



# UB GoodNews

Universal Brotherhood Movement, Inc.  
Newsletter Autumn 2022

*“Rest and be thankful.”*

—William Wordsworth

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## Kindliness

*By Rev. Heather Carlile*

Kindliness is thinking of others...  
with gentleness.

I think before I act and speak.  
I treat others with gentle respect.

I listen with empathy.  
I greet others with cheerfulness.

I have a gift for showing love.  
I take time to write kind notes.

I treat others with courtesy.  
I find joy in giving generously.

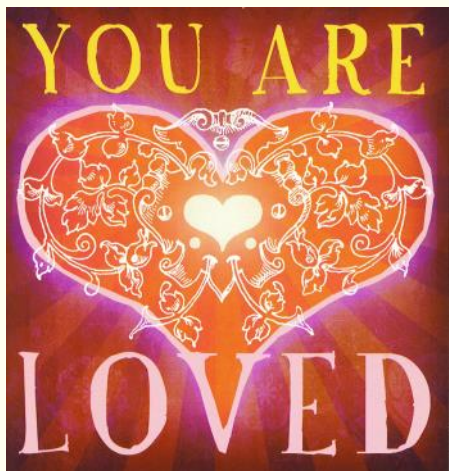
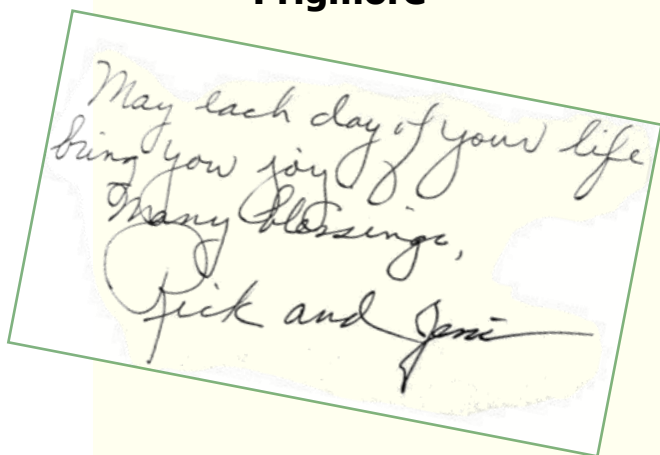
I enjoy the social graces.  
I am always ready to help.

*Rev. Heather Carlile lives in Dallas, TX.  
1998 Virtues Affirmations  
[heathercarlile.com](http://heathercarlile.com)*





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



## Rickerisms ~ Bits of Whizdom

I have a “feather mattress” theology. Most people like their theology firm. Mine supports me, enfolds me, comforts me. Others may punch at it but they meet no resistance. My “feather mattress” theology absorbs life with non-judgment and unconditional love.



The subconscious mind is the alchemist that transmutes energy into actuality.



You know how you sometimes think you recognize someone, but, upon checking, you discover you've never been at the same place and time as this person? Why do you think that is? Some people credit it to “look-alikes.” Others suggest previous life connections, or similar types, or mannerisms...

I like to think that what we recognize in another person which seems to suggest we know them, is the Christ Light, the Holy Spirit if you will, which is Universal. It shines brighter from certain people making them appear to us as previous acquaintances.

After all, are we not all One?



My Eight Word Philosophy:

Hurt Not—Judge Not  
Love Unconditionally—Live Joyously



*From: **The Joy of Living**  
by Richard D. “Rick” Prigmore*



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Please make sure you have updated the  
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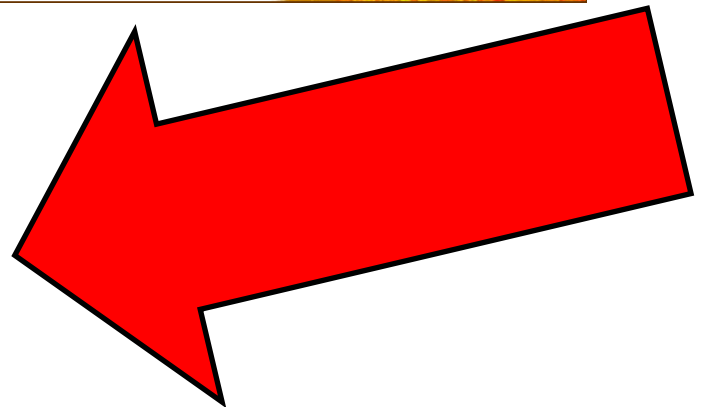
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done early!**

### Did You Know...

- \* Gratitude shields you from negativity
- \* Gratitude makes you at least 25% happier
- \* Gratitude rewires your brain
- \* Gratitude eliminates stress
- \* Gratitude heals
- \* Gratitude improves sleep
- \* Gratitude boosts self-esteem & performance
- \* Gratitude enhances the Law of Attraction
- \* Gratitude improves relationships







# The Power of Influence: How Time Flies from Season to Season

by Rev. Rosemary Cathcart

Hello to Autumn 2022 ~ if you're still standing, even if you're on shaky legs, congratulate yourself at once for simply surviving this challenging journey called 2022. Between the ongoing Global saga with COVID-19 and so many World leaders who seriously need a big old "time out," it's been a pretty exhausting ride for sure. But take heart, the best is yet to come ~ I just know that in my heart and I want you to know that, too.

Never in one year have I had to bid so many beloveds a sad farewell. Not the least of which was the passing of our amazing Co-Founder, Richard Doyle Prigmore, alias ~ Rick, "The Ricker" ~ previously known as "Dick." That wonderful man, with the twinkling eyes and wonderfully welcoming heart, was integral to so many of our lives. I am forever grateful that he touched my life in such profound ways. But the inimitable Rick Prigmore, like all of us will do one day, lived a full life in the physical body, and then moved beyond the veil to a life in the realm of the Divine Father, Mother, Holy Spirit. Our loss is indeed Heaven's gain.

Building on one of Rick's favorite sayings, "Better and Better" ~ I am going to suggest some ways we can deal with the present state of the world, while thriving moment to moment with our body/mind/spirit in tact.

## BETTER AND BETTER

"Yeah, sure," you might be thinking, but I believe we can always find a way to make any situation better. It may take a bit of doing, but we're clever people, aren't we? We've had the courage to step out in the world in new and "out of the box" ways ~ or you would not be a UB Minister in the first place. Just think about it!

If you've had the courage of your convictions to follow your heart and the internal promptings of Spirit to join UB, then you're also a self-starter who is not afraid of learning new ways of being in the world. Each season of the year presents us with another opportunity to release the old and move on to the *next right thing*.

***"To every thing there is a season, and a time to every purpose under the heaven: A time to rend, and a time to sew; a time to keep silence, and a time to speak."***

~ Ecclesiastes 3:1,7 KJV



In the Fall we prepare to move from the heat of Summer into a quieter time of harvest rich colors as the leaves begin to turn. By the time we reach the Fall Equinox on September 22<sup>nd</sup> many of our thoughts will be turning toward the holiday season with Hanukkah Bushes and Christmas Trees. I doubt that there has ever been a flowering summer plant that bemoaned its fate at **not** being a Maple leaf or an Oak leaf. Nor has there ever been a flowering plant or a leaf of any kind that felt ashamed at not being a snowflake. God makes beauty in all shapes and sizes, and during each season of the year. Since we are here, we too are a part of that Grand Design of

Life and we deserve to thrive in all of the seasons of every year, despite any external influences.

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Life today on “School House Planet Earth” has become a bit of a jumble lately, but it’s how life is unfolding at this moment in time. Yes, indeed, we have all lost quite a bit in the past few years. And yes, indeed, prices may be a bit higher now and the stock market is doing what the stock market has always done. It is we who have been challenged beyond our norms, and it is we who can overcome it all. I have no doubt. But it does take diligence, determination and a renewed focus, moment by moment.

I have a few suggestions that might make the day-to-day business of living a little bit easier for you. Everything I am presenting here is a skill or a technique which I also use on a daily basis, so I can vouch for all of it.

\*\*\*\*\*

\*\*First of all, stop reading the headlines and simply turn off the TV. As the daughter of a lifetime newspaper man, this is tough for me. However, I do know that whatever touches my subconscious mind stays with me for a very long time. I do not need to see death and mayhem on any device in my own home, or elsewhere. Since I am the **only one** in charge of this abstinence from the bad stuff, I have to be diligent as I attempt to “stand guard at the doorway to my brain.” I have learned to operate on an “as need to know basis” ~ someone will surely tell me, won’t they?



If you are not ***Standing Guard At The Doorway To Your Brain***, someone else surely will be....and their motives may not be in your best interest.



\*\*Do your best to refrain from Social Media for the sake of your own good mental health. In the September 5<sup>th</sup> issue of *People* magazine, there is an excellent article entitled, “**I’m Out!**” It references a number of celebrities who have deliberately stepped away from all forms of online connection in an attempt to regain their sense of self and their sanity. Give it a try for 30-60 days and see if you experience a noticeable difference in your ability to relax, focus and to sleep throughout the night. The same goes for any of us who have become fixated on our cell phones. Try turning them off by 9 PM and putting them on the charger in the kitchen, away from temptation. As I came home from physical therapy this morning, I saw three young mothers out walking with their phones in their hands ~ **NO** ~ take a walk and be 100% in Nature **just for yourself**. Whatever happens in those precious 20 to 30 minutes will be waiting for you when you get back home. Trust me on this.

**“There is more to LIFE than increasing  
its SPEED.”**

**~ Mahatma Gandhi**

\*\*Allow your Spiritual Life to be the center of your LIFE! If you do not already have a daily practice of meditation, deep breathing, yoga or any other type of self-discipline, start now. Your day-to-day activities offer ample opportunities to call up **mindfulness practices** at any moment.

Upon waking, sit on the side of your bed or chair in a relaxed posture with eyes closed and connect with all of the sensations in your body as it awakens.

Take a couple of long, deep breaths ~ breathing in through

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the nose, and out through the mouth as your breath finds its own comfortable rhythm.

Ask: “What is my INTENTION for this day?” and ask the following ~ How might I show up today as the best and most honest version of myself?

What quality of mind do I want to strengthen and develop?  
What do I need to do to take better care of myself today?  
In difficult moments, how might I be more compassionate to others **and to myself**?

Throughout the day, remember to check in honestly with yourself as you revisit your intentions, remembering to be as kind and available to yourself as you are to others.



\*\*Use your resources on the UB Website: [www.universalbrotherhood.org](http://www.universalbrotherhood.org) to check out past articles by our many talented Ministers. In the Summer 2016 *GoodNews*, our 40<sup>th</sup> Anniversary Issue, there is an excellent article by the Rev. Taron Puri, B.A., LL.B., entitled, “Getting Ahead Through The Heart, A Compassionate Journey.” In the article, the importance of maintaining a clear connection to the “Heart-Head-Body Trinity” is explained and is backed up by compelling evidence. Well worth reading at any time.



In the Spring & Summer 2020 UB *GoodNews* there is a fascinating article by Rev. Deborah Richmond Foulkes, FSA Scot, D.Div entitled “Universal Brotherhood Movement ~ Opportunity, Encouragement” that I found to be fascinating and informative from start to finish. Expanding my awareness beyond the boundaries of this one physical life encounter, I was mesmerized by her eagerness to learn. And it includes an altogether delightful timeline of Deborah’s journey to UB and through Universal Brotherhood to where she is today.

Please check out both of these articles and all of the others that are full to overflowing with heart guidance and consciousness.

\*\*Meditation on and the implementation of the **Six Heart Virtues** can be a life-enhancing journey. Representing the six primary forms of heart expression, allow yourself to sense the transmission of these virtues to and from the Divine Intelligence of the Heart:

APPRECIATION  
COMPASSION  
FORGIVENESS  
HUMILITY  
UNDERSTANDING  
VALOR

Said quietly and with intention, these Six Heart Virtues can become a part of our deepening connection with the Divine. When we place **Divine Love** at the center of these Virtues, we expand in consciousness considerably as we awaken to an even greater depth of purpose and self love.

“**The Power of Influence**” is everywhere in today’s busy world, what a grand idea if we ~ in the company of our

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own awakened Higher Self, and in alignment with our Divine Purpose, allowing the Holy Spirit to work in and through us ~ are able to be the **PRIME INFLUENCE** in our own lives?

It's a challenge for me every day, as I am sure it is for you as well. There are countless other exercises and techniques that we can employ to keep our wits about us. Find something that works for you and that you can easily embrace, and use it as a lifeline. Be curious and resolute about your mental, emotional and physical health and please love yourself first and foremost. Be gentle with yourself and remember that you are here at the perfect time and in Divine Order and you do have a place in the larger scheme of things. Do the best you can and I'll be doing the same as we move through this Holy Privilege called Life.

**"Time does not change us. It just  
unfolds us."**

~ Max Frisch

*Rev. Rosemary Cathcart is a practicing Minister and the President of Universal Brotherhood Movement, Inc. She resides in Nashville, Tennessee, and for more than 30 years, she has been conducting a healing practice based on traditional wisdom and ancient practices in combination with modern modalities. She serves her clients in varied roles that include intuitive counselor, wholistic healer, astrological and numerological consultant, spiritual guide and trainer. She is also a Traditional Reiki Master originally trained by Virginia W. Samdahl. Learn more at [www.rosemarycathcart.life](http://www.rosemarycathcart.life)*





## ARTICLE SUBMISSION

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**SUBMISSION DEADLINE:  
Winter Issue: November 16**

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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 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!



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# Birthday Gift for a 16-Year-Old

*By Rev. Kelly Graham*

One of my dearest friends has a daughter who turned 16 a couple of weeks ago. She's turning 16 in a world that, in some ways, looks very different from the world I saw at 16. But one thing is the same: 16 was the legal driving age for me, for her mom, and now for her.

Her mother took her to get her license, and her parents bought her a car for her birthday. She's a lucky girl: she has everything she needs and much of what she wants as well.



She's kind of a triple threat: smart, pretty, and athletic. Smart as in STEM, pretty as in photogenic and truly lovely, and athletic as in dance team, varsity volleyball, lacrosse team, and more.

So my thought was – what in the world do I get the girl who has everything?

Well, cash, of course! I pulled out a card and wrote a birthday message, and carefully folded a \$100 dollar bill to try to hide it inside the envelope. Mom and daughter had finished dinner when I called to see if I could come over with daughter's gift.

Now, she has received the cash-in-a-card gift from me before. Not with \$100, but a card with cash is something she is used to, from me. So I wanted to give her something else, as well – I mean, 16 is a landmark kind of birthday.

I drove to their house and my friend let me in. Daughter was on the couch scrolling through her phone and I sat on the couch with her while my friend sat on the loveseat. I said “happy birthday!” and waited for daughter to stop scrolling.

It was a bit of a wait.

When she finally looked up, I said, “put the phone down, and I'll give you your gift.” I had the envelope in my hand.

Once I had her attention, I said, “I have a card for your birthday. But 16's an important birthday, so I wanted to give you an important gift. I decided to give you the gift of wisdom for your 16<sup>th</sup> birthday.”

At that moment I thought, hmmm, I probably should have checked with my friend to make sure what I was about to say was okay, but I was already off and running. Oh well.

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“So. Wisdom,” I said. “What I am about to tell you is really important, and I need you to listen.

“The only thing that matters in the world is love. For everything that happens, in one way or another, love is the cause of it and the reason for it.

“And there are lots of different kinds of love, like the love for your boyfriend, or your parents, or your car,” (that got a smile) “or your dog, or your friends.

“But there’s another love that is the most important of all, and that is the love for yourself.”

She rolled her eyes so hard I thought they would roll right out of her head onto the floor. But I was deep in it now, so I pressed on.

“The most important thing is to love yourself,” I said. “You have to learn to truly love yourself, accept yourself, and believe in yourself, to become who you are supposed to be in this life.” Her phone rang. She declined the call.



“What are you going on about, Kelly?” she said. “I love you, okay?”

“I know you do,” I said, “and I love you too. But this is your gift, the gift of wisdom. So listen.

“Your purpose in this world, in one way or another, is love. To feel love, to learn about love, to give and accept love. You know, everybody is insecure. Everybody feels afraid. Everybody has doubts. Your job is to learn to love yourself enough to keep believing in yourself when those things happen.

“And if you can’t, if you don’t feel that in a given moment, you call your mother.” I looked at her mother, and she nodded in agreement (thank goodness). “Or you call me. We will always help you with it.”

I handed her the envelope. “Okay, here’s your card,” I said. “Open it, and then I have one more piece of this wisdom gift for you.”

She read the card, and found the bill in the envelope and unfolded it. “Wow!” she said. “A hundred dollars! Thank you!”

“You’re welcome,” I said. “Happy birthday! Fold it back up like it was. This is the last piece of your gift of wisdom.” She did.

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Have you ever studied the design of American paper money? Pull out any bill, any denomination, and turn it over to the back. You'll see THE UNITED STATES OF AMERICA at the top, and – just beneath that – these words: IN GOD WE TRUST.

I had folded the bill several times and all that was legible was those words:  
IN GOD WE TRUST.



“Here,” I said. “Look at this. This is the foundation of learning to love yourself: IN GOD WE TRUST. Always remember that. Happy birthday.”

And thus endeth the lesson.

My friend walked me to my car and I apologized for not running my speech past her first, but she was fine with it. “I don’t know how much of it sank in, though,” she said.

I shrugged. “Who knows? I remember the weirdest random things from when I was a kid. I hope something got through, but all we can do is try, right?”

I had a sudden realization and did that thing where you smack your forehead. “Geez! I should have talked about budgeting instead of love! Oh well. For her 18<sup>th</sup>.” My friend laughed, and we said good night.

The next day my friend called and said, “guess what she did with the money.”

“Spent it?” I said.

“Nope. Before we picked up her friends for the sleepover she wanted to go to the bank so she could deposit it to her savings account.”

Well, now. That’s putting yourself first, which is an element of loving yourself. Cool.

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





# *UB Minister In Spirit* *Rev. Sandra Catherine Bellamy Possman*

## **“In Tribute To A Truly Beautiful Soul”**

The Reverend Sandra Catherine Bellamy Possman, Minister Director from North Carolina, has made her journey “home.” Sandie made her transition on July 31, 2022 with her husband, Gregory Possman, at her side in their Todd, North Carolina home.

Have you ever known anyone you instantly adored? Adored because their inner beauty radiated a sense of joy, depth and endless curiosity, mixed with a wickedly good sense of humor? If you have, then you’ve come close to knowing this inspired Soul.

Always warm, witty and kind, Sandie had a twinkle in her eye that belied her gentle demeanor. Known for many years by her Spiritual Name of Andrika, Sandie was a master of many disciplines. Her personal work included several forms of emotional and physical healing, as well as past life regressions and ear candling with premium herbal ear candles.

Sandie and Gregory were Ordained on May 4, 1993 on The Dolphin Ship in the Atlantic Ocean by Rick and Jeni Prigmore. While living in Atlanta, GA, Sandie and Gregory were appointed as Minister Directors on January 25, 1995 ~ once again, the ceremony was conducted by Rick and Jeni. Over time, Gregory went on to become the President of UB, serving for a number of years with Sandie at his side each moment.

My heart is heavy as I write these words about a woman I had come to love and admire so much. But I truly know that with the passing of Sandie into the realm of Spirit, that our loss is Heaven’s gain. A Celebration of Life Memorial Service will take place at the Possmans’ residence in Todd, North Carolina on Saturday October 29, 2022.



**~Rev. Rosemary Cathcart**

# The Paradox of Our Bigness and Smallness

*Blog: Wonderance Woman Life Coaching*

*By Rev. Rachel Mueller-Lust*



I have been playing with the concept that I matter and yet I don't matter. That absolutely every single human being, no exception, matters and yet doesn't matter. What I mean by that is seen from the perspective of the cosmos: we inhabit a single planet and are such a small part of the universe. And yet each one of us and our very existence has meaning and collective contribution to our experience on our planet.

Though it seems important to me to find personal meaning in my life, my meaning of life is only important to me. However my path for finding meaning, and every person's path, contributes something even if it is just a speck in the universe. I love the paradox that opposites can hold true at the same time. We are both very big and very small.

So what do you do with that knowledge? You can get hamstrung and give up trying to do anything. Or you can decide to embrace the understanding that you are a small yet important cog in the wheel of humanity and try to be your best you. What makes the best you is individual but also communal. Because what you do, no matter how much you are separate from others, does impact everyone.

Collectively we have the opportunity to evolve our way of being. We can choose to wake up to how we oppress others and learn and practice how to have open hearts for everyone. We can choose to be have respect and regard for everyone, no exceptions. Race, color, shape, size, species, gender, neurodiversity, disability, education, marital status, religion, economic status, sexual orientation, national origin, region, health, age, culture, family structure and more. We all must be liberated to experience true bigness and it begins with the small decisions we make in each moment. I wish for you to find inner freedom and share that with everyone and everything.

*You may contact*  
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[rmuellerlust@gmail.com](mailto:rmuellerlust@gmail.com)  
<https://wondrance.com/>

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**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:

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**Contact our UB office  
for more information**

We have beautiful clear quartz cabochon pendants for sale. We are offering two unique designs: the pictured cabochon wrapped with a graceful scroll design, or the cabochon wrapped with flowing spirals.



***It's a great gift idea, and **all sales directly support UB!** These beautiful pendants capture the Light and are filled with UB Love!***

The pendants measure approximately 1 1/4" - 2" long and an 18" lobster clasp chain is included. **SUPPORT UB WHILE SHOPPING FOR GIFTS!**

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# (In a Techno World) Possible Options to Choose for Children

*By Rev. Jai B. Titus, M.Ed.*

This article may be familiar to many who are around our age: a Grandma and a Grandpa of nine Grandchildren and six adult “children.” Or you are currently parent(s) of your own, including adopting or fostering children, teens, and/or young adults. Or perhaps you’ve worked or are working as a teacher for a specific age group, or for special needs, or as a substitute (as was I, for the local high school). You might even be a person who loves children and offers to be an “adopted” Grandma, Grandpa, Uncle or Aunt to any friends who don’t have anyone, or none who live close by, in those capacities.



Focusing on whatever relationship/s you’ve developed as grandparent, parents, teachers, or friends, you’ve most likely discovered that raising and teaching children and teens can be challenging!

One of the major challenges of the past 40-50 years continues to be how much exposure to all forms of public and private media is the “right” number of hours, the “right” kind, and/or the “right” time of day. Unfortunately, the critical consideration that may be left out, even in cartoons or handheld devices with games for small children to teens, is:

“What values are these media shows and games teaching my/our children?” “Do they match the values I/we want instilled in my/our children’s minds?”

During my career as a public speaker, “Living Laughter for Stress Management” was the most frequently requested workshop. The summary of this workshop is in the title. The second workshop, also attended by thousands of teachers, was called “Violence in the Media (& Homes): The Impact on the Subconscious Minds of Children.” The summary of this workshop is that “our children are being taught, sub-consciously, to use violence to solve their problems!”

Why not teach them to “USE WORDS!” as I sometimes had to shout to my four children. Quickly, they learned to use words. If not, they had a time out on a chair in the kitchen or in a bedroom. The number of minutes was according to their age, *e.g.* a five-year-old = five minutes, an eight-year-old = eight minutes, etc.

The second option, besides teaching them to use words, is to engage in nonviolent activities with our children. Please feel free to share/copy/use any of the above and below in your communities.



*Continued.....*

*Continued.....*

Decide the values you wish to model for children, always remembering that “actions speak louder than words.”

Teach them by your actions to “Love Thy Neighbor as Thyself” by volunteering with them at an elderly facility, when they are young. Bring them once per week to help fix a meal or read aloud. When they are in school, keep it up after school if you can.

Offer other opportunities, too, like engaging in nature by cleaning up a park or watershed with a group, or joining a community garden. If possible, let the child/children choose.

Have a fun “Chore Chart” with rewards (like stick-on stars) that lead to a bigger reward when the chart is full.

Use your local library. Many have child-friendly experiences that you can join with your children. Let each child pick books to take out. At the same time, pick books to read aloud to him/her/them. The outcome is a development of a love for reading and learning.

Do arts and crafts with them through your local recreation department. No matter what they create, admire it. If it's unclear, ask: “What's the picture or object about?”

Once they are in first grade, have them pick a sport to explore every season so they find what they do or don't like. No matter what, support their choice. Most likely you'll have fun and meet new people yourself. In the summer, have them take swimming lessons until you are certain they can swim safely, especially in deep water. (One of my cousins died because he didn't know how to swim, even while he was saving others.)

Let them have their own pet. Learn together how to care for it, and then have it be their responsibility. If anyone is allergic to the fur of cats or dogs that you can pick from your local pound, or you don't have room, a frog, lizard, bird, fish, chameleon or snake are other possibilities.

Have a bedtime routine that begins with reading and then songs. Stories and music are very powerful traditions. They transmit values and information. After reading, I would start with a silly song like the ABC song; then a favorite lullaby or whatever comes to mind (I sang, “I love you so much, I love you so much...”), and last a song that's full of praise of God, by whatever name! LOL, not having a great singing voice myself, the “Amen” song was usually my last.



*Continued.....*

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My children didn't care. They loved being sung to. I'd even, with my alto not-on-key voice, sing to them at the bus stop when they were too young to wait by themselves. Of course, there are lots of games you can play at bus stops. I was usually too exhausted from not quite ever getting enough zzzz's, it seemed.

The big plus is that our/your children are now choosing to help create the future!

In conclusion, helping our children and teens create peace in our world with positive outcomes is an ongoing challenge that we all face today. Teaching our grandchildren, children, students, and young friends to live their lives fully, freely, and fearlessly has become increasingly more difficult for many. Training, working together, sharing our stories, and building trust among our communities have become keys to our survival.



As individuals in our respective communities, we can choose nonviolence in the media and in our homes. We will be choosing the greatest primary principle of the six major religions of the World. We/they will be choosing to create peace through the values.

Each ripple creates a wave; we are choosing "to think critically" and "to love" as options for all children everywhere!

*Rev. Jai B. Titus lives in New Jersey and  
was ordained in March 2007*

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## Prevent Illness in the Fall

*By Rev. Paula Tepedino*

Fall is a time where in most places the weather is slightly to greatly different. Here in Pennsylvania, the weather gets cooler, wetter and windier. In the practices of yoga and ayurveda, this is called the Vata (sounded as VAA-taa) seasons. It is a time to apply OPPOSITES CURE to your routine. If it's cool, wet and windy, you would want to create warmth, dryness and stillness. Simply put, if you get chilled, get warm. If the wind makes you flighty and ungrounded, put a hat on. If you feel drained of energy because it is raining too much, stay indoors where you can drink a hot cup of tea, put on some cozy socks and watch the rain out the window.



Balancing the Vata is using the key words: COZY, COMFY, WARM, DRY.

Eat oatmeal with soaked raisins or nuts. Switch sugar for maple syrup. Add warming spices like cinnamon to your foods. Warm up some grated ginger and maple syrup instead of drinking coffee all day.

Good luck and enjoy this Fall season.



We are excited to soon be offering our UB family many classes by various UB teachers and instructors! For more information please contact the UB office:

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

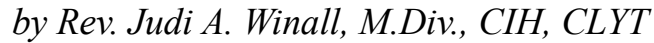
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*Continued...*

“Play is as natural to our being as breathing is to our body. Without it... life becomes very difficult.” - Rev. Judi A. Winall

If you would like to change your life for the better through laughter, I offer a free laughter yoga class through zoom on the third Wednesday of each month at 7:00 pm ET. Just email a request for the invitation to join us to [judi@joyfulhealinglaughter.com](mailto:judi@joyfulhealinglaughter.com). HO HO Ha Ha Ha!

### **Overview of Laughter Yoga:**

Laughter is nature's most powerful way to counteract the negative effects of stress and has a profound effect on our health and well-being. It lifts our spirits, oxygenates our bodies, strengthens the immune system, reduces blood pressure, stimulates “happy” chemistry, improves our attitude and behavior and helps create peace in ourselves and our world. It was developed by a medical doctor from India in 1995 and is based on scientific studies which prove the body cannot differentiate between intentional and real laughter. Laughter Yoga teaches us how to laugh anywhere, any time without jokes, comedy or even a sense of humor through laughter exercises as well as deep breathing and stretching.



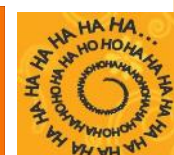
Rev. Judi A. Winall, M.Div., CIH, CLYT is the founder of The Center for Soul Empowerment and has been involved in integrative life healing for 30 years. She is a psychospiritual mentor/teacher, nature photographer and certified laughter yoga teacher, personally trained by the founder of Laughter Yoga, Dr. Madan Kataria. Judi began offering laughter yoga classes in 2007, as well as certified trainings the following year. PBS Nova filmed her monthly LY class and she was featured, along with Dr. Kataria, in an interview by the magazine *Live Happy*.

Judi's experience with laughter yoga has shown her what an important tool it is for individual self-empowerment as well as health and well-being, and she delights in every opportunity she has to share it.



*Rev. Judi Winall was ordained through UB in January 2003 and resides in Ohio.*

*For more information about laughter yoga, please visit Judi's website at [www.joyfulhealinglaughter.com](http://www.joyfulhealinglaughter.com) or the international website at [www.laughteryoga.org](http://www.laughteryoga.org)*





# Haiku and Senryu

By Rev. Patricia Daharsh



September morning  
in an unplanted cornfield  
a harvest of crows

*Penumbra*

autumn migration  
the origami cranes  
left behind

august dusk  
pulling starlings  
from the reeds

*Pinesong*

thistledown  
the bagpipe's skirl  
blows away

abandoned barn  
a mourning dove's cry  
fills it

*ukia Haiku*

Rev. Patricia Daharsh is a published Haiku and Senryu poet, and she resides in Florida. She says, "A couple of years ago, one of my haiku was exhibited in the Golden Triangle business district in Washington D.C. Selected haiku are displayed for a month on decorative posters in flower beds along the sidewalks in spring. I was pleased and honored to be included."



# Never Bored, Always Busy...

## Give God The Glory

*By Rev. Kathleen Zurenko*

As a Biblical Counselor at CrossRoads Biblical Ministries, it seems that many people are still seeking counseling because they were bored during the pandemic and still haven't gotten back to "normal."

"Well, you came to the right counselor," I'm delighted to inform them. I could never imagine being bored before, during or after the pandemic. Two years ago, I shared in an article I wrote for UB all the activities I engaged in during the pandemic to stay busy and continue to enjoy life, no matter what was going on in the world. The summer of 2020 I made 42 facial masks by hand for the medical community, as I did not have a sewing machine at the time. I partnered with Joanne's Fabric Store to do this project. I also spent six months, April through October 2020, doing a weekly live Facebook presentation based on my book, *52 Ways to Transform Your Life from Okay to Wow!* Always enjoying life, always giving God the Glory. It's what I do.

Almost two years ago, my friend's mom passed away and left two Cabbage Patch Kids on her closet shelf, both from the early 1980s. As my husband and I were getting ready to leave after having a lovely dinner at her home, she brought out one of the dolls and asked me if I would like to have her. Quite surprised, I said, "Oh, okay. I never had a Cabbage Patch Kid before, so why not?" I immediately named her Rebekah. My sweet friend then left the room and returned a few minutes later, this time with a male doll. She asked me if I would like to "adopt" him as well as they "travel" in pairs. I named him Sebastian. That was September 2020.



It was very enjoyable having "kids" as I never had children of my own and at this point in my life, we do not have grandchildren either. I greatly enjoyed making clothes for Rebekah and Sebastian with the new sewing machine my husband gave me for Christmas 2020, and I thought our "family" was complete. A few months went by and in February 2021, somehow four more Cabbage Patch Kids appeared. As my husband and I love to shop at flea markets, thrift stores and garage sales, by the end of July 2021 a few more "kids" found us and we now had 10.



It was very comforting to be surrounded by so many bright-eyed, smiling faces because on July 27, I tested positive for Covid, two days after my husband did as well. We quarantined for ten days and both of us had a sense of joy just looking at all these cute

*Continued.....*



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little dolls while we were feeling very ill. When we were well enough to get out again, our family grew, and grew, and grew. So by the end of 2021, we had 37 kids! About six months later, we finally came to our senses (I think) and by the middle of June, 2022 we stopped adopting and now have 55 Cabbage Patch Kids!

But wait, there's more! Are you still with me? We named all 55 kids and we have a great time buying clothes, blankets, shoes, socks and furniture for them. Because we love these little darlings so much, we decided to start a Cabbage Patch

Adoption business. So our rule of thumb is this: if they stay permanently at the Zurenko Patch, we give them a name. If they temporarily reside in our Adoption Center, they do not get a name (so that we won't become too attached to them). In addition to our "family" of 55, we now have 75+ in our Cabbage Patch Adoption Center.

In September 2020 and again in September 2021 we visited Babyland in Cleveland, Georgia, home of The Cabbage Patch Kids. Of course, while we were there, four more "kids" found their way into our hearts and home.

Yes, most people tell us we're crazy. But my husband and I have so much fun making up stories about our "kids" that they really have brought us a huge amount of joy. Our Patch is small compared to some folks we communicate with online who have hundreds or even thousands in their "family!" When we go to events with our Good Humor Ice Cream truck, we set up a Cabbage Patch Adoption Center and find forever homes for our "adoptees."



Speaking of our Good Humor Ice Cream truck, we are so blessed with this as our "retirement gig." As a former flight attendant, airline employee and now retiree, I have visited 27 countries and all 50 states and never feel as though I am missing something by not traveling. So staying close to home these past few years has been both profitable and fun. We attend several events each month with our 1965 vintage Good Humor Ice Cream truck. We are so blessed to cater ice cream at weddings, retirement parties, block parties, classic car shows, school events, church events, etc. I must admit, I haven't turned on my television in months!

As a member of CrossRoads Biblical Ministries, I find myself involved in several different ministries on a regular basis: I teach a Ladies Health and Wellness Small Group based on *The Daniel Plan*, I am actively engaged in Children's Ministry, Welcome Center Ministry, Biblical Counseling Ministry, Leadership Ministry and....drum roll, please.....will be singing in our

*Continued.....*

*Continued.....*

new choir beginning in September: The New Heart Choir!

As I have the privilege of meeting so many wonderful people at events we attend with our Good Humor Ice Cream truck, I had the pleasure of meeting the President Jose Rosa of the Veterans Museum and Educational Center of Daytona Beach at the Museum of Arts and Sciences on July 30 of this year. I casually mentioned that I have a stack of letters dated 1944-45, which were written by my mom to my dad when he was stationed in Europe during WWII. Jose Rosa very strongly suggested that I partner with the videography department at Daytona State College (where I taught from 2003-2015) and create a video of my mom's letters, narrating the letters and integrating WWII photos. Mr. Rosa said he would like to display my finished product at the Veterans Museum and Educational Center when it is completed. Wow! This is huge! I better get busy!



I love serving others as that is how we serve the Lord. Whenever I find myself saying "Use me, God" He takes me seriously and offers me yet another ministry. There is nothing more soul-satisfying than serving others. As we open our heart, our soul grows. I am so grateful for all the



amazing opportunities that present themselves to me. I cannot imagine ever being bored or actually looking for something to do to occupy my time. As I have been meditating on a daily basis since 1975, I carve out at least 20-30 minutes each day for my PMS: Prayer, Meditation and Sitting in the Silence. I play my piano, read, ride my bicycle, sew and catch up with friends and family on social media on a regular basis, as well. I don't ever want to be that person who is too busy for loved ones.

There are so many wonderful, amazing things to do for all of us. We just have to make ourselves available and open to the possibilities and grab the opportunities as they come along. It's okay to say "no." I've done that many times. But at 75 years old, I savor every moment and enjoy everything I possibly can. I don't stay busy for the sake of keeping busy. I answer the call. You know when you are being called. It gets louder and louder until you say "YES" to life! Give God the glory. From Romans 12:2 "Do not be conformed to this world, but be transformed by the renewal of your mind."

*Rev. Kathleen Zurenko of Florida has been a minister since December 2009. You will find Rev. Kathleen's article, Pandemic Ministries, in our UB GoodNews [Winter 2020-2021](#) newsletter. Contact information: [kathyaz1020@gmail.com](mailto:kathyaz1020@gmail.com)*





# 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, especially \_\_\_\_\_, 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.*



## **5 Tips to Move Beyond Suffering Grief**

*By Nancie DiSilverio  
Soon to be ordained*

***Pain is inevitable in life. Suffering is optional. —Sri Sri Ravi Shankar***

We all experience loss in life, and when it comes, it hurts. How much we are impacted by that loss is proportional to the importance we place on the subject of our loss. Losing your Saturday afternoon football match hurts a lot less than losing your job. The sudden death of someone we are close to hurts much more than losing our job.

Most of us need no support to get past the loss of our soccer match. Grabbing a meal with our teammates, and maybe even our victorious opponents, and we all move on to next weekend.

Losing a job hits harder, stabbing at our sense of self-worth, and can stall our progress for a while. An unexpected death, especially if it's a family member, partner or our bestie, can precipitate an existential crisis we would never have predicted.

While all losses hurt, we end up suffering in them if we don't understand how to move through our feelings. If our minds get wrapped up in the emotions, we may become trapped in suffering our losses.

Here are five tips to help manage loss, however big or small.

### **1) Practice Awareness of the Impermanent Nature of Things.**

***Anyone who has lost something they thought was theirs forever finally comes to realize that nothing really belongs to them. — Paulo Coelho***

This is an awareness it helps to cultivate before we lose someone or something, but it helps even after a loss.

Nothing in this creation lasts forever. Over time, even mountains and seas change.

We take it for granted we are alive, and will be alive for some time to come. So we also take it for granted that others will be too.



*Continued....*

Continued...



We take it for granted that the people or situations we are in now, that we are attached to, won't change without our consent; or will change only in ways we can imagine, and control.

It's not true.

Look around. Things are changing all the time. Things are born or dying around us, all the time. But we ignore this because we do not experience

that psycho-emotional connection to “everything”; we experience it just with what is “ours”; those we feel “belong” to us.

But there is big message in this: if we realize EVERYTHING IS CHANGING and none of us are here for very long, we can accept our losses as natural. We can take this a step further too, and realize these changes can also mature us, if we come to terms with our losses.

## 2) Numbness Is Often a Sign of Fear

*And my mind was empty — or it was as though my mind had become one enormous, anaesthetized wound. I thought only, One day I'll weep for this. One of these days I'll start to cry. — James Baldwin, Giovanni's Room*

A period of shock is normal when a loss is “unexpected” (and most of them are — even if we realize that we saw, or should have seen, it coming). But once this wears off, we may still experience periods of numbness.

This numbness is usually covering a complexity of emotion. If we start by experiencing the fear, we can slowly get back on track to being present with all that we are feeling. Most of us know the only way out of grief is through it but that doesn't make it any easier.



Two common fears are:

1. What if letting the emotions move overwhelms me? I don't have time for this.
2. How will “living” with this loss change my life?

Continued...

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In the first case, we need to understand that emotions move. They take less time when we attend to them regularly. They are among the most temporal, transitory expressions in life. Ever tried to hold onto that high feeling at the end of a great concert or an excellent comedy? It doesn't last long.

We *can* grab hold of feelings mentally and replay them, and that can give us a glimmer of that feeling again. Do it enough with our sorrow and it can send us into misery as well, again and again. Or we can experience the pain like a child, who feels something fully, but then, often without reason, moves on from that emotion, and returns to the experience of the present moment.



This takes a little skill. The skill to observe. A simple practice of observing our breath while our emotions are dominating can help. Awareness of our breath brings us back to the present.

In the second case, living with the loss, we have to realize life isn't going to stop by our becoming numb and withdrawing. We are hiding from the inevitable need to face a new reality. Go slowly and take small steps forward. This helps us realize life, beyond our loss, does exist however changed it may be.



The emptiness we endure after a loss, particularly with the death of a loved one, may never disappear. But we can learn to fill it with the loving memories we have of that life, or hopes of a new future. We can seek out new experience, little by little. We see that life goes on with or without our agreement. We have nothing to gain by refusing to move on.

To move beyond the numbness, we can sit in a quiet place where we will not be distracted.

With eyes closed we can gently bring attention to the rise and fall of our breath. Whatever the thoughts or emotions, keep coming back to awareness of the breath as they pass. If there is fear, we can bring the attention to the feet and feel them on the ground. Stay with the connection to the ground, and slowly open the eyes allowing the breath to return to normal.

Once we face the fear, we are sure to find sadness or anger.

*Continued...*



*Continued...*

### **3) How To Be With the Sadness**

***They that sow in tears shall reap in joy. — Psalm 126:5, the Bible,  
King James Version***

If we find sadness, we must allow that feeling to express itself in whatever form it takes. We may cry or not; we may feel withdrawn into pain or not; but by becoming aware of the feeling, we could even say, the sensation of the feeling, and allowing it to be present, eventually it will no longer overshadow us.

We can also face our overwhelm. We can surrender those feelings to a higher power: God, Nature, the Universe, whatever aspect we relate to beyond our own small experience. To surrender to “something bigger” is a technique in almost all religions and spiritual traditions, and it works for many people.

Grief or sadness reminds us to let go. To let go of our limited perceptions of life.

### **4) What if I just feel angry?**

***If you try to get rid of fear and anger without knowing their meaning, they will  
grow stronger and return. — Deepak Chopra***

When we feel anger, that is exactly what we must do: feel it. Not use it to rail against ourselves, others or the general cruelty of existence.

Expand your space.

If someone is stuck in their anger, they can sit somewhere quietly and bring their attention to their solar plexus or the navel region of the body. Using long deep breaths to expand this region of the body will bring relief. Long breaths in and long, slow breaths out. Often we will uncover an understanding of what we are not seeing in holding onto our anger: fear, grief or some concept or identity which we are not aware we are hiding from in our anger.



### **5) Be willing to change your identity without giving up your existence**

***He allowed himself to be swayed by his conviction that human beings are not  
born once and for all on the day their mothers give birth to them, but that life  
obliges them over and over again to give birth to themselves.***

— Gabriel García Márquez, *Love in the Time of Cholera*

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So just as our grief helps us to let go, our anger helps us expand. That expansion can move us beyond a limiting, or perhaps a no longer existing, identity.

When my father passed away in 2015, my four siblings and I had now lost both our parents. I remember my brother Tom declaring, only slightly joking, “We are orphans!” Though we were all in our 40’s and 50’s we related to his comment.

While our experience can in no way be compared to that of a young child who loses both of her parents, the loss of identifying as the children of someone living was a real aspect of this grief with which we all identified.

The loss of these identities represent real changes. Mother’s and Father’s Days come and go with moments that pinch every year, though my mother has been dead for a decade now.

But because I can realize that is only a small part of the nature of existence of which I and we are all a part — far from shaking me, it makes me feel grateful. Grateful for all I have received by my parents efforts. I can celebrate their lives and all that they gave me, yet again.

This brings not only them, but me, the immortality of our story — the unending magical story of everyone and everything that passes through this creation.

And that always takes me past those remaining pinches of grief.

And lastly, give yourself as much time as you need. It may be moments, or days, or years, or even decades. The heart heals in its own time, but being a willing participant in the process goes a long way to making it livable.



*Nancie DiSilverio resides in Arizona.  
She was introduced to UB through  
Rev. Eugene Belilovsky who has also  
written articles for the UB GoodNews  
Summer 2022 edition and the Spring-  
Summer 2021 edition.*

# 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.

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\_\_\_\_\_

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

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