from a different religion. An example of this would be someone who becomes radicalized and turns to terrorism. A less extreme example would be someone using their religion as a reason to feel superior to someone from a different religion or to discriminate or make fun of them.

Either way, all of these things simply divide people instead of bringing them together and having them see each other as part of one family of humanity. The interesting thing is that, in my view, all of the major religions in the world are the same at their core and that figures such as Buddha, Jesus, and Krishna are all just different aspects of the same divinity. In other words, that at the end of the day, it's all One. In addition, beyond the idea of all of the major world religions being the same at their core, I feel that it is also possible to simply be spiritual and non-religious, and again it is still part of the same divinity. Personally, I identify as being spiritual and non-religious.



In my view, if more people started seeing this, there would be a large reduction in violence, hatred, and discrimination in the world, due to a person simply having a different faith or religion.

Rev. Eugene Belilovsky was ordained in 2021 in New Jersey.

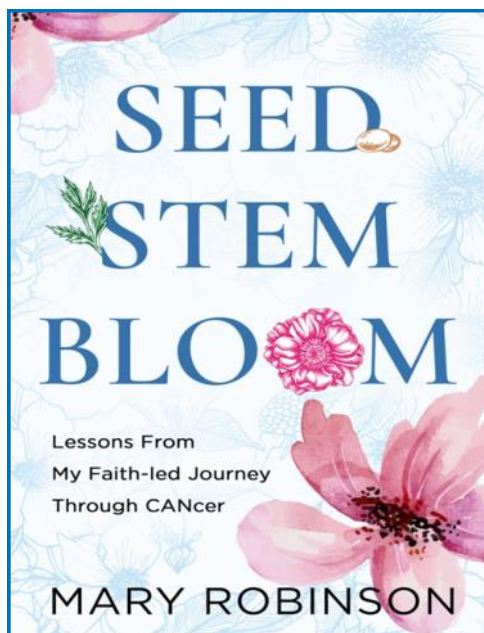




BOOK NOOK

Seed Stem Bloom

By Rev. Mary Robinson



Every person has a collection of defining moments in their life. You know, those times when something stops you in your tracks and makes you rethink your steps. It could be a simple challenge or something much more significant. Regardless of the intensity, these moments help redirect our lives and provide opportunities for self-discovery in the pursuit of a purpose. In the book *Seed, Stem, Bloom: Lessons From My Faith-led Journey Through CANcer*, Mary Robinson walks readers through a variety of stages of growth alongside trials. Her CANcer journey is one of the many consequential events that shifted Robinson's direction. Throughout the book, readers find a toolbox of mindfulness techniques with simple strategies to assist in coping with challenges of their own.

After not feeling well in 2014, this always-on-the-go woman received a diagnosis that not only changed her perspective on life but also deepened her commitment to the one she already had. A bone marrow biopsy confirmed that Mary had acute myeloid leukemia (AML). A relapse in 2017 determined that an allogeneic stem cell transplant was the only option for long-term survival. And although this book tracks Mary's story during that long journey, it is not just a book about CANcer. The core of this book, with its intention to share the experiences of a particularly difficult season in Mary's life, is all about following God's signs.

While fighting to stay alive, Mary was introduced to Reiki – a Japanese form of energy healing – and eventually became a Reiki Master/Teacher. From there, she became a Healing Touch Practitioner, which is another energy healing modality involving therapeutic touch. In 2018, Mary completed a two-year program through Prairie Star Center for Herbal Studies and became a Certified Herbalist. In the fall of 2020, Mary was named an Ordained Minister through the Universal Brotherhood Movement, Inc.



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Prior to her cancer diagnosis in 2014, Mary earned Bachelor of Science endorsements in elementary education and mild to moderate disabilities through Chadron State College in 2001.

She went on to earn a Master of Arts in special education, with an emphasis in visual impairments, through the University of Nebraska – Lincoln in 2009. And she didn't stop there! In 2011, Mary achieved an orientation and mobility endorsement through the University of Northern Colorado, becoming certified in orientation and mobility in 2012.

It has always been one of Mary's passions to work with students of special needs. She finds it very rewarding to help others reach new heights and teach them skills to continue on their God-given journey. During the majority of her career, Mary was a teacher of the visually impaired and provided orientation and mobility services to students from birth through twenty-one years of age. Mary was one of sixteen teachers chosen nationwide to be in the first Teacher of Tomorrow Program of 2010-2011. This program, hosted by the National Federation of the Blind, helped establish a network system with other teachers and leaders in the visually impaired community. These connections better equipped Mary to prepare her students for the real world.

In addition to these singular accomplishments, Mary is also the founder of the Sensory Courtyard, where "Seeds Sown Today Bring Blossoms Tomorrow." The Sensory Courtyard covers approximately three thousand square feet and is located in Fremont, Nebraska. This interactive space consists of special-

ized educational areas, each designed to spark the senses in a different way. Robinson's story gives hope and reassurance. Her perseverance confirms the power of a positive mindset and faith. Regardless of your background, *Seed, Stem, Bloom: Lessons From My Faith-led Journey Through CANcer* is a must-read!



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Mary's book is available on [Amazon](#) for \$16.99, or purchase a signed copy directly from Mary for an additional \$3.99 (shipping/handling) by emailing kaleidoscopeenergy@gmail.com

For more information about Mary Robinson and her services visit: www.kaleidoscopeenergy.com



ARTICLE SUBMISSION

To submit an article for our
newsletter:

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

robin.ubm@gmail.com

You can also send your
articles to our office:

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

SUBMISSION DEADLINES:

Autumn Issue: August 24
Winter Issue: November 16

UB FACEBOOK

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

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

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

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



UB Website Directory

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

www.universalbrotherhood.org

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

If you would like to be added, please
know:

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

If you are interested, please complete
our contact form with a request to be
included in the directory, and include
your website address.

Send your request to:

robin.ubm@gmail.com



She wakes up singing...

By Rev. Mary Ann Barry

Every day, that little house finch
outside our front door
is sitting on her nest, waiting for
her babies to hatch...*and she sings.*



She sings, before anything else, every morning ***she sings.***
She greets the day, greets her life
and the sound of her song is more than inspiring!

What if I started the day singing?
Would it make a difference?
Can song awaken that nugget of gratitude and awe
that I hear in her clear voice?

Now, every day, ***I sing*** the Gloria, in my kitchen as I begin the day.
It awakens me: mind, body and spirit.
It connects me to my God.

She is gone now – she and her mate and three babies.
We watched their family story unfold through the window.
We did not use our front door for two months,
to honor the miracle in progress.



We became emotionally involved in their safety.
They were fine...they trusted the process...and so must I.

I shall ***keep singing*** – and one day, I will fly!

*Rev. Mary Ann Barry was ordained in 2004 in Massachusetts.
She has written many beautiful poems and ceremonies and shared them in our
UB GoodNews pages throughout the years.*

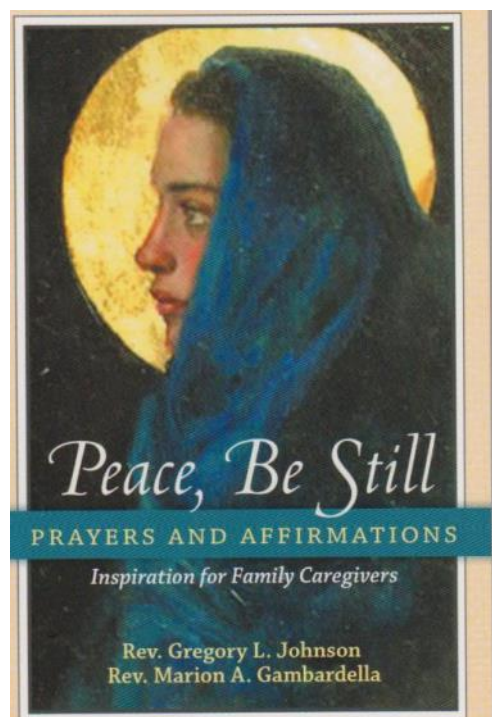


BOOK NOOK

***Peace, Be Still:
Prayers and Affirmations,
Inspiration For Family Caregivers***

By Rev. Gregory Johnson and Rev. Marion A. Gambardella

"How can you carry on when supporting your loved one seems to demand more than you can give at times? Marion Gambardella and Gregory Johnson are two people who know the answer to that question. They have walked the path! Marion Gambardella has blessed me and my family with her love and rich spiritual insights. This book offers us the nourishment that can give us the strength to meet the caregivers demands." ~ Rev. Phillip Pierson, former co-host of *The Best Is Yet To Be* television program, and vice president of Unity School of Christianity.



Revs. Johnson and Gambardella offer prayers, affirmations and scripture to help caregivers in their time of service. Throughout the pages of *Peace, Be Still* you will find the wisdom and practical guidance from Johnson and Gambardella, who have experienced the journey of caregivers. As well as prayers, affirmations and scripture, you will also find a wealth of information including: family care giving resources, tips for the family caregiver, helpful tips for family caregiver and caregiver health: taking care of yourself.

Reverends Johnson and Gambardella also go on to explain the many definitions of family caregivers such as children helping to care for family and friends, grandparents raising grandchildren, people caring for loved ones with chronic conditions, people helping those experiencing end of life issues in the middle of life.

You can find *Peace, Be Still* in Kindle, paperback and hardback on www.amazon.com.

Rev. Gregory Johnson has been ordained through UB since 2002. He is Director of Community Outreach and also the creator of the Care for the Family Caregiver program at Emblem Health, a New York-based health care corporation. Rev. Gregory is also the co-author of the booklet, Care for the Family Caregiver; A Place To Start. This description was written for the 2005 White House Conference on Aging.

Let's Stay In Touch!

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

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

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

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

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

Name: _____

Address: _____

Phone Numbers:

Home: _____ Work: _____ Cell: _____

Email Address(es): _____

Website(s): _____

Anything else you would like to share? _____

