

UB GoodNews

Universal Brotherhood Movement, Inc.
Newsletter Winter 2022-2023



Winter Haiku

By Rev. Patricia Daharsh

A campfire's
Dwindling embers
...winter solstice

New white strands
On her mother's comb
...snowmelt

Daffodils
Laced with snow
A rusty gate
...pinesong



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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? _____



UB Founders
Rev. Drs. Jeni & Rick Prigmore
Rev. Dr. Rick Prigmore, Minister In Spiritus

You are the Light of the World

By Rev. Dr. Jeni Prigmore
Reprinted from Winter 2008 Edition

When someone asks, “How are you”...
 What goes through your head?

Most of you know that My Beloved Rick had a standard answer ALWAYS: “Better and Better.” In fact there are a few in our circle of Friends and Acquaintances who actually refer to him as “Mr. Better ’n Better. What a way to be known!

In all honesty, if you were to have asked me early today, “How are you?”, I might have replied “would you like to rephrase your question?” or maybe, “you don’t want to know right now.”

Within the counseling practice and circle of friends and family, it seemed like EVERYONE had BIG STUFF to deal with today, and (having agreed to be a comfort to the hurting ones and a confidante to those who need a place to “spill the beans”) this chosen role was up for a “Stretch” today.

I’ve found my heart silently calling out, “God, give me strength” as I listen to their challenges, “and the words that they need to hear from me when it’s appropriate for me to speak.”

UB Administrative Office **Phone Number**

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

Thank you

All over the world, people are finding themselves in a state of “unrest,” a place of what in the world will come NEXT?! We, as ministers, are also subject to those questions and challenges...So, what do WE do, when these feelings come?

Last night as I went (for the second time) to
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my bedroom to seek some restful sleep, My Beloved said, “take a book and read yourself to sleep.”

At that moment I was carrying some prayer beads in my pocket, and as I pulled them out and looked at them, I heard a voice inside suggesting that my response might be to “pray myself to sleep.” There was some magic in that for me. After our goodnight kiss, I went to my bed and did just that. I prayed myself to sleep. There wasn’t any more that I could DO to reach out to those lives I had touched during the day, but my intentions could go far beyond words I might have spoken to each one.

When I teach (I’m a Reiki Master Teacher) one of the first things my students hear from me is that “Your intention is more powerful than I can ever tell you.” Get that, at the deepest levels of your being, and your life will be one of remarkable success. No matter what you’re dealing with at this moment, be aware of your INTENTION and stand by that.

**YOU ARE THE LIGHT OF THE WORLD.
BE THAT!**



With open loving hearts and arms, let us welcome Rev. Shannon Harder Ronald into our “Light Of The World” Universal Brotherhood Movement family!

Soon after her ordination, Rev. Shannon mailed this photo card and message she had previously created to the UB office.

“Illuminate The World With Your Light” was the message on the front of her card.

Inside she shared: “As I was proclaiming the UB ordination ceremony I was reminded of this card. How similar this proclamation on this card and at my ordination. I took this picture at 11 a.m. on Mt. Rainier out of my tent door as the sun arose.”

Rev. Shannon’s email: shannyhr@gmail.com



WELCOME TO 2023 A Number 7 Universal Year

by Rev. Rosemary Cathcart, UB President

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

If this is true of each new day, just imagine what the start of another trip around the Sun affords us! We are being offered **365** brand new chances to become more than we have ever been before. So, what are we going to do with all of this **incredible future**? We are designed to be brilliant **CREATORS** of the highest order ~ the sky is the limit for us; life is an elegant banquet, and we are the esteemed guests. **But** it's up to us to reach out and choose our good. Let's take a look at the number patterns for **2023**, and how they're apt to affect each of us both **personally** and **globally** so that we might achieve our "highest and best".

In the "Esoteric Numerology" which I practice, I consider not only the numerical value of each digit, but the Spiritual significance in combination with the Astrological influences, in order to illustrate the deeper meanings of the numbers. A "**0**" vibration exacerbates whatever the primary focus is; so when adding $2 + 0 + 2 + 3 = 7$, the stakes are suddenly quite a bit higher and the focus much sharper. In this case, the "**2**" vibration is of the utmost importance since it is repeated twice. The **# 2** vibration is ruled by the Moon and carries with it the essence of being of assistance and expressing an understanding nature that is capable of adjusting to any prevailing circumstances at a moments notice. Because of this LUNAR influence, there is an underlying vibration of sensitivity, receptivity and emotional discernment. In all of life there is a perpetual dance of adding and subtracting and balancing ~ such is the case within all the studies of Numerology and Astrology. We are always combining and expanding in our quest for understanding and personal growth. May **2023** provide us with every opportunity to expand in love, in consciousness, peace and wisdom.

I've always had an unwavering belief in the Divine Order of things, and as we come to our **New Year of 2023**, that is once again affirmed. Now life has brought us the gift of another year in the form of a **Number 7 Vibration, "The Mystic"**, governing analysis and solitude and urging us to go "inward" with a need for greater rest and internal re-balancing. An underlying issue of trust is key with the **# 7**, so engaging in any practice that helps toward a deeper understanding of **self-trust** will be a vital component in accessing our Divine Light as we come to trust our own internal compass readings. Since the natural energy of the **# 7** flows **inward**, no matter what your Personal Number turns out to be, you will need

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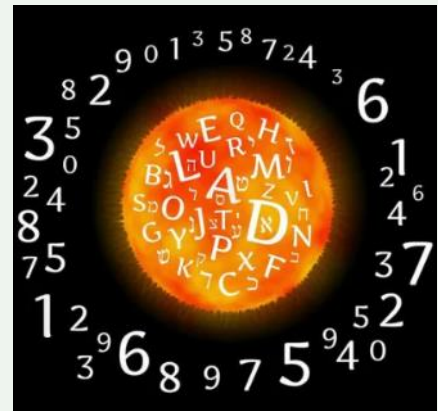
more alone time in 2023. Considered one of the most Spiritual of all numbers, the **# 7** vibration will hopefully encourage greater wisdom and a deepened attention span to help us understand what the best balance is between “others” and the “self” as we reverently move to connect with our Divinity. My personal belief is that we are here to do God’s work while in physical form. If the term “God” does not sit well with you, substitute an essence of Divinity that does.

We live in Numerological cycles of **1 ~ 9 + 0**, which makes up the entire spectrum of numbers, no matter where you live or what language you speak. The year we’ve just wrapped up, 2022, added up to a Universal **# 6** vibration, “The Harmonizer”. As history proved out, there was not that much harmony to be found anywhere on the Planet, which only amps up the Universal Collective for 2023. We are Divine Beings ~ Children of God, and this is meant to be our “Heaven on Earth”. As we deliberately commit to create that for ourselves internally, we have a much better chance to see that reflected in the world around us. Which is all the more reason to honor the **# 7** vibration as we endeavor to work **in harmony** with the Universe to the best of our ability. I know that if you’re reading this, you are a part of the healing of School House Planet Earth, and I am hopeful.

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

According to “The Secrets of Numbers” by Vera Scott Johnson and Thomas Wommack, “Reference to numbers as metaphysical abstractions can be found in every ancient civilization known to man, including Egyptian hieroglyphics dating back to 3100 B.C. Numbers were used by the Chaldeans, Phoenicians, the Chinese, Hindus, Hebrews and the early Christians. The rituals and writings of all the world’s major and minor spiritual and religious movements have used the abstract symbology of numbers. The Bible is a prime example, with its reference to numerological symbology, including the **Trinity** and the entire book of **Revelation**, which is a feast for numerical and Numerological symbolists.”

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



As we move from a **# 6 Universal Year** vibration ($2 + 0 + 2 + 2 = 6$) ruled by Venus, into a **# 7 Universal Year** vibration ($2 + 0 + 2 + 3 = 7$) ruled by the Planet Saturn, a bit of preparation and understanding might be in order.

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

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

The higher octave of the **# 7** represents: refinement, discernment, wisdom, analysis, faith, trust and a desire to deepen one's own Spirituality. The lower octave of the **# 7** leans toward skepticism, confusion, sarcasm, faithlessness, bitterness and isolation brought about by such an erratic state of nervousness that strategic thinking is impossible to achieve.

As we approach this new **Number 7**-year cycle of life, how will you choose to make your mark in the world? You can decide anew each moment, and then the next and the next and the next...!

Let's take a look at the meaning of each number and then demonstrate how to find your **Personal Number for 2023**:

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

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

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To find your Personal Number for any given year, simply add ONLY your **month of birth** and your **day of birth** to the value of the Universal Year's vibration. In the case of 2023, the Universal Year's vibration adds up to a # 7.

$$2 + 0 + 2 + 3 = \# 7$$

Now we take the **# 7** and add it to the month and day of any given birthday to discover what that individual's **Personal Number** is for the New Year of 2023.

For example, follow these patterns below as a guide:

A May 2 birthday looks like this: $5 + 2 = 7 + 7 = 14$ and reduces to a # 5

(Oct. 2) $1 + 2 = 3 + 7 = 10$ and reduces to a # 1...The Pioneer
(Nov. 20) $2 + 2 = 4 + 7 = 11$ and reduces to a # 2...The Helpmate
(March 20) $3 + 2 = 5 + 7 = 12$ and reduces to a # 3...The Artist
(April 2) $4 + 2 = 6 + 7 = 13$ and reduces to a # 4...The Builder
(June 10) $6 + 1 = 7 + 7 = 14$ and reduces to a # 5...The Adventurer
(Feb. 6) $2 + 6 = 8 + 7 = 15$ and reduces to a # 6...The Harmonizer
(July 29) $7 + 11 = 18 + 7 = 25$ and reduces to a # 7...The Mystic
(Sept. 1) $9 + 1 = 10 + 7 = 17$ and reduces to a # 8...The Executive
(April 25) $4 + 7 = 11 + 7 = 18$ and reduces to a # 9...The Metaphysician/Magician

Again, to discover your Personal Number for 2023:

Take the value of your month of birth ____ + day of birth ____ + 7 = ____
Your Personal Number for this New Year !

With the Planet Saturn as its ruler, the **# 7** Universal Year offers us the attributes of refinement, discipline and an inherent sense of why we need structure and a solid framework from which to operate.



Without knowing and operating from the "basics", we are bound to falter and crumble. It's only once we've mastered the basics of the foundation that we are then prepared to soar to greater heights of mystical wisdom and that "higher magic" the **# 7** so generously affords us.

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Even though the **# 7** vibration is noted for brilliant mental abilities and the skillful use of mental games, it is in the deep internal trust that comes from a dedicated Spiritual Practice that true wisdom is found. In this year above all others, please embark on a course of *self-study* leading toward a deeper level of *self-trust*. Meditation is a brilliant start and when added to a program of Qi-Gong, Tai' Chi, Yoga or just alone time in the woods with your dog and your Divinity, and you will be giving yourself a great gift.

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

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

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

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Another perspective comes from the **Chinese Year** of the **WATER RABBIT**, which begins on **January 22, 2023**, ushering in the Chinese Lunar New Year. One of the more placid animals in the world, the gentle rabbit is a welcome change following the intensity of the Tiger. Called the Hare, he is referred to in Chinese mythology as the emblem of longevity and is said to derive his essence from the Moon. Moving from the drama and hot temperament of the Tiger to the Rabbit offers us a quieter landscape, laced with refinement and congeniality. Just as there are no “bad” numbers, there are no

“bad” animals in the Chinese Zodiac. If we follow the rich history of the longest chronological record known to man, dating from 2637 B.C., we find a system of reverence and honor. Legend has it that the Lord Buddha summoned all of the animals on Earth to come to him before his physical departure. Only twelve animals came to bid him farewell. As a reward, he named a year after each animal, in the order of their arrival. The animal ruling the year of your birth exercises a profound influence on your life and is said to be “the animal that hides in your heart”. In the year of the Water Rabbit, a general sense of ease and cool discretion could lead to reasonable concessions on the part of wise individuals. The tricky wicket comes in not wanting to look at undesirable situations and a tendency to put things off. Over indulgence is also a Rabbit trait, so be mindful of how many drinks and/or desserts you are enjoying. For those of you who are students of history, we are currently in the **78th Cycle of the Chinese Zodiac**, which began on February 1, 1984 and will end on January 30, 2044.

As in all things, we are constantly being encouraged by the “better Angels of our nature”, to grow into the balanced, resourceful, patient seekers of the highest good for all concerned humans that we know ourselves to be at our core. Use all of the higher octave qualities of the **# 7** to shore up your edges and to empower you personally and as a leader on the World Stage. Choose curiosity over self-indulgence and a sense of the mystical origins of all things over any personal fears, and watch your sense of inner worth mount. Replace skepticism with faith, challenging yourself to drop the sarcasm and bitterness in favor of actually listening to your own Deep Internal Body Wisdom. Talk less and listen more with a sincere interest in what others have to contribute. There is true magic in the air this year and it is ours to claim. If you’re recovering from surgery or dealing with on-going health issues, visualize every one of your organs working in perfect harmony together. In this Year of the Mystic ~ where you place your thoughts and emotions is where you are destined to remain.

In the world which is **Universal Brotherhood Movement, Inc.**, born on **August 16, 1976** our numbers for this year of **2023** look like this:

$8 + 16 = 24$ and reduces to a $6 + 7$ (for the Universal Year) = **# 13** which ultimately reduces to a **# 4**. As we know from the previous guide, the **#4** is an Earth ruled number and it’s all about getting as organized and as disciplined as possible. Called the year of “**The Builder**”, working the **# 4** in **2023** is a year to put our nose to the grindstone and focus to accomplish purpose driven and functional pursuits that will ensure UB’s continued growth and prosperity for years to come. To me that means creation and implementation leading to a stronger footprint on the World Stage, in ways that impact humanity with kindness, integrity and love. We have an honorable organization of strong-willed and determined people with a desire to serve, and so we shall.

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As representatives of this esteemed organization, may we move into the world each day of 2023 with a knowing in our hearts that there is much to accomplish, that we are more than up to the task, and that each of us represents the finest values of ministry and mentorship. May this be a year of personal, professional and spiritual growth for each of us.

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

In the words of Lewis Carroll,

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

We've got this folks! Blessings to you and to all those you hold dear.
Have a really great New Year 2023.

Rev. Rosemary Cathcart is a practicing Minister and 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



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**Birthday or
Anniversary or
Graduation
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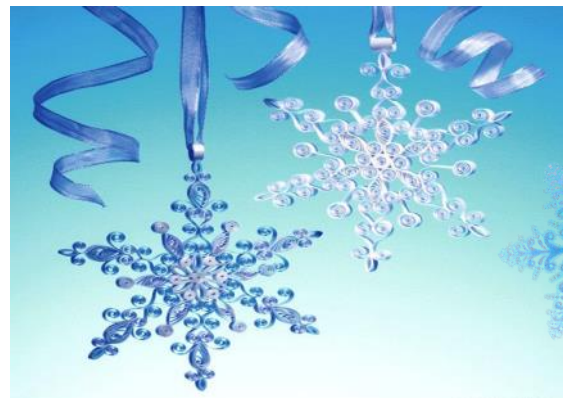
Check out our hand-
picked oval wire-
wrapped clear quartz
pendants!



We are offering these pendants with an
18" chain for sale at our office. ALL funds
from the sales go directly to support UB!

It's the perfect birthday or holiday gift
AND a great way to support UB too!

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Email: robin.ubm@gmail.com



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Please visit and "like" our page!
Share posts, and please invite oth-
ers to view and "like" our page!



What We Do

By Rev. Kelly Graham, UB Vice President

Back in the day, I used to work for a newspaper. It was fascinating to me, putting together a document that so many people found useful, and important, and read literally front page to back. It was a very small town and a weekly newspaper, so not only did people read it, they kept it for the week, to refer back to from time to time.

Gotta admit, I had some warm and fuzzy feelings from seeing that newspaper in people's homes and businesses. It was *everywhere*.

Nowadays newspapers aren't really the medium they used to be, due mostly to the digital world. And there are some good outcomes from that – it's easier to update, it can be MUCH more timely, we're not "killing trees" to print the paper, and, of course, you don't get ink on your hands when you read it!



Back during my newspaper days, from time to time people would ask questions: "why weren't there picture of Saturday's horse show winners in the paper?" "Why didn't you attend the event at the park Wednesday afternoon?" "You completely misunderstood what happened at the City Council meeting!" I now know that, statistically, people tend to complain versus compliment in a 50:1 ratio and BOY that happened at the newspaper!

None of that, of course, changed the fact that we worked really hard to put together something that we intended to be useful, informative, and worth our readers' time.

Just so is our UB GoodNews newsletter. We no longer kill the aforementioned trees to print it and pay to mail it – an expense that was HUGE for our organization. It is delivered digitally for you to read online or print, your choice, and because it is digital it is easy to add pages when necessary.

For example, while editing the issue you are currently reading, we learned of Carl Franklin's transition and we were able to expand this edition to include

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it. When you're working with a traditional paper situation, that's like re-doing a puzzle without the picture on the box to guide you, but it's a simple matter when working digitally.

I want to give you a behind-the-scenes view of what it takes to put UB GoodNews together.

We have many beautiful souls in this organization: our members; our M/Ds; our volunteers on the Board of Directors; the heart and genesis of our organization, co-founder Rev. Dr. Jeni Prigmore; and our very, very, very small staff that consists of one fulltime employee: Rev. Robin Morini. Robin's daughter, Rhiannon Morejon, is a part-time employee and handles administrative tasks for the organization – so this international organization, which has ordained 5,131 people in 75 countries, operates with 1.5 staff members.

Robin is the linchpin to all our systems, administration, and operations. When Rosemary Cathcart became President of the organization and I became Vice President we were privileged to witness just how integral Robin is to well, everything UB. And on top of that, Robin is the one who puts the “puzzle pieces” of the newsletter together.

But let's begin at the beginning: UB GoodNews starts with you. We constantly ask our members for feedback, comments, and ideas, and this includes submissions to the newsletter. We actively solicit your input: articles, poems, pictures, recipes – anything and everything you think our membership might find – as in that old newspaper where I used to work – useful, interesting, and worth reading. As does any publisher, we make choices in publishing and have the right to edit, and we are grateful to receive your thoughts, ideas, and articles.



Members generally email their submissions to Robin, and then Robin puts together the “puzzle pieces.” There are certain parts we always include, kind of like framing a new house: the office's address and phone number; a reminder of and link to our Facebook page; a table of contents; etc. Then Robin adds the drywall and trim to the inside – the articles, pictures, etc. that you have sent to her – and she sends it to me.

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Just so you know – Robin estimates she spends 80 hours per issue PLUS all the time she spends asking people to write an article. So I would estimate her time per issue is probably double what she thinks, and maybe a lot more than that. This is a LABOR of love, folks!

I have two titles in this organization: *Vice President* is one and the other is *Chairman of Standards and Ethics*. I actually was named to that second position before becoming Vice President. So part of my role is editing / polishing / etc., making sure that what we put out in the world shows UB appropriately. I call my time with the newsletter “polishing the diamond.”



Make no mistake, ROBIN mined the diamond, cleaned it, cut it, and sent it to me. I polish. That includes correcting punctuation and grammar; checking hyperlinks to be sure they work (and fixing them if they don't work); adding clip art to help illustrate an article; etc. I do have a bit of OCD in trying to “sniff out” grammatical errors, etc. So even after I work on it, polishing and polishing and polishing, I send a proof copy to Robin and to our esteemed president, Rosemary Cathcart, asking them to take a look at the draft. A new set of eyes always helps.

Their objective eyes generally find a dozen or more things to consider, so I go back in with their notes and update as necessary. Then a final polish. Sometimes I will send it again to Robin and Rosemary for their final approval, and sometimes the draft is good enough that they will not need to see it again. I would estimate I spend the same time Robin estimated – 80 hours – although as mentioned, I believe she spends a LOT more time than that.

Then I turn it in to a pdf to make it easily emailable to everyone, and I email it out to our members. This takes several steps and can take several days, because we use bcc to protect members' privacy and Gmail and Yahoo both have limits as to what I can send each day. I *could* use an email client and do them all at once, but trust me when I say I have looked at what's available and that is not our best choice.

We send out the actual pdf as opposed to a link to it on our website. You see, we learned that posting it on the website and emailing everyone that it was

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available on our site meant many people, for some reason, just wouldn't take the "extra step" of looking it up. So now, in your email, you can simply click on the pdf and read what's going on with UB and your fellow members in the organization.

I must confess it breaks my heart a little when UB members tell me they haven't read the newsletter. It is the single best tool we have to communicate with you. It is the way we let you know what's going on and what will be going in in our organization. It celebrates you and your thoughts and ideas through your submissions to the newsletter. And we are pouring out our love to you every time we send out the UB GoodNews.



So why am I telling you all this? Well, I want you to know that what you are reading is something we have worked and worked and worked on, and it's not something we send to you lightly. **And I have an ask: PLEASE send your ideas, thoughts, suggestions and submissions for the articles to us.**

Ideally you would send your submissions in Word via email. Many times people have mailed handwritten pieces that Robin has to type (I'm telling you, she works WAY more than 80 hours on this!) – so again, if you can send it in Word, please do. You can use the address in this email, or email Robin directly at robin.ubm@gmail.com.

We VERY MUCH need your updated and BEST email address in order to ensure you continue to receive UB GoodNews.

This newsletter is a way of sending our love to you. We hope you receive it that way and feel the love that has gone in to writing it. And we very much hope you will become involved. THANK YOU in advance!



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

UB Minister In Spirit Rev. Carl Franklin

**Rev. Carl Franklin
9.28.1947 ~ 1.21.2023**

Carl was a special light, and one of the most reverent and profoundly committed Ministers I've ever had the privilege of Ordaining. To say that Heaven's gain is the physical World's loss, though a true statement, does not even come close to the mark this humble man made on the world.

Carl and I first connected through Religious Science of Nashville in 1998. Although naturally shy, he worked to overcome his fear of public speaking to become a Science of Mind Practitioner in 2011. He knew this would be a means of expanding his healing ministry, following his inner directive to become a "healing force" for good.



Another turning point came for Carl on April 19, 2018 when he suffered a massive heart attack. His life was saved with just moments to spare. During his "time between worlds" he was **told** that he had to come back to do his work. Once healed, he wasted no time in seeking his ministerial credentials. A mere three months after his life altering heart attack, I had the privilege of Ordaining Rev. Carl on July 29, 2018.

On his Request for Ordination form under ministerial focus and name, he wrote, "Healing Through Prayer". I can attest that every time Carl Franklin opened his mouth it was to offer a blessing, extend a kindness or soothe a wounded heart. I never heard him speak an unkind word toward anyone.

Reiki Master, NLP practitioner, hypnotherapist, business owner, our UB Minister, Child of God, beloved husband to Donna and an endless reservoir of love ~ may the journey onward be one of peace, kindness, ease and gentle reflection. It was a joy and a privilege to know you, Rev. Carl Franklin, or as he always signed every card to me, "Love, your brother, Carl".

**~Rev. Rosemary Cathcart
President, Universal Brotherhood Movement, Inc.**

WOULD YOU LIKE TO BE A BOARD MEMBER?

We are seeking volunteers for the Universal Brotherhood Board of Directors! Can you help guide our organization forward?

We are seeking members who have

- Dedication
- Systems orientation
- Focus
- Determination
- Comfort with technology
- Enthusiasm
- In good standing with UB
- Good at executing projects
- Time to commit to being a Board Member

If you have been a member for at least three years, and you want to contribute by exploring serving on the Board of Directors, we would love to hear from you!

To let us know of your interest, please contact
UB Executive Director Robin Morini at
robin.ubm@gmail.com



Affirmation

I live, love, and have my being
in the presence and essence of All-That-Is.

Rev. Nur

My Best Friend Rev. Nur

My best friend who lives within
Speaks volumes through my emotions
Focused within I've learned to listen
And attune with love and devotion

I'm devoted to feeling the best that I can
The ebb and the flow are no matter
My friend is revealing how close I am
Whether centered or stuck in the clatter

As time has transpired I've learned to depend
On this guidance that comes from within
Designed to inspire and help me transcend
I'm grateful to have such a friend

Rev. Treneater-Nur C. Horton
Revering & Revealing the Light



Quote

Love freely expressed
is the road to happiness.

Rev. Nur



*Rev. Treneater-Nur C. Horton has been
ordained through UB since May 2001.
Rev. Nur resides in Colorado where she
writes her beautiful poetry.*

***Universal Brotherhood
Movement, Inc.***

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Coral Springs, FL 33067**

Phone: 954-974-1181

Email: robin.ubm@gmail.com

**Website:
www.universalbrotherhood.org**

**Information for Ministers
Liability Insurance**

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

Learn more here:

<http://www.htprofessionalassociation.com/liability-insurance>.

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

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

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content!**



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. An 18" lobster clasp chain is included.



**\$23.99
Postage
Included**

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

What If God Isn't Watching?

By Rev. Catherine Blake

We all have moments when we feel alone, untended. Even when we are in a loving relationship there are parts of ourselves that may feel unwelcome, so we stash these aspects of ourselves away deep inside our hearts. There is a profound loneliness that remains within. Maybe there is no God after all, no divine essence. Perhaps, in a state of dissatisfaction or rebellion, we act out when no one is looking. A self-indulgent amount of time reading or watching movies. Eating another brownie, then another. We may tell ourselves, "You deserve this treat," while yet knowing that it leads us away from balance and health. Darker, more insidious behavior may emerge. Pilfering small items. Thinking greedy thoughts. Perhaps even self-destructive habits. After all, no one will know, right?



There is a divine light, a consciousness within and without, that exists at all times. We can tune into it at any given moment. When we practice prayer or meditation we welcome the observation of a divine presence. We are on our best behavior. Aglow with good nature and good intentions, we shine our light out for all to see. A glorious moment!



If Yahweh, the sacred word that is defined as "To Be," indicates the Great Mystery of the source of all creation, also known as God, the Great Spirit, Allah, Divine Nature, Dieu and Dios (among other names) is in fact a concept of greater consciousness—a super-consciousness—than we can fathom with our rational mind alone, then how can we deny this philosophical perspective? Rudolf Steiner, Theosophist and founder of Anthroposophy, biodynamic gardening, and the Waldorf schools, said that by tuning into the expansive consciousness, "We can know all things at all times" (e.g., the Akashic records).

Psychologist Carl Jung frequently consulted the ancient Chinese I Ching and he, too, determined that there is a larger consciousness that we can access.

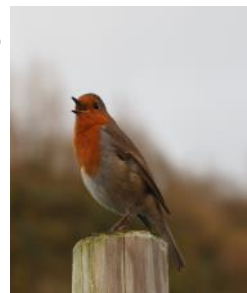
Even if we do not believe that a wise elder man with a long white beard is overseeing our lives from the sky above, or that spirit guides and angels surround us, or the uncanny insights of the I Ching, we can still recognize a greater consciousness than we ourselves can fathom. In doing so we may be humbled. In being humbled, we can walk the earth with a greater awareness and appreciation for our lives and a greater awareness, appreciation, and respect for the lives of others.

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We are seen. We are heard. Always. We are alive. If we are with other people, they observe us. If there are no other humans around, our companion animals watch us and understand us. They are experts in sensing how we feel and they are generous with their loyalty, support, and love.

There are birds. They call out codes as we walk by. "Gentle person, no worries." Or, "Loud, anxious person, back away!" The bird code is called out along the bird network faster than a group text message. There are geckos here in Hawaii. They stand still and watch and listen for hours on end. Have you ever seen the curious stare of a gecko? Occasionally I respond with a few words. "Not in the kitchen!" Or, "Hello, gecko."



There are smaller creatures. Insects. Yes, they have a consciousness, too. One time when I was grieving an insect came to comfort me. From the tilt of the head, the deliberate presence, and the eye contact, I had no doubt about the kindly intentions of the small creature and felt somewhat comforted. Another time a monarch butterfly landed on my hand in a parking lot and I stood still for what seemed to be a very long time, resting with my beautiful flying friend. In the bushes, there are larger creatures. Fruit rats. Mongooses. Stray cats. Pigs. Many animals co-inhabit the earth with us. Some Native American tribes believe that if we see a creature, such as an owl, they are choosing to be seen by us. They are messengers.

There is a song, "The night has a thousand eyes." I used to think that represented all the creatures of the night. Now I know that the song refers to the stars. Is each star a unique life-form or consciousness also? Some traditions think that the stars contain the spirits of our ancestors. Whatever the song is referring to, if I tune in to the quieter creatures I sense a larger consciousness, larger than I can fathom. There is more, within and without.

Make no doubt about it, we are seen and we are understood. Our expressions give us away. Speech may be too loud, trying to hide a deeper sensitivity. Are we talking too much to avoid facing our feelings? Choosing speech that is soft and inviting? Calculated speech to benefit us in a desired way? Words that are broken with untruth? What about our choice of words. Are they life-enhancing or destructive?

Are our movements uncertain, or fluid with confidence and integrity? How about our eyes? Squinting from hiding or deception, or open with trust and candor? Are our facial expressions balanced on both sides of our face? Do we practice righteous indignation to

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distract from our own failings? We are seen. We are heard. In large part, we are understood. Our inner lives come through as our intentions and our needs – met and unmet – become manifested in all of our behaviors. Acts of kindness reveal a healthy willingness to be involved with others in our life, to be actively involved in our lives. These choices and behaviors bring us joy. This joy is represented in a peaceful demeanor and a ready smile.

When we observe others in real life (not the posers in the movies) we detect the truth of who they are. Including our cognitive consciousness and the cognitive unconscious, we are pretty much aware of who we are and why we do what we do, in our heart of hearts. We are observing ourselves at all times and our thoughts and desires emerge through our body language like a movie playing out its script on a screen.

Yes, there is a larger consciousness out there. Perhaps more to the point, there is a larger consciousness within. With practice we can cultivate our inner light, a place of joy, the field of consciousness where, as Jesus Christ said, "All things are possible." As we practice and strengthen our inner journey to the Light within, we expand our awareness of ourselves and others. When influenced by the Light, we can cultivate worthy disciplines and set healthy goals. Let us strive to practice life-enhancing thoughts, words, and behavior in all that we do. Let us up level and not degrade the lives of ourselves and others, to the best of our ability. Let us practice random acts of kindness. All life is sacred and worthy of our reverence.

This is the journey of our lives. No effort in these positive directions is ever wasted. As we cultivate our consciousness of divine presence, we are rewarded with subtle, slowly developing, greater awareness and consciousness. Yes, God is watching. Always. I Give Thanks.



Rev. Catherine Blake, Minister Director, was ordained with Universal Brotherhood in 2006. Her interfaith studies include Christianity, Buddhism, Self-Realization, the sutras of Patanjali, Native American studies, Hawaiian Kahuna teachings, and more. She has studied non-violent communication and effective communication skills. As a Food and Nutrition Educator, she works at Maui Memory Clinic. She believes that spirit is always present, and her life is her church. Contact Catherine via revcatblake@gmail.com

The Spirituality of Horses and Dogs

By Rev. Jane Davis



Rev. Jane Davis with Baci, her service dog, and Snickers, who join Jane on her Spiritual path of service.

I have been part of Universal Brotherhood for more than 20 years, and over that time I have grown and morphed, as life challenges us to do. As a Licensed Master Social Worker (LMSW) I began work with juveniles involved with the court system and went on to work in high level security prisons and death rows.

Prior to becoming part of UB, I was asked to be a media witness at an execution in Georgia. It was the electric chair. I didn't realize it would change my life forever. As a result, I had a vision that led me to found both prison outreach [HOPE-HOWSE Int'l](#) and [One Heart Ranch](#), a 30 acre sustainable international gathering place, five miles off the grid. I am currently working on a book that will take you through that part of my life's journey.

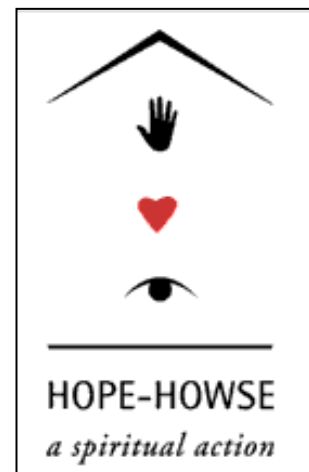
Everything has been intertwined.

Animals, in all shapes and sizes, have always been part of my life. While I had no idea, as a child, that my love and involvement with our four-legged friends was contributing to my spiritual growth, indeed it was.

Whether it was dogs or horses or even skunks that I rescued. Toads. Praying mantises. You name it, I was connected. Once I was driving on a remote road in New Mexico and there was one other car around. When they pulled off the road I stopped to see if they needed help. "Oh, no" he replied. "There's a grasshopper on my windshield and I wanted to move him off before he got hurt."

I knew, in that instant, that I was destined to live there one day to be with "my people." And so it was.

While working as a mental health professional in the Penitentiary of New Mexico I began hearing about Equine Assisted Therapy. This powerful modality combined my love and experience with horses and my professional training. It also combined my Spiritual training. Upon further research, I located my horse on none other than [DreamHorse.com](#).



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I proceeded to get certified in several different modalities that combined different parts of me, and [Riders of the Sage](#) was born.

Every one of my animals has joined me in my Spiritual path “Of Service.” Every dog I have had has become a Therapy Dog bringing unconditional love into prisons, jails and nursing homes. My current dog, Baci, is actually MY Service Dog (different from a therapy dog.)

Horses are gentle giants. I call them “land dolphins” because they read us from the inside out. They have incredible memories for everything ranging from people to places to experiences. They will remember their last or even distant encounters. They have spiritual hard drives.

They read and react to our emotions. They are herd animals which is one of their most powerful means of survival, in the wild. The moment someone steps into the arena with a horse they have begun the process to determine if that person is safe to bond with. They need to bond.

One of my tag lines in life is “I’m a WE person not an ‘I’ person” and I bring this to everything. My work with the horses is about contact, connection and communication, whether that be verbal or non-verbal.



“Jenny,” a very successful attorney, entered the round pen for the first time. Snickers, my co-partner, wouldn’t come near her. This told me that something was going on inside her that was not safe for my horse. She spoke from her head for three sessions. My job was to help her move into her heart to share authentically. In one session she actually shared something and started crying. Snickers, who had stayed away from her, turned her head around very slowly followed by her body, very slowly, and started walking very slowly toward Jenny. When she reached her she stopped and put her head directly onto her heart. Jenny looked at me with amazement, put her arms around Snicker’s head and wept. Her heart had been opened and our deeper work together could begin.

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“Sonny,” a registered sex offender and longtime prison inmate, was terrified of horses. One Sunday that I had declared mine, I got a call from another former inmate, Ralph.

“Jane, you’ve got to come to your gate. You won’t believe who’s with me.”

Upon opening the gate there was none other than Sonny with Ralph. Sonny had literally been released from prison after 15 years. Within the hour of his release, the first thing Sonny wanted to do was have a session with Snickers.

“Jane, you’ve been talking about the magical work you do with people and horses,” said Sonny. “I’ve experienced how you do that with Hogan and Magic [the dogs I brought in] but I need to experience it with Snickers too.”

When we got to the barn, I brought Snickers into the round pen. She walked to the other side. I brought a grooming kit into the center and invited Sonny to come in. “Just be yourself,” I directed and left it at that. It took Sonny half an hour to walk close enough to Snickers to touch her. Snickers didn’t move.

Sonny reached out and put his hand on her neck. “Deep breath,” I suggested quietly. “In through your nose, out your mouth.”

My job, as I experience it, is to help people move through themselves, mentally, emotionally and spiritually. I’m a catalyst for the truths every individual holds.

Sonny worked up the courage to brush her, stand close to her and talk with her. “You can tell her anything, Sonny.”



A few days later Sonny called me from Rochester, NY. He had been paroled to his sister’s and, by law, had to register within a certain number of days as a sex offender. “Jane, I was terrified to walk out the door in this strange city to go register. All of a sudden, I felt Snickers standing next to me. It was the craziest thing. And THAT is what got me out the door. She was with me. I felt her power. Thank you!”

And the stories are vast of how our animals, these spiritual, sentient beings, help me help others.

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They are magical and powerful and my practice morphed away from an office with such structure to learning from and with our four legged friends outdoors, with nature and our Spiritual surroundings and connections.



Rev. Jane Davis, LMSW was ordained in October 1996. She earned her Master's Degree in Social Work in 1976 from Washington University in St. Louis. She has combined her passions of serving others and her love of animals and the outdoors in all she does. She is a widely published writer and is at work on her first book. She lives in Kingston, NY with her Service Dog, Baci and horse, Snickers.

Rev. Jane can be reached at

*janesf@gmail.com,
or call 505-670-1844*



Snickers



The squirrels must be expecting a cold winter. They're gathering more nuts than usual. Yesterday, my sister disappeared.



ARTICLE SUBMISSION

To submit an article:

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

robin.ubm@gmail.com

Or mail submissions to our office:

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

2023 Submission Deadlines:

Spring issue, March 31

Summer issue, May 31

Autumn issue, August 14

Winter issue, November 15

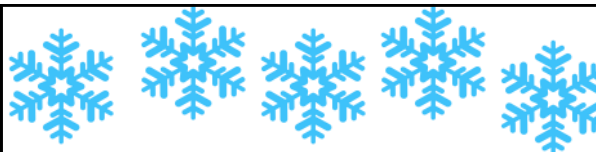
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UBMovement/](https://www.facebook.com/UBMovement/)

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

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

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



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ad in *UB GoodNews*? Email Executive
Director Robin Morini for details:

robin.ubm@gmail.com



From Our UB Office:

Links and Connections

Caregiving Faith & Spirituality: Rev. Gregory Johnson of New York has shared the many faces to caregiving within the pages of UB GoodNews newsletters for Autumn 2014 and Summer 2022.

He also has an informative, compassionate and loving YouTube channel about caregiving: <https://www.youtube.com/channel/UCTcZxQs6zYYceViMLFERGcQ>

Among many others, videos include: Onward In Love and Caregiving, Talks With Greg, Six Spiritual Principles for Family Caregiving, Hymns By Request, Prayers and Affirmations For Family Caregivers, The Spiritual ToolKit For Family Caregiving.

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*You may remember Rev. Judi Winall from her article “Yoga Laughter” in our UB GoodNews Autumn 2022 newsletter, pages 19-21. Since then she has been busy! Here is more GoodNews from Judi:*

“I want to share with you about my newest adventure. I have been receiving guidance and wisdom from a deep place within for about 30 years and have put most of it into written form. My newest adventure is that it's time for me to share some of these empowering insights and perspectives with the rest of my human family, so I have created the first in a series of videos that I will be sharing on my YouTube channel. The first one is **Understanding Your Value** and here's the link if you'd like to see/listen to it: <https://youtu.be/lKVfVvQmiDw>.

Also, this is the address for my YouTube channel if you want to look at any of the other videos I've created: <https://www.youtube.com/@JudiAWinall.SoulEmpowerment>.”

Rev. Judi's links are [SoulEmpowerment.com](http://SoulEmpowerment.com), [JoyfulHealingLaughter.com](http://JoyfulHealingLaughter.com), and [JudisNaturePhotography.com](http://JudisNaturePhotography.com).

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Find our UB GoodNews Newsletters here: <http://universalbrotherhood.org/members/newsletter/> Some specifics you might want to check out are:

- Our *Limits To Confidentiality* by Rev. Gregory Fisher on pages 9-13 in the [Autumn 2018 GoodNews](#)
- See our [Wedding Guide](#) published in 2019
- The Birthing of Universal Brotherhood Movement, Inc. is detailed in the [Spring 2018 UB GoodNews](#)

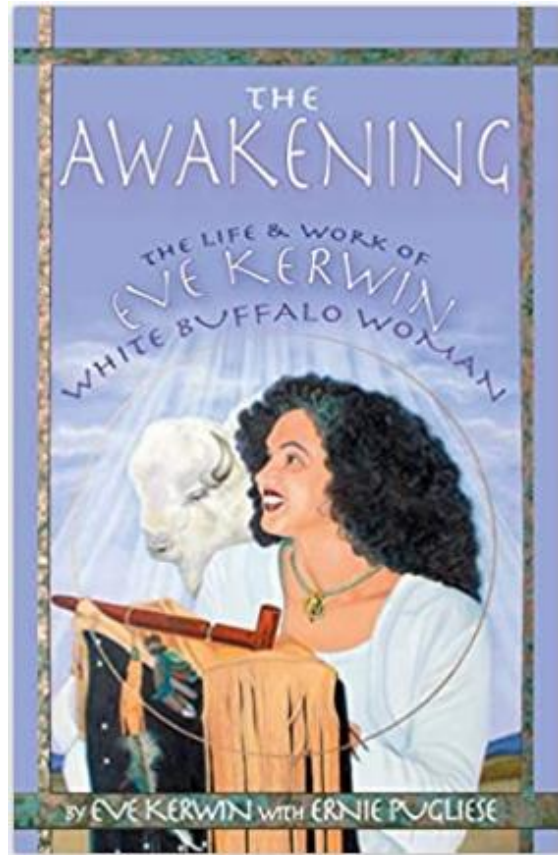


BOOK NOOK

The Awakening, The Life and Work of Eve Kerwin, White Buffalo Woman is a true story of family challenges, childlike wonder and profound spiritual emergence.

Rev. Eve Kerwin reconnected with her cousin Ernie, who has helped to chronicle her story, after many years of infrequent contact. When they were children, their families gathered weekly, sharing food, festivities and play with the grandparents. Since then, a series of personal events started a spiral of heartbreak, confusion, doubt and erosion of conventional faith for Eve. She felt that answers had to lie elsewhere and intensified her search for inner truth. Ernie returned to meet a brand new Eve.

This book is a compelling narrative of Eve's life and the unfolding of her extraordinary gifts as a shamanic healer and spiritual channel. It will open your eyes, your heart and your mind to other worlds and to the benevolent beings who are guiding and aiding all of us along this Earth journey.



Be prepared to meet an angel, a dolphin, some shaman, an African medicine man, a Sioux Native American chief, a sacred buffalo, numerous extra-terrestrials, some nature spirits, many guides and even a herd of "ordinary" cows, all of which played a role in helping Eve along her pathway. Throw open this door and let in some more Light.

Rev. Eve Kerwin is a healer and channel. She is a vehicle for the powerful shamanic healing work of White Buffalo Woman and voice for the transformative messages from Ascended Masters, Archangels and other guides and teachers who serve the Light. Rev. Eve is also available for the balancing and clearing of the energies in businesses, dwellings or residential properties and can do readings on items such as family heirlooms, jewelry, and photographs, etc.



photo: David Compton

Please contact Rev. Eve Kerwin
M—F, 9 a.m.—5 p.m. (ET) at (203) 322-3689
whitebuffalowoman731@gmail.com

Please click [here](#) to find her book on Amazon

Benevolent Outcomes

By Rev. Jon R. Schulz

Tom T. Moore has a column in the magazine Sedona, Journal of Emergence in which he shares the experiences people have had asking for benevolent outcomes on everything from parking spaces to major life issues. Perhaps what I share here, based on my own spiritual path, can help you.

Benevolent outcomes are outcomes in any situation that are good for everyone and everything involved. How do these requests for benevolent outcomes work?

First, this is a free will planet. You always can and do make choices, and, of course, get to experience the consequences of those choices. It is a major way that we learn and develop. Because it is a free will planet, spirit does not normally interfere with you exercising that free will. There are a few rare situations when your soul is allowed to intervene, but normally spirit cannot interfere.

Second, as a free will being on the planet you have the right to ask your soul or spirit for help. This gives them permission to intervene in appropriate ways. But here is the dilemma. How often do you really know what you or another person actually needs? The answer is not often, maybe never. Perhaps, you or that other person have planned and set up the unfolding events as part of your/their soul growth and development and needs the experience to grow. If you interfere you might eliminate a major learning experience it may have taken a large part of that person's life to set up and eliminate an opportunity for their growth and development, and, perhaps, create consequences for yourself.

So what is a good hearted person to do?

The simple answer is, whatever the situation, ask spirit for benevolent outcomes, honoring the free will and autonomy of others. Intent matters. Spirit knows far more about what is going on in any given situation than you do. Honor others where they are in their development by not forcing your ideas about what's needed on them. It does not matter if you need a parking space, see a wreck on the highway, or hear about a war. Ask spirit for help and send love.

When you ask for a benevolent outcome and send love to all involved, spirit can intervene in appropriate ways serving all those who are involved in ways that enhance their development. One outcome of this approach is that while you may have a preferred outcome in mind, when you release that outcome to spirit, and have faith and trust that, indeed, whatever happens IS the most benevolent outcome for everyone, it frees you to see the beauty and kindness that surrounds you.

Rev. Schulz, a Minister/Director in Colorado, was ordained in 1996

Format for Most Benevolent Outcomes by Tom T. Moore:

Asking for yourself: "I request a most benevolent outcome for _____. Thank you.

Asking for others: "I ask any and all beings to come to the aid and assistance of _____ to help _____. And may it be even better than I hope for or expect."

Gratitude, Service, Light and Joy

By Rev. Eda Long



Most of us can look over our lives and be humbled beyond words at the vast amount of good, kind, gentle, transforming and uplifting things we have done, shared and experienced. We can remember all the people who were there for us in so many ways: perhaps for a moment, unexpectedly; or for days, weeks, months and even years. Each of them extended something to us when we needed it. Did we recognize that just by offering, by reaching out, our lives were enriched? Did we perhaps take the gesture as our due, or because they had what we needed or expected at that moment? Did we honor the giver and the gift?

I was reflecting on how I was so blessed to be incredibly, generously provided for throughout so many years of mostly monthly trips to Dallas from Georgia to work. For me the work was such a joy, and the people are my tribe, my people, people I value and have held in my heart all these years.

For 27 of the 29 years I lived in Georgia traveling back and forth to Dallas, and I was incredibly blessed to be invited to stay in the beautiful, loving, wonderful homes of 14 different people and families. Each one a sanctuary, offered by a client who became a lifelong friend and family of the heart to me and who asked nothing in return. They often allowed me space to see clients while I was there as well. During Covid, I found myself almost retired. I have been unable to go back and forth from Matagorda monthly to see my Dallas people in their homes, or in the homes where I stayed. I shut down my massage business and isolated in a place, here, where I was already experiencing what it is to live in isolation with little social life, except for the places where I volunteered. Even those groups stopped as well. Oh, how challenging it was, how shocking and how sad and I felt almost lost for a while. Yet, I am still here happy and at peace and I am doing some massage again. I still make jewelry and cards too. I have found it is a great place to ponder, contemplate, learn, down-size and to dive deeply into my soul. This is a place to experience my inner and outer life, and decide how to move forward in it, to recreate it. I find I really want to stay in the world of ser-

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vice and giving. My 75 solar revolutions have not weakened or diminished that. It is what I love, it is my heart and soul's gift, to me as well as to the world. I feel I am open and floating in a divine ocean of infinite possibilities and miracles, believing that all things are available if one only intends to receive and believes in their own capacity to receive what is the best for them!

Where will I land or unfold? “Where” is wide open, it is unlimited and already begun; yet it is not time to move. I trust my innate knowing, Spirit, to direct me. It has always been unfailing in showing me that how I am and where I am is always more important than where I am going or what is next! I know to “love where you are,” for lasting treasure and soul lessons are always available to be found and cherished wherever that is.

How can I express the incredible light and joy I have for the life I loved and lived freely and fully, for so long, and know now, for sure, that it will not be that life, that way again. Yet there is much more, more to love and discover and so much more in me still to give and share and experience joyfully.



As many are now seeking new ways to live, be happy and to still support their life productively, I offer gratitude for what is with you and where you are right now. If your life is GREAT, stop and give thanks often and share abundantly! If it is exhausting and miserable to you... please find a way each and every day, once an hour if you will, to appreciate something in your job, your life, experience and embrace it in love and appreciation. “I love this chair. I love and appreciate that I have this...bed, bowl, cat, dog, shirt, apple, pen: whatever.” Start small; maybe keep a little notebook in which to write your gratitude daily. In a week, a month, be amazed! If we leave a situation without appreciation and acceptance, we will surely recreate that situation in another form again and again, until we learn to love where we are and bless it. And if you really want to move beyond, find a way to Give. Give the grump you see a real smile. Bless and offer a prayer for someone, perhaps a stressed out and rude checkout person. Open a

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door and wait a moment for someone to get through. Help someone get to an appointment. Overtip a lousy wait person who may be really living with grief or pain beyond what we see. Stop a moment and remember that each of us is having an internal life that may well need a bit of light to get through right now. We are One in that which IS Life Force within each of us, that which is not seen, but can be experienced. How does it feel to honor that in everyone, every day?



I feel such special gratitude, for my welcoming and generous friends, and all the people who have so enriched my life and enfolded me in theirs. You have assisted me in so many ways to enjoy the peace, savor the beauty and appreciate the security of this warm and caring little community. Abundant blessings for each of you! How I appreciate all you are and do.

*Rev. Eda Long is an artist and photographer and so much more.
You will find more about Rev. Eda Long's ministry of love, inspiration, service, her heart note cards and photography in the following articles posted on our UB website:
UB GoodNews Newsletter Autumn 2021 edition, Moving Forward
UB GoodNews Newsletter Summer2021 edition, Love Never Fails
UB GoodNews Newsletter, Spring + Summer 2019 edition, Heart Wisdom*



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