

Universal Brotherhood Movement, Inc.

UB GoodNews

Newsletter ~ Summer 40th Anniversary Edition 2016

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Universal Brotherhood Movement, Inc.
Certificate of Incorporation
Filed August 16, 1976

Since then, as of this 40th Anniversary, there are 4,810 ministers who have been ordained through Universal Brotherhood Movement, Inc.

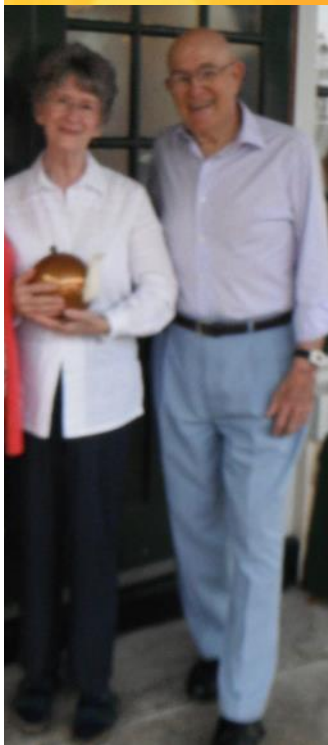
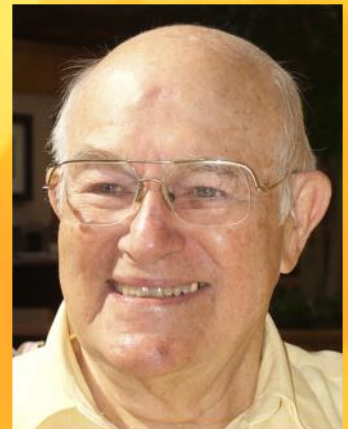
What a grand celebration!

And what an incredible legacy conceived, birthed and nurtured by the Rev. Drs. Rick and Jeni Prigmore.



CELEBRATE!

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



How Do You Put 40 Years Into Words?

Rev. Drs. Jeni and Rick Prigmore

How do you put 40 years into words ?

July 4, 240 years ago, our country was born.

200 years later Universal Brotherhood was born.

How do you put 40 years into words ?

In the forty years of our life as an organization (our spiritual family), many changes have occurred in our country and in our organization and in each of our lives. I like to believe that they have been — for the most part — GOOD CHANGES.

We've grown — oh my goodness, have we grown. And yet, the same and similar energies are being used to help this planet be a better place.

NOW we have a wonderful Corporate Board of Directors who help us to look forward to what comes next. . . At our ages, Rick and I won't be privileged to SEE ALL those things from an Earthly perspective, but count on it — we'll still be watching and praying for you all from a new vantage point.

Way back, before the seed thought actually took root, UB was a DREAM (in the beginning it was only a "twinkle in its Daddy's eye / heart"). My Beloved Rick actually dreamed it and asked for my support in birthing this "love child" into being. At that time "it" didn't even have a name. As we spoke of our ideas for what we felt would benefit the world without presuming to dictate to it, I began to FEEL something growing within my own soul, that corresponded with Rick's dream.

As we began to put words with the ideas, we could actually SEE something moving within us that felt vital; something we wanted to EXPERIENCE ourselves and perhaps help it to GROW into a viable force for good that others could embody and use to further the concept into a reality.

FIRST we had to IMAGINE that such a thing was possible.

Then we spent years in NURTURING it as it grew into something that has become recognizable as that Force for Good in the world.

As it showed signs of further development and promise, we pumped even more energy into it.

Continued.....

.....continued....

Helping others to see the vision and work with us in its development into more of what you recognize today as Universal Brotherhood Movement — an active, alive, recognizable spiritual presence in the world.

What do we do now ?

We APPRECIATE it —

We LIVE it as ministers to the world in which we live.

How well I remember the first two ministers to be ordained (in our living room in Fort Lauderdale, Florida). Dedicated healers and spiritual presences in the world as we knew it then. The doctor was dedicated to healing the physical bodies of those who came to him — whether they were in his presence or seeking his assistance from afar — human or animal. He treated them all with his determination and belief that healing was not only a medical intervention, but also a decidedly Spiritual Intervention if that was the intention. His mate/helper/companion was there in support of whatever he was called upon to do for others.

It occurs to me that I am currently being treated by a doctor who is able to work on my physical body remotely in a similar way (although his medical training and chiropractic practice are far more extensive than in those early days).

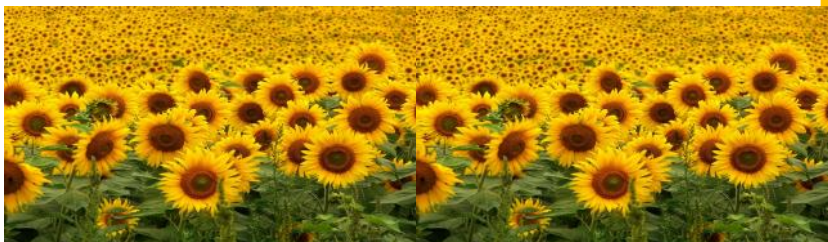
There is SO MUCH MORE available now than we ever dreamed of at that time (40 years ago). The acceptance of alternative healing methods is being ever more recognized by those traditionally trained physicians. My prayer is that their cooperation will be more and more utilized to the greater benefit of our populace in general. I have been treated in the last 20 years by practitioners who were willing to use the strengths and knowledge of many rationales in order to bring about my better health and overall wellness. There is much for which to be thankful in their cooperation.

My prayer is that UB will continue to bring together the BEST of each discipline for the betterment of all peoples and animals. Each one of your recognized "ministries" is a dedicated blessing for all life on earth.

May the intentions in your heart be guided and blessed by that infinite force for Good that prompts you to live the ministry YOU have created and nurtured. May all of life be blessed through your efforts.

Peace be with you, Every One,

Jeni and Rick Prigmore



OUR MISSION

It shall be the mission of Universal Brotherhood Movement, Inc. to recognize independent ministries upon request through a process, including a face-to-face, of sacred ordination ceremony. Each applicant shall be considered non-judgmentally with unconditional love and be asked to affirm his or her recognition of the oneness of all life. Verbal affirmation of their personal ministry is requested of each applicant who states: "I hereby dedicate my life to the Brotherhood of mankind." It shall also be the mission of Universal Brotherhood Movement, Inc. to recognize the life-ministry of the applicant by awarding the degree of Bachelor of Divinity. It shall further be the mission of Universal Brotherhood Movement, Inc. to provide an education resource for further spiritual development of the minister upon request. The vehicle to provide such support shall be a division called, Universal Brotherhood University.



OUR VISION

Over the eons, restless visionaries have searched the known parameters of understanding, seeking a clearer delineation of Truth, for themselves primarily, but a Truth often adopted by non-solicited followers. Divinely guided in their search, the founders became the vessels through which Spirit unfolded a new paradigm of service to be



designated "Universal (for everyone) – Brotherhood (the international term for siblings) – Movement (active service, not theory only) – Incorporated (a not-for-profit legal entity). The vision revealed is expressed through the brotherhood of mankind as non-judgment and unconditional love." May the vision ever remain pure.

Heart Notes

Voices From the Heart



"Jeni and Rick add so much beauty to the consciousness of mankind. They have cultivated their peace in their way of living. " Rev. Diane Silverhawk Paul ordained by Rick and Jeni on October 11, 1989.



I am so deeply grateful for this ordination through UB. For the last 17 years it has validated and enabled me to serve what I truly came to the earth to do. My ministry is a genuine vocation, one which might have been lost were it not for this organization that gives a valid power to the authentic light I am called to be and share. Bless you, UB, and a very joyous anniversary!

With love and gratitude ~

Rev. Victoria Burdick, MDiv
Hospice Chaplain, Celebrant



Celebration Time!

By Rev. Shalandra Abbey, UB M/D

Little did Rick and Jeni know 40 years ago when they decided to create a legal base for their personal ministry that it wouldn't remain personal very long at all. The universal plan they had tapped into was destined to include us...an international spiritual family of ministers desiring to unite in unconditional love and service for uplifting the brotherhood of man while uplifting ourselves.

From the moment we agreed to be true to our inner guidance and dedicate our life to the brotherhood of mankind, magic happened and the fireworks, filled with love, began to surround the globe.

Could the Universe have found any better two individuals for this job? I'm sure we all agree, "no way!" During some of my darkest hours Rick and/or Jeni were always there filling me with encouragement, unconditional love and spiritual support, teaching me how to "pay it forward." For this, my personal ministry and our universal ministry, I am eternally grateful. It is truly an honor to be walking this exciting and never-ending pathway of joy and unconditional love with UB.



Thank You From My Heart To Yours

*By Rev. Rosemary Cathcart,
UB President*

I'm really big on expressing thanks and demonstrating gratitude. As I awaken each morning, before I get out of bed, I begin my "*gratitude rituals*" for the day. I give thanks that I've awakened and can enjoy the "*gift of one more day*," I thank God for my body, my life and for all of the precious gifts I've been given. Then I reflect on what vast opportunities await me throughout the day and I ask for guidance, wisdom and patience to be my guideposts. I name my clients out loud and send energy to each of them so that our work that day will be as fruitful as possible. Anyone on my prayer list is also mentioned and prayed for.

"Gratitude is the Memory of the Heart"
~ Jean Baptiste Massieur

As I take Cayce out for her first walk of the day, I thank the beautiful neighborhood I'm happy to be a part of. I continue my "*gratitude rituals*" by naming the neighbors and directing energy toward every person and home. I thank the clouds and the trees and the herbs in my garden. I bless the food I eat and the water I drink in the same way.

These blessing rituals of mine continue throughout the day and into the evening as I reflect on the night sky and all that has happened during the day. Garrison Keillor is a particular favorite of mine, and the following quote is a good reminder to me.

"Thank you, God, for this life and forgive us if we do not love it enough."

To me, it's only fitting that as we approach **UB's 40th** anniversary on August 16, 2016, that I dig deep into my memory banks to give appropriate thanks to the organization itself, and the people who were responsible for birthing it.

Without **Rick and Jeni Prigmore**, there would be no Universal Brotherhood to contemplate or celebrate.

This is my personal love letter to them and a "thank you" for their creation of Universal Brotherhood so many years ago in South Florida. It occurred to me that many of our new members have not had the privilege of knowing the Prigmores as I have, so I wanted to give you a glimpse into their lives from my perspective.

I had only been associated with the Aquarian Research Center in West Palm Beach, FL for a short while when I met Renie Wiley. She was a regular teacher/presenter at ARC and soon became a teacher and friend to me. Renie called herself a "multidimensional medium," and she was a gifted medium, trance channel and psychic reader.

It took her awhile to wear me down, but eventually I joined her for a spaghetti supper in Fort Lauderdale, FL to meet Rick and Jeni Prigmore, founders of the relatively new **Universal Brotherhood Movement, Inc.** Renie was already a practicing minister with UB and went on and on about how kind, how nice, warm, friendly, and how sincere Rick and Jeni were....**all the time!**

So an invitation to eat spaghetti (before it was called pasta) in the company of charming people (did I mention there was garlic bread and salad?) was just too tempting an invitation to not accept. I was im-

mediately pulled into R & J's aura of charm and warmth, laced with genuine engagement. And YES, they were exactly as advertised: kind, nice, warm, friendly, and **100% genuine**. The power of their gaze was and still is so complete that when you're speaking with them, it's as if you are the most important person in their world. The truth is, to them you really are.

Rick never wanted to "pressure" anyone into joining UB. Instead, his philosophy was to introduce the topic and let everyone come to it at their own pace – or not. I'm sure they had countless spaghetti suppers while "introducing" the topic of UB. Their story mirrors that of all "universal seekers" who move out into the world fully trusting that they'd find their way and be taken care of.

In the mid-70's Rick was the Associate Minister at First Christian Church in Fort Lauderdale, FL. The position didn't pay anything, so he and Jeni lived in the parsonage in exchange for his work and Jeni continued to maintain her secular job to help support them. She was also working as a soloist for three other area churches in the South Florida area. During this time they embarked on an intensive study of many philosophies, including Edgar Cayce, Ram Dass and other spiritual doctrines.

Their search led them to the study of Science of Mind with the intention of becoming minister/practitioners. At the end of their course study, however, they'd attained a much broader vision of what spirituality could look like. They chose not to be limited by one traditional modality, but rather to create something new. As Rick stated in an email in 2008, "We wanted to conduct our personal ministry in a manner we thought fitting and proper without the restraints and oversight of an organization which represented someone else's philosophy and/or theology."

After an evening of study and computer research, Rick came upon the idea of **Universal Brotherhood** and a seed was planted. As Jeni has said, "Once the idea was expressed, it took on a life of its own."

At one of the churches where Jeni was performing, she was introduced to a gentleman named Marty Zevin who asked her if she was available to perform his marriage to his fiancé. This request came about the same time that Rick and Jeni had decided to create their own formal ministry. With their extensive background in the corporate/business world, they had all of the skill but lacked the legal expertise necessary. Enter Marty Zevin, a practicing attorney in South Florida, who created the legal structure of Universal Brotherhood Movement, Inc.

Rick and Jeni decided on that name because "universal" meant everybody, "brotherhood" signified the oneness of mankind, and "movement" indicated an active scenario and not a passive one. They had no intention that the ministry would be a shelter for anyone else when the papers were filed and the legal entity created. However, very soon people began asking for ordination under the legal umbrella of UB. The rest of the story, as they say, is history!

Along the way, Rick and Jeni Prigmore have "adopted" a number of grown-up children and brought them into the "family." They've opened their hearts, their homes and their bank account to anyone in need of a loving heart or temporary salvation. They've written books, "The Joy of Living" by Rick, and countless poems and inspirational messages by Jeni. They've performed untold numbers of marriage ceremonies around the world and witnessed the final moments of lives with tenderness and presence.

At the time of my ordination in 1983, Rick and Jeni were traversing the country several times a year. During the winter they were residents of South Florida and during the summer months they were park rangers in the Grand Teton National Park in Wyoming. All along that route they would make stops ordaining new UB Ministers. They also traveled to California, New Mexico and Nevada and a few places most of us have never heard of.

Through it all they managed to make time for prayer and meditation as they immersed themselves in the culture of wherever they were. In the spring of 1997, Jeni organized the "Bread For Life Ministry" in Atlanta and fostered it as it spread throughout the southeast. It was estimated that in one three-year

period, more than 20 tons of fresh food had been delivered to three dozen charitable organizations, feeding thousands of needy people. Now that's a testimony to the power of what one person with vision can accomplish.

“For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile.

~ Elie Wiesel

Their Atlanta home was known as “Harmony House” and it was there that “The Peace Gathering, A World Community Project” was launched. Every Wednesday evening for seven years, people gathered at 7 PM to create a circle of prayer, thanksgiving and ceremony. If the Wednesday happened to be Christmas that year, they'd host a Christmas breakfast so that people could be together, choose a small gift from their hearth and go on to celebrate with their families. At that same home, a dedicated Medicine Wheel occupied the center of their great room and remained for seven years. A recent communication from Rick and Jeni to me ended with this invitation: “The Tibetan Bell that was used during our Peace Gatherings and was passed from hand to hand around the circle is the piece of that energy that still resides with us now in our new home. Come ring it! The sound of the bell is the sound of creation and we are here to create Peace!” And so, the Peace Gathering continues even today.

From the late 1970's until 1990, Rick and Jeni personally traversed the country ordaining new ministers from coast to coast. They financed, nurtured and cultivated every aspect of UB with the support of only a handful of dedicated friends and associates. The position of Minister Director was created out of necessity to help grow UB and in February of 1990 I became a Minister Director for a three-state area. My, how times have changed, and how we have grown.

The Prigmores are still fully dedicated to their mission and just as creative and tenacious as ever. I realize that this is just a smattering of who Rick and Jeni are, but I trust it gives you a sense of the shoulders we all rest upon as Ministers with Universal Brotherhood. I am eternally grateful that Rick and Jeni spotted something in me that caused them to urge me onward with my ministry and my personal goals for this life.

And I'm really grateful that this reluctant Irish Catholic from a “lace curtain” Irish family took the plunge and thought she actually could become “a minister of God and a minister to man.” You may recognize those words from your ordination ceremony, a mostly channeled work through Rick and Jeni that has been shared wholeheartedly with each one of us.

When Universal Brotherhood Movement, Inc. became a legal entity on Monday, August 16, 1976 in Tallahassee, Florida something very powerful and very good was created. As we celebrate UB's 40th anniversary this month, please stop for a moment and give thanks to our Founders, Rick and Jeni Prigmore, and bless them for all they've shared with us. Savor that moment of creation in whatever manner best suits you. For me, I'll have a quiet time of reflection and prayer outdoors. I will cast my memory over the years to every marriage I've witnessed, every baptism and every funeral I've had the privilege of shepherding. I will marvel at all that has happened in these last 40 years and delight in all of the growth, potential and opportunity that lies ahead for this esteemed organization. Knowing full well that Divine Order prevails and the best is yet to come!

Universal Brotherhood is now a presence in over 78 countries, and we currently have 1,725 active Ministers helping to create more goodness, light and peace in the world. May we all be a part of strengthening and growing this ministry in the years ahead.

HAPPY BIRTHDAY UB! And thank you Rick and Jeni Prigmore for your generosity of spirit and your visionary concepts. What a gift you are to all of us!

UB President Rev. Rosemary Cathcart was ordained by UB Founders Rick & Jeni Prigmore almost 33 years ago. She lives in Nashville, Tennessee. Learn more at www.rosemarycathcart.com.



Count Your Blessings

By Rev. Kelly Graham
UB Vice President

“Count your blessings.” [*Shudder*] I really, really dislike that phrase. “Count your blessings.”

“I don’t like peas/dumplings/corndogs!” “Count your blessings, Kelly, there are starving children in [insert name of far-away country here].”

“The lace on this dress itches!” “Count your blessings, Kelly, some little girls don’t get to wear pretty dresses.”

“I don’t want an old car!” “Count your blessings, Kelly, at least you have a car!”

(For the record: I offered to send the offensive food to whatever country it was that week; I detested dresses and practically lived in jeans, and while I love dresses now, I’m still not a big fan of lace; and I’d give quite a bit to have that perfect turquoise blue ’68 Impala with the white top today. *Sigh*).

And one must never respond to “count your blessings!” with a curt “like what?” Oy! The litany that would follow! Items would include a place to live, clothes to wear, (more than) enough to eat, toys and books, the opportunity to go to school, parents / siblings / cousins / grandparents who loved me, and on and on and on. As you can see, “count your blessings” was a pretty standard answer to just about any complaint when I was growing up.

I never understood it. It never made sense to me. You want me to count the “good” things I have in my life? Well, okay, I’m kinda into making lists. But of course there are “bad” things too; shall I count them? No?? And that would really mess with this Libra’s mind, where everything needs to be in balance.

Sheesh. It seemed sort of *acquisitive*, like I needed to inventory blessings as if they were items in a kitchen pantry. A blessing, I thought, would be more ephemeral, less concrete, more...heavenly, somehow. All this stuff — food, clothes and such — couldn’t be what was meant by a “blessing.”

And another thing: how, exactly, did telling me about the starving children help me feel blessed? Or the little girls who didn’t have dresses? Or all those other people who don’t have what I, ungrateful little snot that I apparently am (*was*), have in abundance? Seems to me that’s a move calculated to just make the target (me, in this scenario) feel guilty. And really, folks, what emotion is more useless than guilt? Envy, jealousy, anger, fear, etc.; all these can move us to some action, at least. But guilt? No. It just eats away at you, slowly dissolving your self-worth until you end up inside a bottle of Scotch or in an awful relationship or in severe need of intense therapy. Geez! Thank you, but no!

And then, you know, you grow up. And your parents seem to get smarter every year. Apparently they actually knew what they were talking about, even way back then.

At age 17 I was in a car wreck (you can read about it, if you like, in [UB GoodNews Spring 2015](#)). Without a doubt, a “bad” thing. But I learned so very much from that situation that it also was a “good” thing. For me, in fact, maybe a “great” thing. So I had one of those “aha!” moments of realizing *good* and *bad* are just labels or descriptors or perceptions; not an empirical reality. Huh.

Sometime around college I realized that when things were going well, and I was feeling grateful for everything, things seemed to go even better. Like tests would be easy and my on-campus job would go well that day and dinner in the cafeteria would be something really tasty. I would be walking around, feeling enveloped in some kind of warm pink light, with what felt like a fairly idiotic smile on my face, and good things happened. Huh.

I still didn’t really connect that with counting my blessings. Now that I consider it, I think what bothered me (and still bothers me) is the “counting” part. Like it’s some kind of a con-

....*Continued....*

test: I have this many blessings, how many do you have?

A couple of years ago *Forbes* (yes, *Forbes*!) did a piece on seven proven benefits of gratitude (And I suppose, if I'm backed into a corner, I might allow that "gratitude" could be another way of saying one might be counting one's blessings). *Forbes* contributor Amy Morin wrote that research reveals:

1. Gratitude opens the door to more relationships. Saying "thank you" is good manners, and thanking new acquaintances makes them more likely to seek an ongoing relationship
2. Gratitude improves physical health. Grateful people feel fewer aches and pains and are more likely to take care of their health
3. Gratitude improves psychological health, reducing "toxic emotions ranging from envy and resentment to frustration and regret"
4. Gratitude enhances empathy and reduces aggression; grateful people are less likely to retaliate against others
5. Grateful people sleep better
6. Gratitude reduces social comparisons and improves self-esteem
7. Gratitude increases mental strength, and aids in overcoming trauma

Okay, the "better sleep" thing is a big enough reason all by itself. Or maybe that's just me. But if "counting blessings" doesn't work for me, how, then, do I consciously feel gratitude?

Well, it's important to realize that humans have what is known as "negative bias." That is, things we perceive as "bad" carry more weight than things we perceive as "good." For example, studies show that if we're happy with service at a store, we tell about 7 people. If we're unhappy with service at a store, we tell about 50 people. Psychologists think this focus on the negative may have helped us survive in caveman times — but these days aren't those, and the first step to overcoming this tendency to dwell on the negative may be simply recognizing that caveman-era dangers don't exist today.

We also forget the "good" stuff because sometimes it's repetitive: your partner makes coffee, your dog happily greets you at the door, your car starts on the first try. My wonderful husband, for example, takes out the trash without my asking him to (yes, I am the luckiest woman in the world. I know). I'm used to it. It takes someone else complaining about how his or her partner won't do this or that when asked, to remind me that I have this wonderful thing in my life. It's just a little thing. Tiny, really. But when reminded of it, I am so darn grateful. So the second step to feeling more gratitude is recognizing those good things in our lives that happen over and over. Just because they happen more than once doesn't mean we should let ourselves get used to it; rather, we should revel in it.

The third step in cultivating an "attitude of gratitude" is twofold: make a list, and then express that gratitude verbally. It doesn't have to be a long list; no need to "count your blessings" to see if you have more or less than someone else. Just writing down, say, three things each morning you're grateful for works just fine. Or make a list by speaking into the recorder on your phone during your morning commute. And then pick one of them and express it to someone out loud, ideally the person who is responsible, in some way, for your thankfulness.

If I were doing this as an example I might list these three things today: I am grateful to this organization known as Universal Brotherhood for providing me with the opportunity to serve as a minister. I am grateful to my friends Rosemary Cathcart and Robin Morini who help me realize the great responsibility we have for and through this organization. And I am always grateful, now and for all time, to our founders, Rick and Jeni Prigmore. What a vision they have brought to life through this thing of ours called Universal Brotherhood!

What's next? Why, I think I need to call Rosemary or Robin or Rick and Jeni. And tell them I'm grateful. What about you?

Wunderlich Senior Vice President Kelly Graham lives in Nashville, Tennessee, and has worked in the financial field for more than 30 years. She is honored to have been ordained by both President Rosemary Cathcart and Founders Rick and Jeni Prigmore.

Reach her at getcommonsense@yahoo.com

The Full Circle of Light and Love

By Rev. Robin Morini
UB Executive Director

The Hands of Ordination



You may remember this photo from our Summer 2014 Edition of UB GoodNews, I had shared my thoughts on this beautiful photograph taken immediately after an ordination officiated by Minister/Director Shalandra Abbey. In this photo we see the hands of a newly ordained minister holding the ceremony candle.

This photo still calls to me and opens my heart as I feel a gentle reflection of the love, dedication, sacredness and beauty of ordination.

With these thoughts my heart song drifts to our Founders, Rev. Drs. Rick and Jeni Prigmore. My smile grows as I see how they paved the way and opened the door for each of us to create our spiritual pathways and spiritual journeys.

My heart is filled with gratitude for the wisdom and love they have shared and continue to share. Thank you Rick, Jeni and UB for opening my eyes to the understanding of Yes! I can be of service in a way that I love with all my heart! And Yes! I have created a ministry

that allows me to lovingly reach out to others through art. This circle is shared by women who have awakened to their own creativity and enhanced and enriched their lives!

One of the women from our circle said, "Robin, I have learned not to be afraid, to take a step in a direction I would not have previously chosen. So now I move forward and realize I can grow and do new things that I love!"

As she spoke those words to me I realized things had, indeed, come full circle. Like the light of the ordination candle, Rick and Jeni lit the path so I could listen to the joyful stirring deep within me. Through ordination and love of sharing art this Light has been passed along to others.

With Love and Gratitude to Rick and Jeni

Happy Joy-filled 40th Anniversary to you both and to Universal Brotherhood Movement, Inc.!

As I continue to gaze upon this photograph I reflect upon the statement we are all asked to affirm during our ordination ceremony, "I HEREBY DEDICATE MY LIFE TO THE BROTHERHOOD OF MANKIND". I am filled with Joy, Love and Gratitude.



UB Contact Info:

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

Office phone number: 954-574-9904

Email: robin.ubm@gmail.com

Website:
www.universalbrotherhood.org



ARTICLE SUBMISSION

To submit an article for our newsletter:
Email your poetry, article, recipe,
blessing/prayers, shared thoughts and
ideas to:

robin.ubm@gmail.com

You can also send your articles to our
office:

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



UB Website Directory

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

www.universalbrotherhood.org

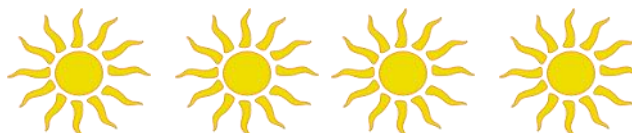
In this Minister Directory you will find
ministers who have requested a listing
in this public directory, and you can re-
quest inclusion on this list too.

If you would like to be added, please
know:

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

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

Send request to: robin.ubm@gmail.com



UB President Rev. Rosemary Cathcart
introduces two new
Universal Brotherhood Board Members:
Jim DeKornfeld & Julie Joy



Rev. Jim DeKornfeld is the founder of Daybreak Ceremonies.

Ordained on St. Patrick's Day in 2013, Jim is a UB Minister / Director as well as a Certified Life-Cycle

Celebrant.

Daybreak Ceremonies is dedicated to the belief that all individuals and couples deserve to be treated with respect and honor, and that a personal ceremony that draws from the love and life story being celebrated is more meaningful and spiritual than a ceremony that relies on a set dogma or liturgy.

Jim has celebrated many dozens of weddings and other family ceremonies since Daybreak Ceremonies broke ground in 2012.

Jim's work as a minister follows his 23-year career as a hotel executive and another 10-year stint as an independent meeting planner and consultant.

You can view Jim's Daybreak Ceremonies website [here](#).

Ordained on October 17, 2014, Rev. Julie Joy's ministry is geared towards channeled art and healing.



Julie Joy has studied a multitude of various healing modalities. She uses healing modalities such as Reiki, Oneness Blessing and Soma Energetics Tuners. She has gazed over a thousand times with the gazer named Braco of Croatia. Each healing modality opens Julie to a higher vibration and helps her to create heart centered, channeled art. When creating and connecting to universal life forces the art produces healing to those who seek it similarly to how a candle emits light. You can raise your own vibration and open your heart to a love state by placing [Julie Joy's art](#) in a room. Julie Joy's journey is to raise the consciousness of humanity, bringing clarity, and opening hearts to heightened states.

Julie is a light worker who has a passion for healing, painting, channeling, teaching and bringing those who are open to have clarity in their lives, awaken to a higher state of consciousness and find their life's purpose.



Your Life Purpose

By Rev. Julie Joy

Recently my thirteen-year-old daughter and I decided to take some time to get our fingernails painted on a warm summer day. I am an artist and rarely have time to make my fingernails look pretty. In fact, I already knew that my fresh color and manicured glossy nails would be covered in a splashy variety of acrylic paint color by the next day as I paint in my art studio. We took time out for our relationship and a break to pamper ourselves. As I sat and waited my turn the technician began to file my daughter's nails. I gazed to the back of the shop where they gave pedicures. A woman was sitting in a chair receiving attention from a focused nail technician. I enjoyed seeing her do something kind for herself. I wondered for a moment what kind of life she had that lead her to that moment of loving herself with the gift of a pedicure.



Our technician finished filing my daughter's nails and switched his focus to my poorly manicured nails with random colors of paint on top of and under the nails. I am used to messy fingernails but it was particularly embarrassing to have the technician look at them. He did not flinch and began to give them much needed attention. Once my manicure was complete he waved his hand in a motion to sit towards the back of the shop. I was not sure where he wanted me to go. I could only see a countertop where the woman getting the pedicure was now seated. He explained to me that the counter had a dryer for my nails. He put my hands under the counter as I sat down across from the woman. It was somewhat humorous that I was out of my element and unfamiliar with the nail drying system. The woman who had received a pedicure in the back was now also drying her brightly-painted shiny red toes under the countertop.

The woman with the pedicure was amused to see that I was unfamiliar with the ways of a nail salon. It sparked a conversation that answered the questions that I had in my mind when I first saw her. She told me about her recent experiences camping outdoors with her family. She joyfully spoke of the friendliness of the neighboring campers who were celebrating the camping parks weekend theme called "Christmas in July". Other campers welcomed them by giving them watermelon and citronella candles. She gave presents back such as containers of bubble soap for the kids to blow bubbles across the campground. I could see that she enjoyed the experience of strangers being kind to each other.

I am always curious to what brings people to the very spot they stand at that moment. Where did their life trail go in the past and how did they get to this point? This woman seemed to be in an awakened state appreciating the present moment and all that the moment had to offer. She wanted to tell me all about it. As her story unfolded we reveled in the course her life has taken and what she had learned thus far. She told me how she and her husband had six kids and the

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moments were fleeting. It was very hard work raising them and many of the difficult times had been forgotten. She lived a life as a traveling nurse and we enjoyed discussing how much she had learned doing this life of service. I congratulated her for challenging herself to constantly join a new team of doctors



and nurses working smoothly as a team in service to heal. She was passionately in service for thirty-four years. She said she was having a difficult time now letting go of the work since her retirement last year. I told her that it was time for her to live in service for herself and I could see that she was doing that by getting her toenails painted and enjoying her life experiences with her family as they camped outdoors.

What life experiences have you had so far that have led you to this place you stand right now? It is important to rise above it all and see where it has brought you. Your life is important and worth self-examination. Your life is worth writing about. You do not need to share it with anyone if you do not choose. Do it for yourself as a kindness similar to getting a pedicure. Where have your beautiful feet walked in life? I enjoy talking to people and getting their life story. There is much to learn. Celebrate your experiences, whether or not you found them challenging. You've learned so much and we all should review this as we move forward from this point. I am proud of you.

Yours in service,
Reverend Julie Joy



The Last Leaf On the Tree

Rev. Jim DeKornfeld

Seems like everyone around me treats me like I wasn't there
Sometimes I can't remember why I'm sitting in this chair
The wintry sun has lost its warmth as I through the window see
Cross the bleak expanse and the big old noble tree

I don't know all the faces
Might not recognize your name
But you always treat me kindly
And I'm always glad you came

Sometimes I'm in the courtyard, fresh air soft upon my face
Not always certain where I am, or how I got into this place
But you always say, "I love you", as you turn around to leave
Its times like this that I can't see the forest through the trees.

I know you sometimes feed me, but I don't recognize the food
You hold my hand and say you'd visit more if only that you could
You always say you love me as you turn around to leave
I look outside the window as the leaves fall from the trees.

I don't know all the faces
Might not recognize your name
But you always treat me gently
And I'm always glad you came

You just called me Daddy, today my mind is clear
I know exactly who I am and why I'm living here
But I think I'll close my eyes now, the hill before me's much too steep
I know now what it feels to be the last leaf on the tree.

As I lay me down to sleep I feel at peace and know
That memories of times gone by are gifts for us below
I hear the wind outside my room. "I'm ready now", I say
I close my eyes and drift away. The last leaf falls away.

I don't know all the faces
Might not recognize your name
But you always say you love me
And I'm always glad you came.

Getting Ahead Through the Heart

A Compassionate Journey

By Rev. Taron Puri, B.A., LL.B.



Compassion is the act of manifesting our divinity through our humanity. It engages both the heart and the head, together as one, giving unconditional love, acceptance, care and support to all beings, including ourselves. Pity is often mistaken for compassion, but differs in that it separates us from the other, and often involves a negative judgment which elevates us or denigrates the one being judged. When we consciously choose to be compassionate, we empower individuals by validating their humanity, acknowledging how fraught with hardships, or as a colleague puts it, “growth-opportunities” the human journey can be. It is through practicing compassion, however, that we overcome our challenges and attain lasting happiness, fulfillment and peace, all key ingredients for a life well lived. Yet, despite this, compassion seems to be an exception, rather than the rule in our world today.

The Corruption of the Heart-Head-Body Trinity

At one time, the greatest architect, the greatest master contractor, and the best sub-contractors in the world were brought together for a project. During the process of determining roles and responsibilities, the contractor convinced the financiers that, as he had extensive experience working with architects, and had completed hundreds if not thousands of jobs, that they could dispense with the architect and that he could handle the job himself. This is exactly what occurred and for some time, it appeared that the project was successful. Then one day, just prior to the grand opening, it literally fell to pieces! Now if this sounds like a fairytale to you, then you are right, for it is preposterous. Yet let's put it in

Heart-Head-Body trinity, and you will see that this is the state of our world today.

By design, our heart was meant to be the architect, wisely designing spiritual blueprints and guiding us to live a life aligned with the values of love, harmony and peace. The head in this trinity was to be the master contractor. Being masterful in the realms of logic and reason, it was created to serve the heart and bring into physical manifestation its blueprints. And it did this by employing the body, whose extraordinary senses provided invaluable skills, much like sub-contractors, to get the job done.

This process however became compromised when the head took over the role of the heart, bypassing it completely. Deciding that it could do the job of the heart just as well, and reveling in how much more control and power it could have, it metaphorically took the heart hostage, and has unwittingly been running the show ever since! Thus, the original working trinity of Heart-Head-Body has been compromised, and more so as the head, without the heart's protection, relentlessly drives the body without respite. The result – escalating stress resulting in suffering, unhappiness and ultimately premature aging and the breakdown of our systems.

Evidence of this head-centered approach to life surrounds us. For instance, despite all of our “head extensions,” such as cell phones and computers, we are more disconnected from each other, and from our environment, than ever before. We no longer choose activities centered around “being,” but instead, are

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hurried and always busy “doing,” in order to reach the holy grail of success. Yet the more we get, the less we appreciate it. Like a bottomless pit, our head constantly craves more, rarely conceding satisfaction. Instead, the continued unmitigated abuse of the body by the head in its lust for power has caused us tremendous harm, with dire results physically, mentally, emotionally and spiritually. It is not uncommon today to hear of hardworking, driven professionals suddenly falling seriously ill or dying, unable to enjoy the fruits of their labor. The fact remains that unless we secure the heart’s release and reestablish a healthy relationship between it and the head and body, we may never reach happiness and fulfillment.

Awareness is the Key

Awareness is the key ingredient to reclaiming and reestablishing the trinity of heart-head-body! The head has cleverly convinced many of us that everything is going fine and that we are in control, to which I say, absolutely not! Interestingly enough, please note that “control” in and of itself is a head trip; for whereas the head seeks *control*, the heart seeks *connection*. And if you think about it, if we establish an authentic connection to someone or something in our lives, then control becomes a non-issue. How often do we go into our “control games” when, upon honest reflection, we discover that all along, what we sought was connection. We must become conscious of every thought we have, challenge its origin and determine whether it is a judgmental, head-centered one, or a compassionate one which comes from an integrated place of head and heart. Only then can we know whether we are on the road to happiness or despair.



I have identified a multitude of such qualities in my quest for being a more integrated, compassionate human being. The list is long and growing, and includes qualities such as “exclusivity” (head) contrasted with “inclusivity” (heart); “expectation” (head) contrasted to “anticipation” (heart); and “self-centeredness” is of the head, yet when we come from the heart, we are “centered in ourselves.”

Practically speaking, I find that expectation always sets me up for disappointment. This was tested during a recent trip when everything was pre-arranged, yet upon my arrival at the airport, things had changed. Accommodations had been shifted to another resort, along with pre-arranged excursions being either cancelled or shifted. At that moment, I made a conscious decision. I chose to stay centered and remain in “anticipation” rather than act on my “expectations.” Had I relied on my “expectations” (reasonable as they were), I would have reacted with anger, frustration and blame, ruining my holiday. Instead, by choosing “anticipation,” I remained open to solutions and “inclusive” of everyone’s needs. I remembered to ask myself, “I wonder what the gift is in this situation?”, rather than spouting off from the usual “why me” or “oh poor me” script. Certainly, reason also dictates that making demands and going into a tirade would likely not produce positive results. In a sense, by staying calm and centered, I was kind to myself and others. By staying “connected” to what was occurring, and not indulging my need to be in control, I ultimately enjoyed the journey, turning a potentially negative situation into a positive one.

Getting Ahead through the Heart with Compassion

I feel that we have sacrificed healthy values and behaviors endemic to the heart in order to

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get ahead. Today, speed is of the essence as profit rules over relationships and the “me” replaces the “we” as the guiding principle of life. Our ego has conned us into believing that we can achieve happiness by gathering material things, for as the saying goes, “He who has the most toys, wins!” Yet this success at any cost often ends up costing us our health, our relationships and even our lives! And there is little room for compassion to take root in this scenario.

Living consciously, let’s recognize that both the head and the heart, in conjunction with the body, must equally participate in creating a harmonious and happy existence. Even our language speaks to the importance of the heart in supporting our happiness. For example, phrases such as, “You’ve touched my heart,” “Let’s get to the heart of the issue,” “I’ve enjoyed hearty laughter,” and “I’ve memorized the words by heart,” all tell us that the heart holds great value in determining our quality of life. I have chosen to work with all three aspects of the trinity, valuing their respective roles. I now approach life from a “thinking heart” and a “feeling mind” which lessens the separation between the head and the heart to create a powerful synergy. And when joined with the extraordinary abilities of a properly maintained body, I am carried effortlessly down the path of happiness, harmony, fulfillment and compassion for all beings. Won’t you join me?

Stress Management Expert and former Immigration Judge Taron Puri, B.A. LL.B, shows you how to deal effectively with stress and be happier and more successful in all that you do. Working with individuals and organizations globally, he excels at turning negatives into positives, reducing conflict and helping you make sense of life’s most challenging issues. To learn more about Taron’s presentations, training and coaching, including his “Getting Ahead through the Heart” program, visit www.energyinmotion.org or e-mail info@energyinmotion.org.

The Birth of Universal Brotherhood

August 16, 1976
Tallahassee, Florida

By Rev. Rosemary Cathcart

Everything has its own vibration and
UB is no exception!

Born on “**The Day of High Voltage**,” UB was Astrologically “birthed” in the Chinese year of the Fire Dragon.

This created a “most righteous, outgoing and powerful dragon and a natural builder, possessing a strong sense of duty.” Born in the hour of the Horse, UB as an entity is also frisky and empowered.

Looking at the Numerology of UB also offers us some interesting insight. The date of incorporation, **8, 16, 1976** adds up to a 38 and reduces to an 11. ($8 + 1 + 6 + 1 + 9 + 7 + 6 = 38$ which then reduces to 11). The #3 is ruled by the Planet Mercury and is The Artist deeply interested in communication and expression; #8 is ruled by the Planet Jupiter and is The Executive, expressing power and abundance. The final #11 is a master number known as The Visionary, ruled by The Planet Neptune and expressing revelation and idealism.

I’d say that Divine Order was served quite nicely all of those years ago when God whispered in the ears of Rick and Jeni Prigmore, inspiring them to create the entity we’ve all come to know and love as Universal Brotherhood. My hope is to make the most of all of these empowering skills as we move forward toward the next 40 years!



Celebrating 40 years of Universal Brotherhood necessarily means we celebrate those who began the movement: Rick Prigmore and Jeni Prigmore.

Many UB members have reached out asking the best way to send a thank-you or a reminiscence to Jeni and Rick.

If you want to send a letter, card, gift card or anniversary gift, you may mail it to:

The Rev. Drs. Prigmore
526 Essex Avenue
Mt. Dora, FL 32757



Words of Wisdom From Rick

My Eight Word Philosophy:

*Hurt Not - Judge Not
Love Unconditionally - Live Joyously*

*A difficult task can be either an ordeal
or an adventure.*

Adventurers are winners!

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

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



An oldie, but goodie filled with Love! ©2000-2016

Tribute “To Nana”

-Rev. Halley Élise ©2000

My grandmother “Nana” has been gone now for almost three years. She passed quietly on a Thursday evening one humid night in September. In her day, she was a true spitfire. Even beyond her day, her tremendous spirit reigns within all of those who came to know her.

Nana was never too busy to lend a hand, go on a trip, give a kind word or share a bounty of warmth and kindness from the depths of her heart to whom-ever she’d meet. She seemed impelled to urge enthusiasm in others and don a smile. It is my belief that it was a genuine need for Nana to see others around her joyful as they lived their lives. She was the one others turned to, both family and friends, when trouble erupted. Nana not only had love, she had immense strength of character and wisdom as well.

Never did I really believe in unconditional love, but I found that indeed it existed. Nana showed me that in the truest of souls love is exhibited openly, and that it does exist elsewhere, one must simply seek it out. Nana displayed unconditional love each and every day; this, so unlikely from a woman who had endured so much turmoil and trauma in her own life from a very early age. Yet with each hardship she persevered. She would look directly into the face of adversity and say “this too shall pass” and “if God is for me, who could be

against me?”

From the earliest of youthful recollections, Nana was my saving grace. The one I’d speak with, be encouraged by and who had the most amazing reassuring embraces. More than my saving grace, Nana was my heart’s smile!

I so looked forward to Nana’s visits on the weekend. She’d finish work then traverse through the streets of the Bronx and make her way on the subway system to Brooklyn, walk a few blocks, than finally arrive at our home. Her arrival was always anticipated with great excitement. You’d find me bounding towards the door with a grin from ear to ear and open arms, to be greeted by the same, then wrapped up in the warmest of hugs one could imagine.

On these visits, Nana had goodies in tow; some for me, some for my little brother, and some for mom and dad, and what delighted me so was that Nana made sure to have extras in the event a friend might stay the night. Did I mention this was almost every weekend?!

When Nana moved to Florida, it wasn’t long before we followed — though now it was the bus that would bring my Nana to me instead of the train. I had missed her so when she had left New York, and it was thrilling to know we’d be in close proximity again.

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We would pick Nana up from the Greyhound bus station; I knew the schedule from Delray Beach to Hollywood by heart. As soon as I was old enough to drive, the schedule became handy; for then I had the pleasure of going to get Nana and bringing her home.



Nana's unending helpfulness and love never waned. Her neighbors all dropped off their clothes that needed alterations and Nana would gladly oblige. Nana bestowed her love generously, yes; but she also knew no boundaries when it came to giving in other areas. I don't recall knowing anyone who didn't feel love for her. Nana had worked with famous designers and fitters for most of her adult life and was superb at her craft. Over the years she had worked with a President or two and many movie personalities. There were letters of appreciation from many of these people. I still can't believe how she was able to look at a garment in a store, go home and duplicate it exactly. No pattern, she just did it. Interestingly enough, with all this talent and attention, Nana was very modest. Her home furnishings were simple and she did not know the word pretentious.

Nana was forever putting money into the Pishka (a small box for the purpose of collecting charity) that sat upon the kitchen counter. Once full, the funds were delivered to the proper organization, there was the Jewish Federation, Cancer Society, The Blind, The Appellation Mission and too numerous others to mention.

Shortly before I was to wed, Nana was in a terrible car accident. She insisted that no one was to worry, she would recuperate. She said she had to keep her promise to me, of making my wedding gown and seeing me get married. She did it all. She got better, made not only my gown but my trousseau as well and danced at my wedding. One of my most treasured photos of Nana is of the two of us on my wedding day, prior to leaving the house. Nana and I sitting side by side on the sofa; from the photo it's difficult to say who is beaming more.

Nana took ill when I was in my late 20's; it was my time to give love unconditionally. Nana came to live with me and my family and though much of the time it was difficult, there was something that made it all worthwhile. In the evenings when I'd help Nana retire, I would go to Nana's bedside to make sure all was well and say good-night, she'd look up at me and say "you are such a dear, thank you for taking care of me, I love you." As I sit here writing, tears come to my eyes, for there was more love and sincerity in those moments than some people get to experience in an entire life time.

Funerals involve mourners being dutiful and uncomfortable, doing their best,

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approaching the family with the usual words of sympathy, such as “I’m sorry for your loss.” In earnest it can be said, that was not the case at Nana’s funeral. The words directed to me were contrary to the typical. Literally each person I spoke with said “I loved your grandmother.” So when it’s all said and done, love is all that matters. Love is all that remains. Nana knew that!

To all of you — I say “practice your love, speak your love and live with love in your heart every day.”

Nana is always in my thoughts and today just seemed like the right day to share this.

I hope you enjoyed this and have someone in your world who is your heart’s smile.

Thanks for reading

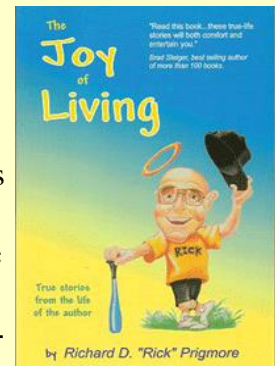
Rev. Halley Elise lives and works in Boca Raton, Florida, and is heard Mondays on FM radio 95.5 the Palm. See www.halleyelise.com for more information.



JOY is a word that always makes me think of our Founders, Rick and Jeni Prigmore.

Jeni is known for sending notes where she urges the recipient to “enJOY life” or to be “JOY-full” about an opportunity or event.

And Rick, of course, wrote in his wonderful book *The Joy of Living*, “Perhaps, as you read these reminiscences, they will stimulate your memory to recall some of the best times in your life. It is my understanding that we are here to be joyful and experience happiness, that the world’s



best and all its abundance are here for our asking. I’ve asked for and received the best. Life is good. May it be so for you. Happy trails.”

I think it’s fitting that these two visionaries, who have brought so much JOY to so many, bring JOY just at the thought of their lovingkindness.

With deepest thanks and everlasting JOY from Rev. Kelly Graham

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**. All but one of our UB GoodNews newsletters are sent via email, so a current email address ensures you can receive our newsletter and stay better 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 scan the completed form and email it to

UB Administrator 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? _____

