

# UBM GoodNews

Universal Brotherhood  
Movement, Inc.

Newsletter Autumn Edition 2023



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## Re-Awakening

*By Rev. Dr. Jeni Prigmore*

The new day is calling  
My heart hears its voice...  
It fills me up—right from the core.

How could I possibly  
Pass this one by?  
It's offering me so much more.

Beauty to see,  
People to touch,  
A palette of infinite colors awaits...

Ah, yes—the beauty is me:  
I'll just love ME so much,  
And see what that loving creates.



# 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.*

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At a recent UBM Board of Directors  
meeting President Rosemary Cathcart  
said, “We need goodness, and UBM  
distributes goodness wherever it goes.”

One of the ways to help spread this  
goodness is to share our Facebook page.  
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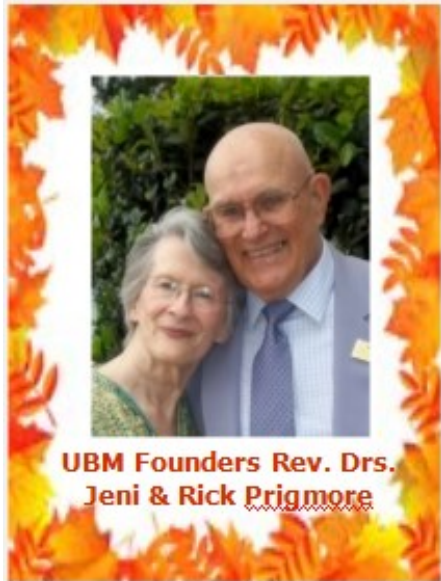
**You can also mail your  
articles to our office:**

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

**SUBMISSION  
DEADLINES**

**Winter: Dec. 10  
Spring 2024: March 20**

**Let us hear from you!**



# Hi-De-Ho!

By Rev. Dr. Rick Prigmore

Excerpted from ***The Joy of Living***

One of the many joys of being an ordained minister is the joy of officiating at weddings. To sit with the groom and the best man while the bride's preparations move endlessly toward perfection is a study in human nature.

If the groom is nervous, the best man usually carries on a running conversation to help ease his tensions. If the groom is calm and cool, more often than not, it is the best man who is up and down, nervous because the groom isn't. "How come you're not biting your nails? Don't you know you're supposed to be scared?" worries the best man.

Then there's the suave, cosmopolitan man-about-town who wants to be different—and spectacular. Such was the case of one whom we shall call "Pete."

We arranged to meet "Pete" and his bride on a summer Sunday at day-break in an open field. Fifteen or twenty quests also showed up for the event. Then into the open area drove a pickup pulling a trailer containing a huge basket. Out of the pickup came a large, tarp-like bundle which unrolled as a hot air balloon envelope. The groom, best man, minister (me), and some of the guests helped unfold and smooth the panels.

Next came the basket which was set on its side and attached to lines from the envelope. Into the basket came the "engine:" a device which looked like a construction site propane heater. Some of us held the neck open while the pilot fired up the burner and aimed it at the inside of the envelope. By-and-by enough hot air puffed the bag that it began to lift to a vertical stance. Soon it stood inflated and ready to fly. The wedding could now begin.

*Continued...*



*Continued...*

There was only room in the basket for the bride, the groom and the pilot. I had to stand outside as the guests gathered around.

We were ready to start; but the trouble was, nobody could hear over the roar of the engine. So the pilot eased back the throttle to a delicate balance necessary to maintain lift with minimum noise. I *still* had to shout. "Dearly beloved," I began.

As the bride dimpled sweetly and the groom hung on to the rail they each lip-read my words and repeated their vows: "I, Pete, take thee..."

I've heard of shouting good news from the housetops \_ buuut this was hilariously ridiculous. I shouted, "Do you take this woman to be your wife?"

He yelled, "I do."

I know she echoed him because I read her lips.

At the grand finale, as I pronounced them husband and wife, the groom gathered his new bride into his embrace (still holding the rail with one hand) and the pilot opened the throttle.

What couple ever drove away from their wedding "Chapel" in a more glorious limousine? Up, up, and away into the sunrise sailed the beautiful carriage: too far to throw rice, but just right for blowing kisses.





## LET'S STAY IN TOUCH!

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#### Information for Ministers: Liability Insurance

In response to many phone calls regarding liability insurance, one of our UBM 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 informational purposes only.*

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# The Art of Gratitude

By Rev. Rosemary Cathcart

As I sit here today, at the beginning of November, I am charmed by the fluttering of orange and brown leaves dancing down from the trees. I live in a wonderful suburb called Oak Hill, and yes, it is a haven for old growth trees that love to show off at this time of year most especially.

As a long time Science of Mind student, and as someone who believes wholeheartedly in the LAW OF ATTRACTION, I want to spend a few moments talking about the not-so-subtle “Art of Gratitude”.

If you’ve ever read any Eric Butterworth or Florence Scovel Shinn or the brilliant Dr. Ernest Holmes, the Founder of the Science of Mind teaching, then you’ve been exposed on one level or another to the art of masterful thinking. When one becomes a student of the MIND, and learns the ins and outs of how to use the MIND, you realize that a whole new world has been opened to you.

Once you’ve recognized the power of your own mind, and you’ve been privy to the brilliance of the life force energy as it pulses through you, I would assume the next step is to want to manage and to harness all of that Divine force for good. Using that energy force to benefit yourself first and foremost, just as it should be used, and then sharing it with others.

As the extraordinary trauma physician and researcher, Gabor Mate has stated:

*“We may not be responsible for the world that created our minds, but we can take responsibility for the mind with which we create our world!”*

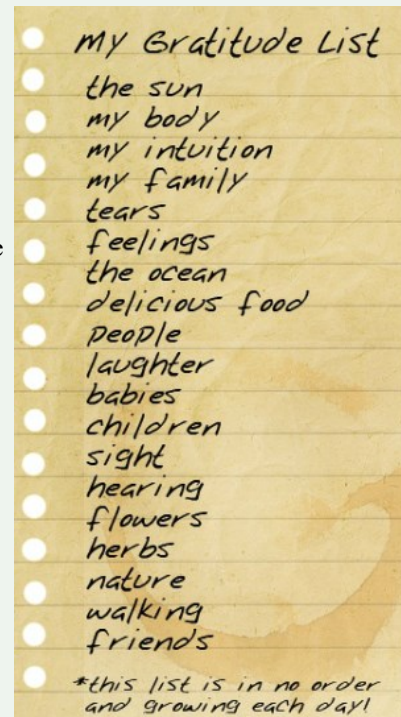
Think about that: We can take responsibility for the MIND with which we create our WORLD. How wonderful to have that rare opportunity just dropped in our laps! And how equally powerful it is to know that the more we are grateful for, the more the Universe **gives us** to be grateful for!

It’s just the best circle ever, and we can participate as little or as fully as we choose.

Although each season of the year arrives with its own special signature, I think the Autumnal Equinox (this year celebrated on September 23<sup>rd</sup>) is one of the most beautiful. The colors seem to change from bright greens to rich golds and oranges overnight. Just as the temperatures play with our senses, going from warm to chilly and back again.

While all of this is going on with Mother Nature, I’d like to invite you to step outside and thank a tree ~ or a bush ~ or the last of those flowers now fading in the garden. Thank them sincerely for their beauty and for having been a part of your life experience. Summer is a rich time of year with longer days and many outdoor activities to enjoy, but fall offers its own distinct charm.

As the daylight shortens, we now have more time to go inward physically and emotionally to get in touch with a deeper wisdom. The wisdom and the power that comes when we embark on a genuine relationship to gratitude. If you are reading this, start by thanking the eyes which can read and the mind that can interpret the meanings of the words.

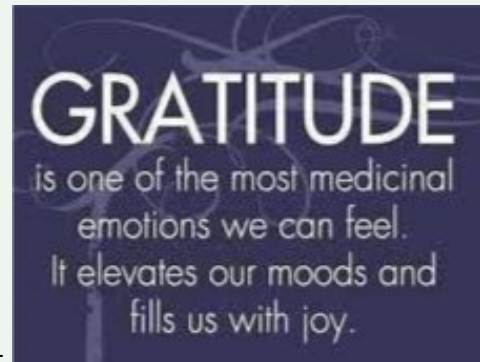


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Immediately thank the Divine Healing Intelligence operating throughout your entire physical body now, praising and giving sincere thanks for all that is working correctly in your body, mind and Spirit. I have found that when I am going through an issue of any kind, whether that's physical or a material situation, if I give thanks immediately for a complete and full resolution, so whatever the issue is, it can be resolved much sooner.

It has been scientifically proven that GRATITUDE has the power to provide happiness that lasts, it can facilitate a greater degree of social well-being, and it assists with our career and life goals as well. GRATITUDE is also responsible for improving our mental and physical health while also ensuring that we get a much better sleep that lasts all night long. Added to that impressive list, GRATITUDE ups the ante considerably by giving us greater strength over our levels of self-control and determination.



Noted self-help author, Melody Beattie has this to say about GRATITUDE:

*"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity....it makes sense of our past, brings peace for today, and creates a vision for tomorrow."*

You could start a GRATITUDE journal right now. I'll share some of mine with you to help you get started.

### **Rosemary's GRATITUDE Journal**

- #1. I am grateful for my life, for this opportunity to live.
- #2. I am grateful for this chance to become all that I can be.
- #3. I am grateful for a healthy physical body and I am grateful for my mind and all of my senses.
- #4. I am grateful for every person who has ever crossed my path.
- #5. I am grateful for every lesson I have experienced so far.
- #6. I am grateful for my family, friends, colleagues, and loved ones.
- #7. I am grateful for my home and for my puppy dog, Brady.
- #8. I am grateful for my work and for the fascinating people I have as clients, who always keep me on my toes.
- #9. I am grateful to all of my teachers for sharing their wisdom with me and for encouraging me to share it with others.
- #10. I am grateful for Universal Brotherhood Movement, Inc. and for being a part of this wonderful organization, and for every UBM Minister.
- #11. I am grateful for.....
- #12. I am grateful for.....



*Continued...*





*Continued...*

When anything pops up that needs physical attention, I immediately begin giving thanks that all is well and the healing has already begun. If an issue arises in any area of my life, I immediately begin giving thanks to the entire Universe, to the God of my understanding and to all of my Angels and guardians for a swift and complete resolution; I “see” it already done. I refer to authors like Louise Hay, Karol K. Truman and Inna Segal to help understand the metaphysical and emotional causes of illness so that I can turn around my thinking as fast as possible. I routinely use prayers of gratitude and affirmations to hold myself firmly in a place of good.

In the words of that great troubadour of musical wisdom, Willie Nelson:

*“When I started counting my blessings, my whole life turned around!”*

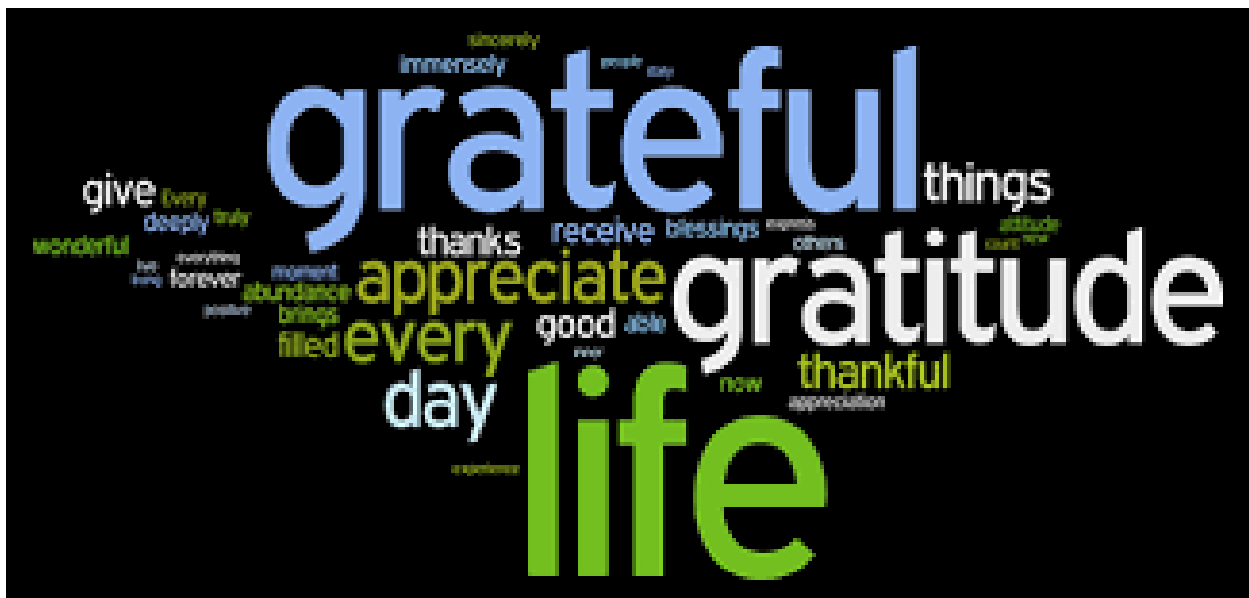
Why not create a GRATITUDE JOURNAL of your own? Combine it with 10 to 15 minutes of quiet time, breathing in all that’s good and exhaling any pains, worries or concerns that you’re ready to release. Use this time for your own deep healing and restoration as we move from the longer days of Autumn into the season of Winter.

I’ll be thinking of you, knowing your personal journey will be watched over lovingly by the Divine, and all of your own personal Angels and Guardian Spirits.

Blessings to you and to all those you hold dear,

*Rosemary*

*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)*



# 5 WAYS TO GROW YOUR GRATITUDE



## 1 3 FUNNY THINGS

Think about 3 funny things that happened today.

How did you feel at those times?

## 2 GRATEFUL CHAT

Choose a time and place to make this a habit (such as your dinner table, picking kids up from school, bedtime...). Practice asking your partner, your kids, or a friend:

"What was your favorite part of the day?"  
or "What went well today?"

## 3 MENTAL SUBTRACTION

Reflect on an aspect of your life for which you are grateful. How would your life be different without it?

What might have happened if...

## 4 FIND YOUR SILVER LINING

Think about a difficult life event, and consider how that experience made you stronger.

How did you grow? What strengths came from your experience?


## 5 GRATITUDE VISIT

Write a letter to someone who made a difference in your life. Then go visit that special person—whether it's next week or sometime soon.

During your visit, read your letter out loud. And give it to her or him before you leave.

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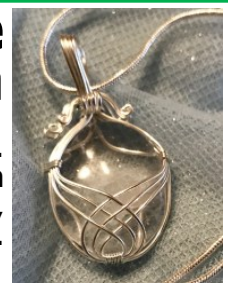
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# *UBM Minister In Spirit*

*Sandie Catherine Bellamy Possman ~*



was the heart of High Country Ministers. She was born on April 19, 1947, and made her transition into Spirit on July 31, 2022.

She overcame major addictions in her life, transforming herself into a powerful, gifted, spiritual woman.

She was ordained in 1991 and officiated countless weddings, all to the satisfaction and joy of the couples whose weddings she officiated. She adopted three cats in her lifetime that I am aware of and took amazing care of each of them.

We married on April 2, 2000. She and I were married for 22 years. We had lived together and loved each other for eight years prior to that. I am grateful for every moment we had together.

Her earlier addictions led to her death. Liver cancer eventually took her life. She fought valiantly to remain on the planet, and eventually surrendered. She passed as she had lived: with dignity.



She lived with an open heart, and she loved with an open heart. All who knew her commented on the positive influence she made in their lives, including me. I will miss her for the rest of my life. And I know when this life is over, she and I will be reunited on the other side.

*~Rev. Dr. Gregory Possman*



# Autumn Comfort Foods: Let's Eat!

Autumn (aka Fall!) is a wonderful time to indulge in comforting and hearty foods that warm the soul. Here are some popular comfort foods for the harvest season:

- ⇒ **Pumpkin Soup:** Creamy, savory, and rich, pumpkin soup is a classic fall comfort food.
- ⇒ **Butternut Squash Risotto:** This creamy, cheesy risotto is the perfect combination of fall flavors.
- ⇒ **Apple Pie:** A warm slice of apple pie with a scoop of vanilla ice cream is a quintessential fall dessert.
- ⇒ **Chili:** A hearty bowl of chili, loaded with beans, ground meat, and spices, is perfect for chilly evenings.
- ⇒ **Roast Chicken:** A roast chicken with autumn herbs and vegetables is a comforting and classic dish.
- ⇒ **Macaroni and Cheese:** Creamy mac and cheese is a favorite for both kids and adults.
- ⇒ **Beef Stew:** Tender chunks of beef, vegetables, and a rich broth make a warming stew.
- ⇒ **Baked Apples:** Baked apples with cinnamon and sugar make for a simple and delightful fall dessert.
- ⇒ **Mashed Potatoes:** Creamy mashed potatoes are a comforting side dish for many autumn meals.
- ⇒ **Cornbread:** A slice of warm cornbread with honey or butter is a comforting fall staple.
- ⇒ **Pot Roast:** Slow-cooked pot roast with root vegetables is a hearty and satisfying meal.
- ⇒ **Pumpkin Bread:** Pumpkin bread or muffins are a sweet and spiced treat.
- ⇒ **Spaghetti Squash:** Roasted spaghetti squash with your favorite sauce is a cozy meal.
- ⇒ **Shepherd's Pie:** Ground meat topped with mashed potatoes is a filling and satisfying dish.
- ⇒ **Hot Chocolate:** A warm cup of hot chocolate with whipped cream is the perfect fall beverage.
- ⇒ **Cider Donuts:** These sweet fried treats are a popular autumn dessert in many regions.
- ⇒ **Pumpkin Pancakes:** Fluffy pumpkin pancakes drizzled with maple syrup are a breakfast favorite.
- ⇒ **Goulash:** A hearty stew with beef, paprika, and vegetables is a warming option for cooler days.
- ⇒ **Roasted Root Vegetables:** Seasonal root vegetables like carrots, parsnips, and sweet potatoes roasted with herbs make for a delicious side dish.
- ⇒ **Creamy Tomato Soup:** A classic tomato soup served with grilled cheese is a comforting combo.



Of course, autumn comfort foods vary by region and personal preferences. These are just a few ideas to get you started on your culinary journey. Enjoy the flavors and aromas of the season!

# Just Being A Good Friend

*By Zoey Dimarzo*

How can you be a good friend? Being a good friend means always being there for each other with loving thoughts and caring.

If your friend calls and you can't talk at that moment, a good friend would nicely say, "I'm thinking of you but I can't talk right now. I'll talk to you later!"

If a friend drops their lunch on the ground, share some of your lunch with them. If a bully tries to start a fight with your friend, call your friend over to you and walk far away from the bully.



What if your friend calls you up crying because they have to take nasty-tasting medicine? Well, you can tell them to eat a tasty Dorito after they take their medicine, and then drink water to change the nasty medicine taste in their mouth to Dorito taste.

What happens when you drop your friend's PS5 controller? You tell your mom so she can replace it, and then you work for money in the house and in the yard until you can pay back your mom.

What if your friend comes to your birthday party and poops in your pool? Easy way to solve it: your friend cleans it up and throws it away in a Publix plastic bag and you agree to never talk about it again.

What's something you can do for your friend? You can make a friendship necklace. Even if your friend loses the necklace the friendship will still be in your hearts forever!

*True friendship is  
when two friends  
can walk in opposite  
directions, yet  
remain side by side.*

Love, Zoey and Robin

*Zoey Dimarzo is UBM Executive Director  
Robin Morini's granddaughter. She is  
eight years old and lives in Florida with  
her family. This is Zoey's first piece for  
UBM GoodNews, and we look forward to  
more!*



# It's Your Choice!

*By Rev. Kelly Graham*

*Excerpted From How To Develop A Success Mindset  
by Kelly Graham*

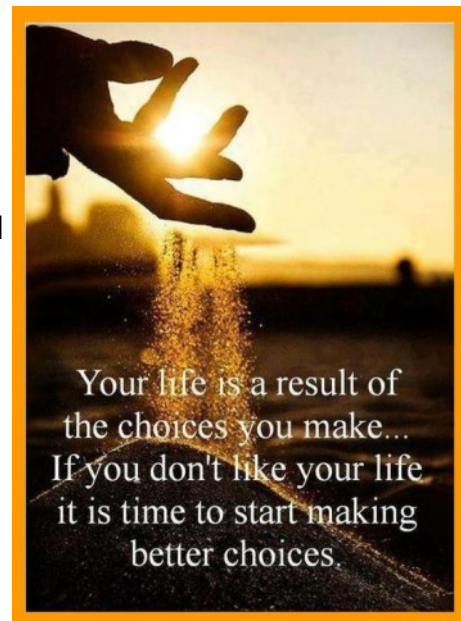
We make choices every day, about every thing. Coffee or tea? Sugar or milk or black? Toast or bagel? Jeans or slacks? Jacket or sweater? Let the car merge into the lane in front of you or get mad about it? And on and on and on, all day. Let's consider what your choices mean in your life.

Your choices have made and continue to make your life. Everything — everything! — in your life, at work, at home, everything and everywhere, is a product of choices you've made. One of the quotes I keep on my desk is "At this exact moment, you are where you are because of the choices you have made in your life," and I believe that with all my heart.

Realizing that what is in your life results from choices you have made can be difficult. But it's true. You work where you work because you chose to accept the offer. Your clients have the expectations of you that they have because you have chosen to act in a certain way, so you have given them those expectations. You have a relationship with your chosen one because you, well, chose to.

Everyone has choices. We all have choices. And you make choices constantly — but you may not realize it! "Well, I don't really see a choice here," you may say, "I'll just leave things the way they are." Now pay attention: not choosing is also a choice, and you are choosing to keep things the way they are. You may not like your choices — but I promise you, you have choices.

You can take control of the process this way: consciously decide what you want, make your choices, and take action. Once you've made your choice, you must take action toward your goal. You

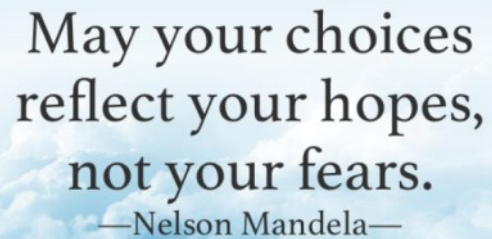


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chose a destination. You have a place you want to go, so take action to get there. Start the car, so to speak; or grab a taxi; or take a bus; or seek a Lyft or Uber. Call a friend for a ride. Whatever works – just make your choice, then take action toward it.

Sometimes on your journey you will find metaphorical roadblocks. That roadblock, that event or person or whatever it is that thwarts your plan, might be there to help you learn something, or help you make a decision, or show you another path – and not to tell you your goal is wrong or not achievable.



May your choices  
reflect your hopes,  
not your fears.  
—Nelson Mandela—

A goal is just a goal. If you — not “fate,” you — decide this path will not take you where you want to go, or if you choose another destination, well then, that’s your new choice. Stay with your chosen path. Be honest with yourself that the path you’re on is your choice, then take actions aimed at fulfilling your chosen goal.

Visualization and prayer can be helpful in helping you decide if you’re headed in the right direction. You can visualize yourself following your current direction, then visualize yourself taking a detour. Which do you prefer? Or try making choice A “heads” on a coin and choice B “tails.” Flip the coin into the air: which side do you hope lands up? Then that’s your choice. (This little trick is kind of magical!)

Prayer can be helpful too; meditate or pray that the wrong doors will be closed and the right doors will be opened, and you will often find an answer where you least expect it. That will be the choice, and your job is to follow it up with action.

It reminds me of the old joke about the man who prayed desperately to God to let him win the lottery. Finally God spoke to the man, “Help Me out. Buy a ticket!”

Buy a ticket. You have to buy a ticket. Make your choice—and then take action. It is your life. It is your choice. “At this exact moment, you are where you are because of the choices you have made in your life.” And that applies to everything in your life, not just your business.

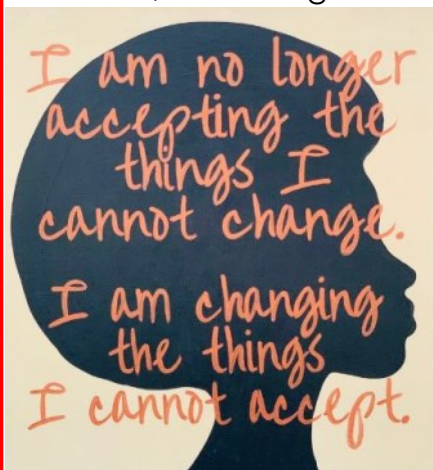
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Here's a suggestion: resolve to choose your life. Choose success, in everything—in your work, and in your life. It is your choice. Choose the things you want in your life / work / relationship / career, and lose the things you don't want.

Is the clutter in your office distracting? Take action: choose to get rid of it. Clean off your desk, clean out your files. Lose the things you don't want: the old ideas, the wrong marketing campaign, the leads you never called. Make room in your office for your new choices to be fulfilled.



Is your relationship with your in-laws antagonistic? Take action: choose to react differently to them, or choose to discuss the situation with your spouse and/or your in-laws, or choose to see them less. You cannot control how your in-laws act, what they say, how they live their lives; but you certainly can choose your actions toward them. And if nothing else works, avoid them: lose what you don't want.

Is the amount of money you're making too little? Take action: choose to increase it by prospecting new clients, or through more development of current clients, or by asking for bigger orders. Is your relationship with your manager iffy at best? Take action: choose to change it by asking him or her to breakfast or lunch and discussing the manager's expectations and your expectations, and the goals both of you have.

How are things at home? That's a hard question to ask yourself — and it's one of the most important. Is the relationship you have with your spouse or significant other the one you want? How about with your children, your stepchildren? What about your relationship with your parents, and your brothers and sisters?

The answer to the hard question is this: choose what you want, and lose what you don't want. You cannot have a truly successful business or a successful life without a successful relationship with those for whom you work every day—your family. Accept that sometimes the family you're born in to does not remain yours forever. Accept that sometimes the relationship you began in high

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school or college does not grow up with you. There is no reason to suffer. Decide what you want, and have it. Set your mind on success. Choose your dream, and choose to live it.

I once heard a minister say something that really made me sit up and take notice. He said, "I'm going to tell you how to change your life. I will give you one seven-word sentence that will help you have exactly the life you want."

As you can imagine, I paid attention! "If you use this one sentence and believe in its intention, you can change anything in your life," the minister said.

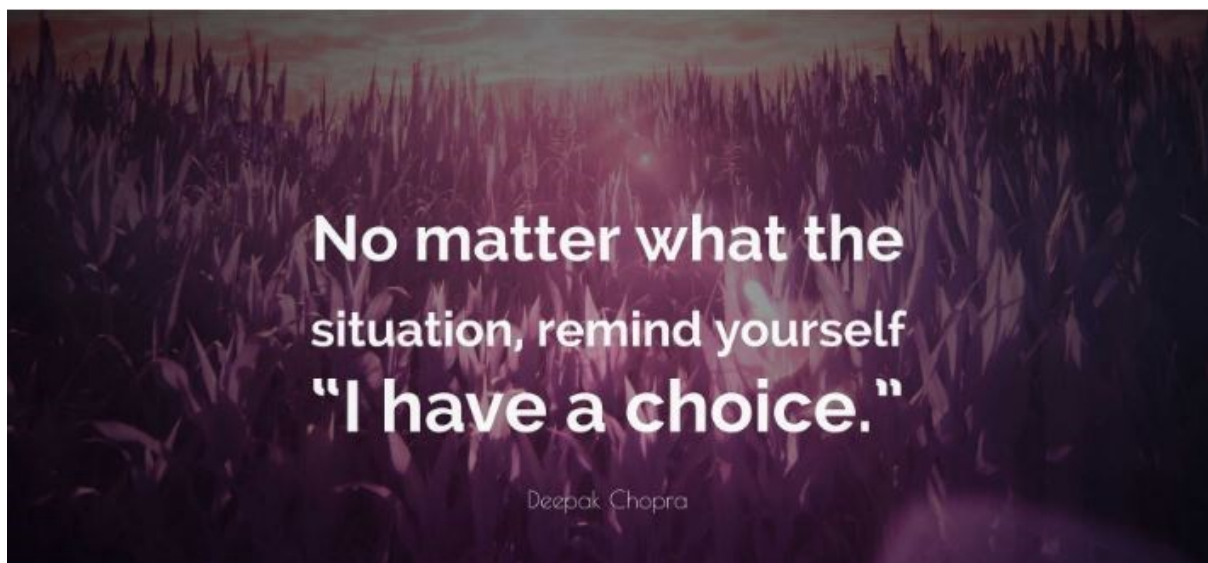
I got out a pen and paper.

He continued, "And this is the sentence: **THIS DOES NOT HAVE TO BE SO.**"

"This does not have to be so." Wow. That's true, isn't it? Anything in your life that you do not want, remember, "This does not have to be so."

Change your mindset, believe in yourself and your dreams, make your choices, and take action. UBM believes you can. Do you believe it too?

*UBM Vice President Kelly Graham has worked in the financial field for nearly 40 years, and is a Senior Vice President with B. Riley Wealth. She is honored to have been ordained by both UBM President Rosemary Cathcart and UBM Founders Rick and Jeni Prigmore. She can be reached at [kellygraham@brileywealth.com](mailto:kellygraham@brileywealth.com)*



# Thanksgiving

*By Rev. Dr. Jeni Prigmore*

Oh, that we could be together  
On this Thanksgiving Day  
To reenact that long ago circle —  
To smile, to sing, to pray.

Surely, in our hearts we know  
It's possible for us  
To gift each other with our presence  
To thank God, and to trust

That in our hearts  
It shall be done  
As we believe!

Blessings and Peace  
be with you, Friends.



# Meadow

*By Joff Rolland*

A friendly autumn sun gently bathes  
the rolling meadow.

The faint breath of distant thunder  
wafts across the grass.

The air is filled with vague aroma of  
freshly fallen, dew covered leaves.

The trees softly applaud the passing  
of a light breeze.

Almighty God smiles upon us again.

*Rev. Dr. Jeni Prigmore is Co-Founder of Universal Brotherhood Movement, Inc., and is the current Chairman of the Board. Her son Joff Rolland has transitioned to Spirit. He was deeply loved and is greatly missed.*

# Want To Expand Your Ministerial Practice?

Being an ordained minister opens up a variety of unique and creative business opportunities. All of us also bring our own talents, skills, and interests to our ministerial practices. Here are some ideas to consider that might help you expand your practice:

- ♦ **Wedding Officiant Services:** Offer personalized and unique wedding ceremonies. You can specialize in themed weddings, destination weddings, or cultural ceremonies. Provide pre-marital counseling services to couples.
- ♦ **Custom Ceremonies:** Officiate custom ceremonies for various life events such as baby naming ceremonies, house blessings, vow renewals, and pet funerals. UBM has several certification classes available that can offer you information, education and training to help prepare you for these opportunities.
- ♦ **Life Coaching:** Combine your spiritual guidance with life coaching services. Help individuals navigate life transitions, make decisions, and find purpose.
- ♦ **Event Planning:** Specialize in planning and organizing religious or spiritual events, retreats, and conferences. Offer event coordination services for weddings, baptisms, and other religious celebrations.
- ♦ **Online Courses and Workshops:** Create and sell online courses on topics such as spirituality, mindfulness, or personal development. Host virtual workshops on topics like stress management, meditation, or conflict resolution.
- ♦ **Create a Church:** Some ministers have leveraged their UBM credentials into an online church presence. This grew exponentially during the pandemic and many have found it to continue to be an excellent option.
- ♦ **Grief Counseling / Bereavement Support Services:** Provide grief counseling services for individuals and families dealing with loss. Offer support groups or workshops focused on coping with grief. Develop a business that provides support to families during the funeral and bereavement process; this could even include such services as sending thank-you cards for flowers. Or you could specialize in working with families who have a loved one in hospice.



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- ♦ **Spiritual Retreats:** Organize and host spiritual retreats for individuals or groups seeking a peaceful and introspective experience. This could be as simple as meeting in a local park for a couple of hours, or as elaborate as a destination meeting that lasts several days.
- ♦ **Chaplain Services:** Sheriffs' departments, prisons, and local incarceration facilities often have a need for an ordained minister to serve as a chaplain for inmates. You could discover a great need for your help.
- ♦ **Writing and Publishing:** Write and publish books and articles on topics related to spirituality, personal growth, or religious teachings. Create a blog or newsletter offering inspirational content.
- ♦ **Artistic Expressions:** Combine your spiritual insights with artistic expressions such as painting, music, or poetry. Offer art classes or workshops with a spiritual or mindfulness focus.
- ♦ **Spiritual Counseling and Therapy:** Provide one-on-one counseling services for individuals seeking spiritual guidance or dealing with personal issues.
- ♦ **Digital Media Production:** Start a podcast, YouTube channel, or use Facebook videos where you discuss spiritual topics, share sermons, or interview guests on matters of faith.
- ♦ **Community Outreach Programs:** Establish community outreach programs to address social issues, provide assistance to those in need, and promote community well-being. This is so incredibly important in our worlds today.
- ♦ **Personalized Ritual Products:** Create and sell personalized ritual kits, such as meditation tools, prayer beads, or candles, through an online store.
- ♦ **Educational Services:** Offer courses or workshops on religious studies, theology, or comparative religions.



Consider your strengths, interests, and the needs of your target audience when exploring these business ideas. Combining your ordained minister status with your unique skills and passions can lead to a fulfilling and successful venture.



# UNIVERSAL BROTHERHOOD MOVEMENT

## WEDDINGS 101

*a self-guided class*

### Overview

Weddings 101 offers a complete basic education in designing and conducting a wedding ceremony.

### Price

Regular Price - \$349

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The self-paced training is delivered via email as a pdf.



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Email  
[Robin.UBM@gmail.com](mailto:Robin.UBM@gmail.com)

Ask about discounts for ministers ordained at and residing at the same address.

[UniversalBrotherhood.org](http://UniversalBrotherhood.org)

# Remembering the Great Hurricane of 1938

*By Rev. Lawrence Brown*

July of this year was the warmest month ever recorded globally, possibly warmer than the planet has seen in 120,000 years. But then a cool breeze poured into our bedroom window and all was forgiven. To our astonishment, we even threw on a light blanket. In July! It's so hard to imagine that the comfortable and familiar will ever really go away, or that the world can change when we urgently don't want it to.

It was late September in 1938. Given the rise of Hitler, nobody was paying much attention to a tropical depression forming off the coast of Africa. The storm gathered itself and headed west across the South Atlantic. A steamship noticed it and sent word.

Science then and now is impressive, but not perfect. Our weather scientists did the best they could with the limited data they had available and assumed the storm would continue to the Florida coast. But then the storm suddenly swung north and started traveling over 60 miles an hour over the water. No one saw it coming.

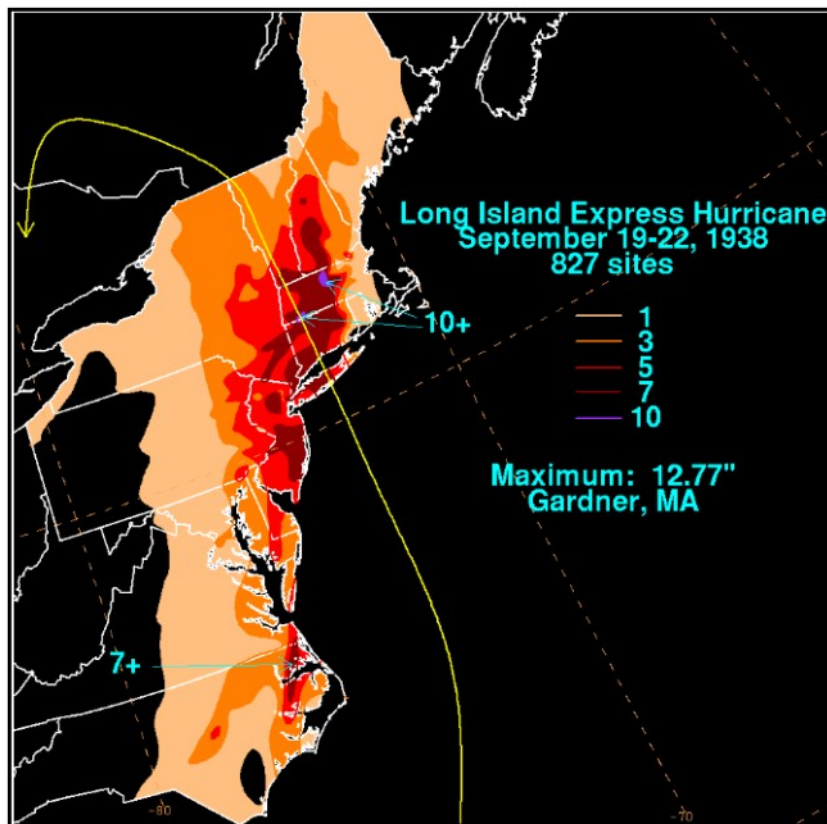
It was a perfect day in Long Island Sound. Fishermen were out. Yachts were out; people were at the beach. What looked like a fog bank rolling rapidly up the Sound was in fact the storm surge of a hurricane whose winds would eventually be clocked at a staggering 186 mph. Waves 30 to 50 feet high were coming – and it was already high tide. Anyone unfortunate enough to be out on the water was overwhelmed, often in sight of horrified onlookers on the beach. Soon, they too were running for their lives.

A storm surge of 12 to 15 feet roared up Narragansett Bay, ripping up docks, warehouses, and drowning downtown Providence under 18 feet of water.

In New London, as water flooded coastal buildings, a short circuit started a fire. Hurricane winds fanned the fire into a blast furnace that eventually consumed much of the business district.

They didn't give storms human names in 1938, so we simply remember the catastrophe by its date. Some 700 people were killed, 600 of them in Long Island and southern New England. Another 700 people were injured. 9,000 homes and buildings were gone, some 3,000 ships were sunk or wrecked on the beaches.

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The storm tore down hundreds of miles of power lines across the region, causing widespread blackouts. Thousands of trees were blown down; railroad lines and trains were destroyed and farms were washed away. Cape Cod was hit hard but the storm's center tracked west of the canal, sparing us its worst. Still, it was more than enough to be remembered almost a century later. (For further reading, check your local library and historical society. Original archives are available at the Sturgis Library in Barnstable.)

I find it almost impossible to imagine what it must have been like to have been minding your own business on a perfect fall day, only to have it blasted to pieces in an afternoon.

Both in terms of measurement and conceptual understanding, the science of today is far superior to what we had in 1938. All the same, a lot of Americans are more suspicious of science now than we were then. I have come to believe that it's not science *per se* they don't trust. They just think financiers and politicians will use whatever the scientists say to limit their freedom and work against their long-term benefit.

Still, it's a tragically inconvenient time for Americans to turn anti-science. This is hurricane season on the Atlantic Coast. It matters very much what the water temperature is off the coast of Florida at this time of year; the hurricane of '38 taught us that.

Recently, you may have heard reports of water temperatures exceeding 100 degrees off the Florida coast. What really matters is that water temperatures around the *world* have reached unprecedented levels. The world's oceans have been absorbing 90% of excess heat so far, but that might change. Last month, there were places along the Arctic Circle where it was hotter than it was in Hyannis. People in Arizona are getting third degree burns from falling on the sidewalk.

The great hurricane of 1938 rode the Gulf Stream all the way to New England. If the waters off the coast of Florida continue to rise from the high 80s into the 90s, and the Gulf Stream carries those super-heated waters north, simple self-preservation tells us that we should be taking global warming personally. "Once-in-a-century" storms are happening all the time now.

Thanks to modern science, we'll be able to see the next big hurricane coming. But we celebrated our first Earth Day half a century ago. What good is foresight if so many comfortably ignore the warnings being made available to us, for these many years?

*Lawrence Brown is a columnist for the Cape Cod Times. Email him at [columnresponse@gmail.com](mailto:columnresponse@gmail.com)*



## Now Open Your Heart and Fly

*By Rev. Mary D'Alba*

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

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

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

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

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

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



## As I Look Through The Window That I Must See

*By Rev. May Hutchison*

As I look through the window that I must see,  
I ask for heavenly grace, to watch over me.  
Too many in pain, anger and fear,  
So hard to hold onto the master so dear.

Things are confusing, souls struggle to  
believe,  
their heavenly love is there to receive,  
People like us who are committed to love,  
Those dear ones!  
Sent for healing, from above.

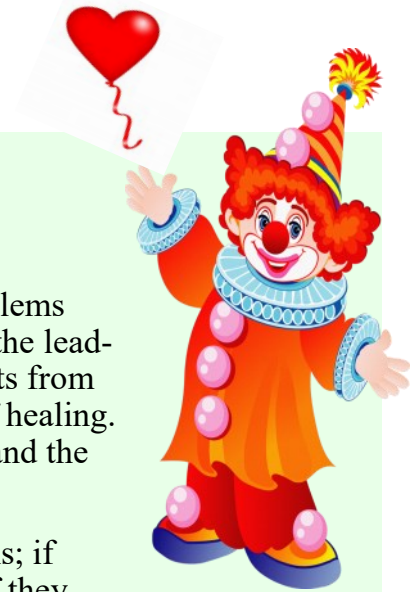
Remember we are people just like them,  
Trying to hold on when things look grim.  
To pray and listen to the pain they share.  
But NEVER to think  
Their burden is OURS to bear.

Prayer is the key to healing for all.  
This works best,  
As we answer our call.  
Again I ask for grace from Thee.

Give us strength, guidance and victory...



# Clown Chakra



The clown scientists have found that all our problems can be placed under one heading: seriousness. Seriousness is the leading cause of everything from cancer to reincarnation. Scientists from the Clown Academy have already discovered a new source of healing. It is a psychic energy point located between the heart chakra and the throat chakra called the *clown chakra*.

If people are feeling miserable; if they have financial problems; if their relationship situation is the pits; if they have ill health; if they have a need to sue people; if they find fault with their brother; then obviously their clown chakra is closed. When this happens, the scientists have observed under a high-powered microscope that the cells of every organ display a sad face; and when the clown chakra is open and functioning normally, the cells display a happy face.

The scientists realized that if a person is ill, it is because his mind has projected guilt on to the cells of his body and has forced out the love that is normally found within each cell of the body. The cells are therefore saying “I Lack Love” or ILL for short. The scientists also discovered that all disease is due to the fact that the cells are “out of ease” or “dis-eased.”



When the clown chakra is opened and working (or rather, playing) properly, the psychic mechanism sucks up misery, pain, anger, resentment, grievances, unhappiness and so on, and converts the energy into tiny red heart-shaped balloons. The red heart balloons contain God’s Love and Joy. These balloons are directed to the “dis-eased” cell or situation, and a happy face appears instantly. When the light enters the darkness, the darkness is gone.

Sometimes these red heart balloons are called endorphins, due to the fact that when anyone experiences them the feeling of separation ends, they experience being back home with the Father and hence no longer an orphan. This is the well-known “endorphan” (endorphin) effect.

So if you think someone is attacking you, clown scientists recommend that you visualize sending that person red heart-shaped balloons filled with God’s Love and Joy.

Remember to keep your clown chakra open, and remember to laugh!



# Autumn Traditions Around The World

Autumn, also known as fall in North America, is a season that holds cultural significance in many parts of the world. The meaning and symbolism of autumn can vary widely among different cultures. Here are some examples of what autumn represents, today and in history, in various cultures:

**North America (United States and Canada):** In North America, autumn is often associated with harvest festivals, such as Thanksgiving in the United States and Canada. These celebrations emphasize gratitude for the year's harvest and the changing colors of the leaves.

**China:** The Mid-Autumn Festival, also known as the Moon Festival, is one of the most important traditional festivals in China. It is a time for family gatherings and the consumption of mooncakes. Lanterns are also lit to celebrate the full moon.

**Japan:** In Japan, autumn is celebrated during the Tsukimi or Otsukimi (Moon-Viewing) festival, where people gather to view the harvest moon and offer thanks for the season's bounty.

**Korea:** Chuseok, a major Korean holiday, falls in autumn. It is a time for families to come together, pay respects to their ancestors, and share traditional foods.



**Germany:** Oktoberfest is a famous autumn festival in Germany that celebrates Bavarian culture with beer, music, and traditional food.

**India:** In India, autumn is marked by various regional festivals, such as Navaratri in some parts of the country, celebrating the victory of good over evil, and Durga Puja in West Bengal.

**Native American Cultures:** Many indigenous tribes in North America have autumn ceremonies to give thanks for the harvest and honor the Earth's bounty. These ceremonies vary from tribe to tribe.

**Iran:** Mehregan is a Persian festival celebrated in autumn, which traces its roots to ancient Zoroastrian traditions. It is a time to give thanks for the harvest and nature's blessings.

**Greece:** The Greek festival of Thesmophoria, dedicated to the goddess Demeter, celebrated the fertility of the earth and the harvest. It was a women's festival that involves various rituals and feasting.

**Sweden:** In Sweden, autumn is associated with the tradition of "kräftskiva," or crayfish parties, where people gather to eat crayfish, sing songs, and enjoy the company of friends.

These are just a few examples, and the significance of autumn can vary within a single country or region. Cultural traditions and celebrations often reflect the importance of the season in terms of agriculture, changing weather, and the natural world. Celebrate autumn in your favorite ways, wherever you are!

# UBM Minister Directory + UBM GoodNews Ads

Universal Brotherhood Movement, Inc., is rebuilding the Minister Directory on our website, [www.universalbrotherhood.org](http://www.universalbrotherhood.org).

We have had a Directory in the past, but much of the information became corrupted, so we are starting fresh! Let's think of it as "spring cleaning" our Directory.

Whether you were listed at one time and would like to be again, or you want to be listed for the first time, please let us know.

The Minister Directory includes only ministers who have *requested* a listing in this public directory. Feel free to add skills or specialties, such as languages you speak, modalities where you have specific training, willingness to travel X number of miles to officiate a wedding, etc.

If you would like to be added, please know:

- You must be an active member and up-to-date with membership fees;
- You must include a link to your website, since we will not list phone numbers or email addresses; and
- You must have an updated Privacy Policy Certification on file with UBM

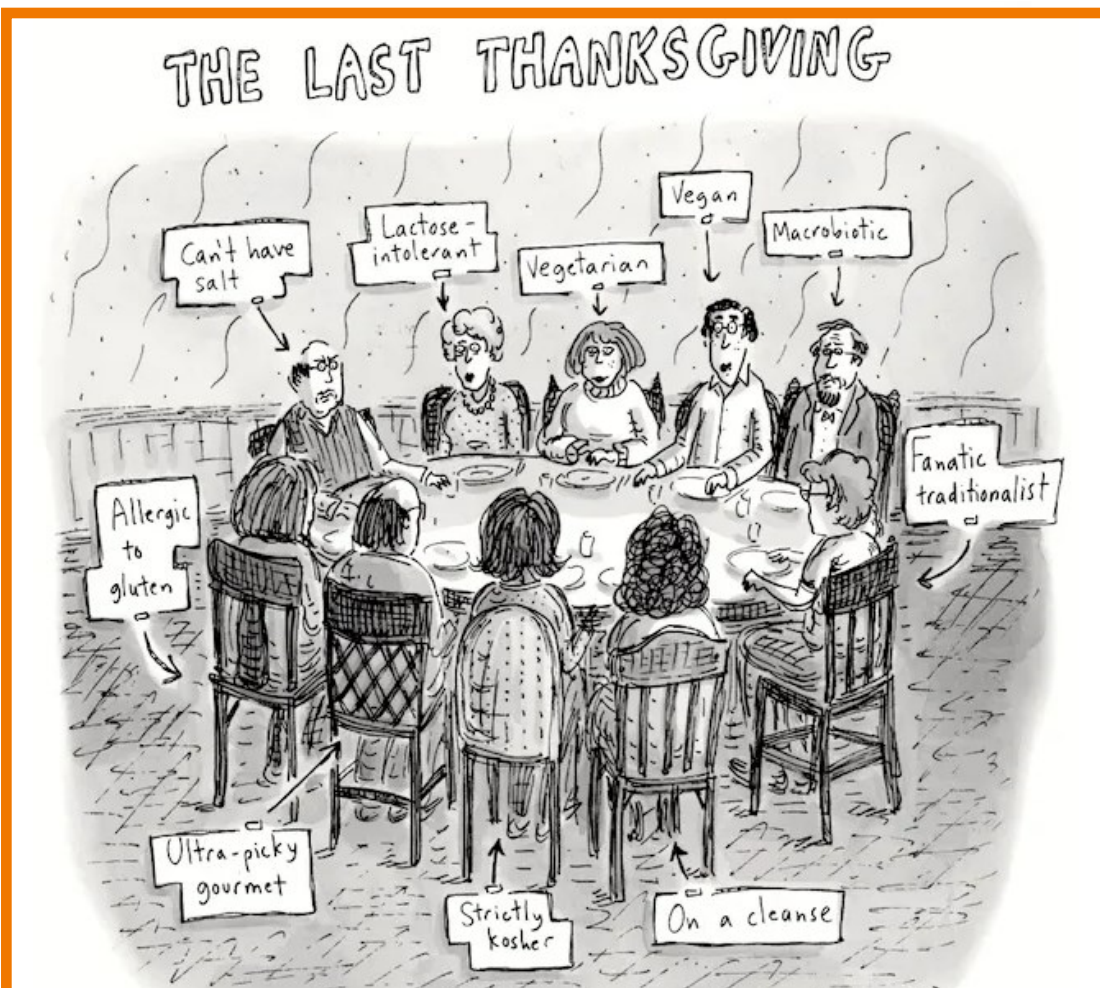
This form gives us specific permission to list you. For your convenience, the current updated Privacy Policy Certification is included in the email you received that contains this newsletter.

If you are interested, please email UBM Executive Director Robin Morini at [rob-in.ubm@gmail.com](mailto:rob-in.ubm@gmail.com) with DIRECTORY in the subject line. Include in your email the completed Privacy Policy Certification either scanned or photographed and saved as a pdf.

Another good way to let people know about you and your practice is through the Business Card Ad program for UBM GoodNews. **See page 11 for examples, and consider both supporting your fellow UBM Ministers and placing your own ad!**



# Thanksgiving Smiles



If you're feeling stressed right now, here's a Grandma kitchen to help you relax. Let's channel Grandma: "Here you go, honey, I'm sure you'll feel better after you finish that cookie. Love you!"

# Self-Care For Autumn

Ministers tend to think of others first. It's only natural: that's what we do, as ministers: care for others.

It's important to remember to take care of your SELF as well. If you don't take care of your SELF then you might not be available to, or able to, care for others. In other words, take care of you so you can care for others!

Self-care for autumn can help you transition smoothly into the season and make the most of its unique characteristics. Here are some self-care tips for autumn:

**Embrace the Beauty of Nature:** Take advantage of the changing colors of the leaves and cooler weather by spending time outdoors. Go for walks, hikes, or picnics in the park to enjoy the natural beauty of the season. Autumn can be a truly glorious time to spend in nature!



**Warm and Cozy:** Update your wardrobe with cozy sweaters, scarves, and boots. Pull out the quilts you inherited from Grandma, or maybe invest in some warm, soft blankets to snuggle up with when the weather gets chilly.

**Healthy Eating:** Enjoy the season's bounty of fruits and vegetables. Apples, pumpkins, and squashes are in abundance and can be used in various delicious recipes. Make hearty soups and stews to keep yourself warm and nourished.

**See page 13 for some autumn comfort food ideas!**

**Hydration:** As the weather gets colder, it's easy to forget to drink enough water. Staying hydrated is crucial for overall well-being. You can also enjoy warm herbal teas in the fall.

**Exercise:** Continue to stay active! And consider transitioning to indoor exercises if the weather makes outdoor activities less appealing. Yoga, Pilates, or home workouts can help you stay fit and energized.

**Mental Health:** Take time for mindfulness and self-reflection. The changing seasons can be a great time to set new goals and intentions. Consider starting a journal or practicing meditation — see UBM President Rosemary Cathcart's article on pages 7-9 in this issue for some ideas around that.



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**Declutter and Decorate:** Fall is a great time to declutter your living space and make it more comfortable for the colder months. Once you've decluttered, consider adding some cozy, autumn-themed decorations to your home.

**Lighting:** As the days get shorter, ensure your living space is well-lit. Use soft, warm lighting to create a cozy atmosphere.

**Plan Fun Activities:** Make the most of the season by planning enjoyable activities like apple picking, visiting pumpkin patches, or going to a fall festival. Socialize with friends and family.

**Self-Care Treats:** Treat yourself to some self-care indulgences. Enjoy a hot bath, light some scented candles, or read a good book by the fireplace.

**Time Management:** As the year comes to a close, consider setting goals and priorities for the coming months. Planning and organization can help reduce stress.

Remember that self-care is personal, so tailor these suggestions to your own preferences and needs. The key is to find activities that bring you comfort, joy, and relaxation during the autumn season.





# Let's Stay In Touch!

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

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

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

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

**Or—better!—scan or photograph the completed form and email it to** UBM Executive Director Robin Morini via [robin.ubm@gmail.com](mailto:robin.ubm@gmail.com).

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

## *Phone Numbers:*

Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Email Address(es): \_\_\_\_\_  
\_\_\_\_\_

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

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



# OCD THANKSGIVING

*Presented for your amusement: this letter was submitted to the Awkward Family Photos website and published there in 2009. In the years since, it has become iconic. All of us likely know someone who is, ahem, like this – here's hoping that person is NOT hosting Thanksgiving for your family or group this year! Read the letter, laugh, and RELAX ~ Happy Thanksgiving!*

**From: Marney**

As you all know a fabulous Thanksgiving Dinner does not make itself. I need to ask each of you to help by bringing something to complete the meal. I truly appreciate your offers to assist with the meal preparation.

Now, while I do have quite a sense of humor and joke around all the time, **I COULD NOT BE MORE SERIOUS** when I am providing you with your Thanksgiving instructions and orders. I am very particular, so please perform your task **EXACTLY** as I have requested and read your portion very carefully. If I ask you to bring your offering in a container that has a lid, bring your offering in a container **WITH A LID, NOT ALUMINUM FOIL!**

If I ask you to bring a serving spoon for your dish, **BRING A SERVING SPOON, NOT A SOUP SPOON!** And please do not forget anything. All food that is to be cooked should already be prepared, bring it hot and ready to serve, warm or room temp. These are your **ONLY THREE** options. Anything meant to be served cold should, of course, already be cold.

**HJB**

## **The Mike Byron Family**

1. Turnips in a casserole with a lid and a serving spoon. Please do not fill the casserole all the way up to the top, it gets too messy. I know this may come as a bit of a surprise to you, but most of us hate turnips so don't feel like you have to feed an army.
2. Two half gallons of ice cream, one must be VANILLA, I don't care what the other one is. No store brands please. I did see an ad this morning for Hagan Daz Peppermint Bark Ice Cream, yum!! (no pressure here, though).
3. Toppings for the ice cream.
4. A case of bottled water, NOT gallons, any brand is ok.

## **The Bob Byron Family**

1. Green beans or asparagus (not both) in a casserole with a lid and a serving spoon. If you are making the green beans, please prepare FOUR pounds, if you are making asparagus please prepare FIVE pounds. It is up to you how you wish to prepare them, no soupy sauces, no cheese (you know how Mike is), a light sprinkling of toasted nuts, or pancetta, or some EVOO would be a nice way to jazz them up.
2. A case of beer of your choice (I have Coors Light and Corona) or a bottle of clos du bois chardonnay (you will have to let me know which you will bring prior to 11/22).

## **The Lisa Byron Cormier Family**

Lisa as a married woman you are now required to contribute at the adult level. You can bring an hors d'ouvres. A few helpful hints/suggestions. Keep it very light, and non-filling, NO COCKTAIL SAUCE, no beans of any kind. I think your best bet would be a platter of fresh veggies and dip. Not a huge platter mind you (i.e., not the plastic platter from the supermarket).

## **The Michelle Bobble Family**

1. Stuffing in a casserole with a serving spoon. Please make the stuffing sans meat.
2. 2.5-3 qts. of mashed squash in a casserole with a lid and serving spoon.
3. Prosciutto pin wheel - please stick to the recipe, no need to bring a plate.
4. A pie knife.

## **The June Davis Family**

1. 15 LBS of mashed potatoes in a casserole with a serving spoon. Please do not use the over-size blue serving dish you used last year. Because you are making such a large batch you can do one of two things: put half the mash in a regulation size casserole with lid and put the other half in a plastic container and we can just replenish with that or use two regulation size casserole dishes with lids. Only one serving spoon is needed.
2. A bottle of clos du bois chardonnay.

## **The Amy Misto Family**

*(why do I even bother she will never read this)*

1. A pumpkin pie in a pie dish (please use my silver palate recipe) no knife needed.
2. An apple pie in a pie dish, you can use your own recipe, no knife needed.

Looking forward to the 28th!!

**Marney**

