

UBM GoodNews

Universal Brotherhood Movement, Inc.
Newsletter Winter 2023-2024



Inside this issue of UBM GoodNews:

Now and Then <i>by Rev. Dr. Jeni Prigmore</i>	1
Happy 2024 From Your Board of Directors	2
Greetings (And More) From Our Founders	3
Article Submission Deadlines	4
<i>Information: Minister's Liability Insurance</i>	4
FLIGHT 2024	5
<i>From Our President: Welcome to 2024, A Number 8 Universal Year</i>	6-11
<i>A Brand New Year: 2024 by Zoey Grace</i>	12
UBM MEMBERSHIP SURVEY	13
<i>From Our Vice President: New Year's Resolutions: Yea or Nay?</i>	14-16
<i>In All Things by Rev. Assunta Sullivan</i>	17
UBM Minister Business Card Ads	18
Buy Gifts = Support UB: WIN-WIN	18
Our Ministers In Action!	19
<i>Where There Is Smoke—There Is Fire! by Rev. Robert Mazak</i>	20-21
<i>Grace by Rev. Dr. Jeni Prigmore</i>	22
<i>Recipe: Kelly's Chicken-Vegetable Soup</i>	22
<i>Believe by Rev. TGrey MacNeil</i>	23
Great Gifts: Pendants Available	24
<i>Joy: A Universal Principle by Rev. Steven Handwerker</i>	25-26
<i>Seeds Of Love by Rev. Tricia Fowler</i>	26
<i>I Remember Snowflakes by Rev. Grover Cleveland</i>	27
Weddings 101 Certification Course	28
<i>Losing Irene, A Teacher Who Made A Difference by Rev. Lawrence Brown</i>	29-30
<i>Let's Stay In Touch!</i>	31

Now and Then

By Rev. Dr. Jeni Prigmore

When the “now” becomes the “then”
I'll think of this day yet again
And recognize in hindsight, it's a “gift”
Reminding myself to feel the “lift”

Of God's eternal “presence”

Through whatever comes my way
My heart will flutter, but not sway
From knowing all the good that's given
To transform my “Hell” to a “Heaven”

It's GOOD'S “forever essence.”



Happy New Year 2024!



Jeni



Rosemary



Kelly



Mary



Rob



Karen



Gregory



Robin

UBM Board of Directors: Co-Founder Rev. Dr. Jeni Prigmore,
President Rev. Rosemary Cathcart, Vice President Rev. Kelly Graham,
Treasurer Rev. Mary D'Alba, Secretary Rev. Rob Mazak,
Rev. Karen Piedra, Rev. Gregory Fisher

Executive Director Rev. Robin Morini



UB Founders
Rev. Drs. Jeni & Rick Prigmore

*~A smile from The Joy of Living
by Rev. Dr. Rick Prigmore~*

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

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

After all, are we not all One?



I Believe

By Rev. Dr. Rick Prigmore

**Co-Founder of
Universal Brotherhood
Movement, Inc.**

I believe in an ever present, omnipotent, omniscient "Potential" which is constant at all levels of expression, known and unknown.

I believe this Potential in its static state is LAW, in dynamic state is LOVE, in its divine state is SPIRIT.

I believe this Potential
Is known as LIFE,
At all levels, in all facets.

I believe in MYSELF
as a personalization of Potential,
a multidimensional spiritual being,
with the ability to draw on every attribute of Potential.

Therefore, insofar as I can accept it
and my consciousness can embrace it,
I AM LIMITLESS POTENTIAL.
It is my choice to unfold—or fold.

Every person is endowed
With the inalienable right
To clothe his/her God
In the essence
Of unique imagination.

UBM GoodNews ARTICLE SUBMISSION

Email your poetry, article, recipe, blessings/prayers, shared thoughts, celebrations, pictures and ideas to

robin.ubm@gmail.com

You can also mail your articles to our office:

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

SUBMISSION DEADLINES

**Spring 2024: March 17
Summer 2024: June 17**

Let us hear from you!



Information for Ministers:

Liability Insurance

In response to inquiries regarding liability insurance, one of our UBM ministers mentioned *Healing Touch Professional Association*. Here you can find options for professional coverage and liability coverage for many different modalities of energy healing therapies and spiritual counseling.

Learn more [here](#)

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.

FLIGHT 2024

Universal Brotherhood Movement welcomes you aboard Flight #2024!

We are preparing for an on-time departure into the new year.

Please make sure your attitude and actions are secured and locked in an upbeat and upright position. All self-destructive thoughts should be turned off at this time, and remain off forever.

Any negativity, hate, and discouragement must remain completely stowed.

In the unlikely event we lose altitude while under pressure, simply reach up and pull down a prayer. Prayers will automatically activate if you have faith. With faith, you will be able to assist other passengers.



There will be NO BAGGAGE allowed on this flight.

Now, our Captain (Spirit / Love / Divine Order / Father / Mother / God) has cleared us for takeoff.

Our first destination is Love, with continuing stops at Peace and Joy. Before you deplane at Gratitude, make sure you don't leave your hopes and dreams behind. Once these are lost, they cannot be reclaimed.

If there is anything we can do to make your flight more enjoyable, please do the same by paying it forward to others.

We wish you a pleasant flight! Happy 2024!

with love from **UBM, Inc.**



WELCOME TO 2024

A Number 8 Universal Year

by Rev. Rosemary Cathcart

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

If I paid attention to only the opening quote above, I would be off to an excellent start in this brand new opportunity of a year called **LIFE** ~ presenting me and you with **366** new chances to become more than we have ever been before ~ it's a Leap Year, so we've got one whole extra day of life ahead. May we use that gift wisely and with appreciation.

And if you don't "believe" in Numerology, that's OK too, just bear with me and read what I've put together here on the chance that there might be a morsel of wisdom to help guide your life throughout the New Year. My only goal is to be helpful, and to act as a source of information and guidance, without judgment. We are all at different stages of life, and I hope to empower you to be your best this year, so let's take a look at the number patterns for 2024, and how they're apt to affect each of us on a personal level, in our business lives and on a Global scale as well.

In the "Esoteric Numerology" which I practice, I consider not only the numerical value of each digit, but the Spiritual significance in combination with the Astrological influences to illustrate the deeper meanings of the numbers. A **"0" vibration** exacerbates whatever the primary focus is; so when adding $2 + 0 + 2 + 4 = 8$, the stakes are suddenly quite a bit higher and the focus much sharper. In this case the **"2"** vibration is of the utmost importance. The **# 2** vibration carries the essence of "helping" and of an understanding nature that is capable of adjusting to any prevailing circumstances at a moments notice. It is ruled by the Moon, so think in terms of sensitivity, receptivity and emotional discernment, and you'll have a good idea of what we are tasked with at this juncture in human history. It's our personal history, too, unfolding moment by moment, thought by thought and action by action!

As we add the digits together, $2 + 0 + 2 + 4$, we arrive at the **# 8** giving us the **Universal Year Number**. This powerful **# 8** is ruled by the largest Planet in the Heavens ~ the **Planet Jupiter**, and is considered to be **"The Executive."** This is a big jolt to our senses, following the **# 7** of the year 2023 that we're leaving behind. In its highest iteration, the **# 7** is The Mystic, seeking wisdom and a deeper personal awareness. What we saw play out on the World Stage, however, was not ideal, and to me it was lacking in any sense of evolved consciousness or care for others. The sheer size, power and clout of a **# 8 Universal Year** is offering us the means to come into better versions of ourselves ~ **IF** we are willing to tell the truth and to recognize it when we hear it. Surround yourself with the color **rose/red** this year and wear **garnets** for strength and protection.

Continued...

Continued...

I have always had an unwavering belief in the Divine Order of all things, and as we come to our New Year of 2024, I once again marvel at the “rightness” of Divine Order. Life has brought us the gift of another year in the form of a **Number 8 Vibration**, “**The Executive**,” governing our deepest sense of justice and fair play as it highlights the truth of things we may not want to examine quite so closely...just yet! The # 8 of 2024 is a definite power year, full of physical vitality and practical reality. This is a year to harvest, and it’s time to claim the recognition and praise you have long deserved. It is also a year to take stock of yourself, and if you have been slipping in your self-care, diet, emotional/spiritual growth, it’s time to step it up and pull yourself solidly together. An 8 year is a double 4 and # 4 represents sitting on solid ground. It is vital now to operate from the perspective of operating efficiently while being highly organized with a definite plan. Think in terms of determination, discipline and focus and you will make the most of this passionate and highly charged year.

*“Jupiter, the ruler of Sagittarius and the # 8
is the Planet of good luck, optimism, success and
generosity. Jupiter brings joy to life.”
~ Joanna Martine Woolfolk*

We live in Numerological cycles of $1 \sim 9 + 0$, which makes up the entire spectrum of numbers, no matter where you live or what language you speak. The year we’ve just wrapped up, 2023, added up to a Universal # 7 vibration, “The Mystic,” which governs, among other things, analysis and solitude. I don’t know about you, but I found myself pondering and in deep thought during all of 2023. Not only on a personal level, but how I fit into the overall scheme of life in a world suddenly devoid of kindness. I found myself wanting to be alone more and to journal for myself as a way to make sense of things that were too shocking or hurtful to digest. What skills did you use to help yourself get through the year 2023?

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

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

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

As we move from a # 7 Universal Year vibration ($2 + 0 + 2 + 3 = 7$) ruled by the Planet Saturn, into a # 8 Universal Year ($2 + 0 + 2 + 4 = 8$) we are now in the vibratory field of the Planet Jupiter and preparation and understanding is in order to help us make the most of it and to thrive.

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

Continued...

Continued...

Each number is like a two-sided coin, representing both positive and negative attributes of the same vibration. Although there are no “good” or “bad” numbers, wisdom dictates that it’s smart to consciously choose the highest, most mature, and loving way to respond in each situation.

The higher octave of the # 8 represents power, authority, self-reliance, fairness, justice, benevolence toward others, with a positive relationship toward one’s own wealth and power. The lower octave of the # 8 leans toward greed, intolerance, oppression, impatience, carelessness, scheming against others, along with unjust and unscrupulous behaviors. Choose wisely, please ~ for **your own sake** and for our entire Universe.

Let’s take a look at the meaning of each number and then illustrate how to find your **Personal Number for 2024**:

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



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

To find your Personal Number for any given year, follow this easy formula:

Add ONLY your month of birth and your day of birth to the value of the Universal Year’s number. In the case of 2024, the Universal Year’s number adds up to a # 8.

$$2 + 0 + 2 + 4 = \# 8$$

Now we will take the # 8 and add it to the month and day of any given birthdate to discover what that individual’s **Personal Number** is for 2024.

For Example

A May 2 birthday looks like this: $5 + 2 = 7 + 8 = 15$ and reduces to a # 6

(May 24) $5 + 6 = 11 + 8 = 19$ and reduces to a # 1 ... The Pioneer

(Aug. 4) $8 + 4 = 12 + 8 = 20$ and reduces to a # 2 ... The Helpmate

(Feb.11) $2 + 2 = 4 + 8 = 12$ and reduces to a # 3 ... The Artist

Continued...

Continued...

(Oct. 4) $1 + 4 = 5 + 8 = 13$ and reduces to a # 4 ... The Builder
(April 2) $4 + 2 = 6 + 8 = 14$ and reduces to a # 5 ... The Adventurer
(March 22) $3 + 4 = 7 + 8 = 15$ and reduces to a # 6 ... The Harmonizer
(March 14) $3 + 5 = 8 + 8 = 16$ and reduces to a # 7 ... The Mystic
(Nov. 25) $11 + 7 = 9 + 8 = 17$ and reduces to a # 8 ... The Executive
(Dec. 16) $3 + 7 = 10 + 8 = 18$ and reduces to # 9 ... The Metaphysician/Magician

Again, to discover your Personal Number for 2024:

Take the value of your month of birth ____ + day of birth ____ + **8** = ____
And you will have your Personal Number for the New Year of 2024 !

With the Planet Jupiter as its ruler, the # **8 Universal Year** offers us the attributes of physical strength along with the double whammy of financial power and ever increasing psychic abilities. The more we are open to our good, and the more we proclaim that this is a life of opportunity and joy, the happier and more fulfilling our lives will become. The equation is that the more we are aware of our own needs and the more loving kindness we are able to extend to others, the greater our growth will be.

"Miracles shall follow miracles, and wonders shall never cease!"

This is an excellent year to make important career decisions you've been sitting on for awhile. It's a year to think big and take a chance on doing new things in a new way with confidence and courage. Beware the trap of suddenly getting "too big for your britches" or believing your own PR. A hallmark of this Sagittarian ruled year is that you automatically think of the welfare of others as you think of your own. A few famous Sagittarius folks to ponder are Winston Churchill, Beethoven, Steven Spielberg, Pope Francis, Jimi Hendrix and even Taylor Swift. All bold, decisive, strong in their own sense of self, and absolutely fearless when necessary.

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

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

- #1. NEW BEGINNINGS ~ The start of a new 9-year cycle of life; keep your ego in check, be kind to everyone and claim the highest & the best!
- #2. YOU'VE COME TO LEARN ~ People will look up to you for help and direction, but keep your own personal boundaries intact.
- #3. COMMUNICATION IS KEY ~ You can move mountains this year and whatever you ask of the Angelic Realm, they are honor bound to give you so be very mindful of your thoughts, speech and emotions. Aim high !!
- #4. HALF OF AN 8-YEAR ~ A building year, so get organized and be as disciplined and practical as you can be. Surround yourself with green.
- #5. MOVEMENT, CHANGE, ACTIVITY & SEXUALITY ~ You've got lots of Mars energy in your corner all year long, what do you want to do with it?

Continued...

Continued...

- #6. HARMONY & INNER HEALING ~ Your healing must come from within as you learn to love yourself with a higher degree of personal self-care, balance and responsibility. Honor your body as your personal “temple.”
- #7. THE MYSTIC, SILENCE & REFLECTION ~ Are the keys to your own growth now. Go within, get more rest and quiet time to process life.
- #8. ABUNDANCE, POWER & ESP ~ Will all open up for you this year. Wear garnets and surround yourself with the colors deep red and rose.
- #9. UNIVERSAL CONSCIOUSNESS & ENDINGS ~ Endings in work, habits, relationships, personal ideas and patterns. A superb year to open to your own Higher Consciousness, it’s been waiting for you to discover it all along!

Another Astrological perspective comes from the **Chinese Year** of the **Wood Dragon**, which begins on February 10, 2024. Highly respected in the Chinese Zodiac, Wood Dragons are noted for their creative and magnanimous nature. This Dragon is capable of creating brilliant new concepts for the masses. Good at formulating and implementing any of his ideas, the Wood Dragon looks forward to working well with others for the good of the whole. Cause and effect theories are right up his alley, and he relishes introducing others to his sometimes “wild” new notions of how things should be done! The **Wood Dragon** is not as vindictive or self-centered as Dragons of the other elements, however, he will still be outspoken, proud and fearless when challenged. Some famous Wood Dragons who are turning 60 this year are Lenny Kravitz, Sandra Bullock and Jack Ma, co-founder of the Alibaba Group, a Global e-commerce and technology giant. Known for his entrepreneurial leadership, innovative financial creations and philanthropic efforts, Jack Ma is not only the essence of the Wood Dragon, but a perfect representation of the # 8 year, ruled by the Planet Jupiter which also governs Sagittarius. I just love how all of these Esoteric Sciences dove tale together ~ don’t you?

As a longtime student of Unity Principles and The Science of Mind, I have come to appreciate the magic of “cause” and “effect” and the dramatic influence they have on our lives and how well they work, or not. Thought is CAUSE and experience is EFFECT. If we are not happy with how things are going in our lives, it is up to US to change the nature of our own thoughts in order to change the results. Our Universal # 8 Vibration Year is the perfect platform to perfect this skill, for our own benefit and for the future of School House Planet Earth as well.

In all things, we are constantly being encouraged by the “better Angels of our nature,” to grow into loving, forgiving, kind, patient seekers of the highest good for all of God’s creatures. Challenge yourself to raise the bar higher, require yourself to be a bringer of peace and a source of wisdom. Make this a year of personal and Global healing. We are alive by the Grace of God, so let’s do the best we can to manifest the highest vibration of the # 8 year by becoming a part of the “solution” and not the “problem.”

In the wonderful Universe which is Universal Brotherhood Movement, Inc., born on **August 16**, our numbers for the year ahead look really good:

$8 + 7 = 15$ OR $8 + 1 + 6 = 15$ and reduces to a # 6 **plus** # 8 for the Universal Year = # 14 and reduces to a # 5 Personal Year. So UBM is now entering a year centered around MOVEMENT & CHANGE, and ruled by the Planet Mars. In a # 5 Year, the “magic” is all about PROGRESSIVE and VERSATILE ACTION. This is vital since every thought we have regarding UBM, or about our role as a Minister with UBM, will need to be followed by a workable **plan of action and implementation**. Knowing how very powerful we are as Ministers to Mankind, let us resolve to always aim for the highest and best in all situations. May we come together as the body of dedicated, consciously aware, loving and hopeful people that we know ourselves to be. I want UBM to thrive and to continue growing, spreading the original intention of Founders Rick and Jeni Prigmore. That intention was for us to be a resource to the world, based on the work of visionary individuals, dedicated to strengthening the Divine Plan of Life as we know it. Operating as bringers of the Light/Wisdom/Grace/Peace/Joy with a true sense of destiny supporting our every action and decision.

Continued...

Continued...

As representatives of this esteemed organization, may we move into the world each day of 2024 with a knowing in our hearts that there is much to accomplish. We are more than up to the task, representing only the highest and the best values of ministry and mentorship. Empowered both professionally and organizationally by the power of the # 5 energy, may we make our mark in the world intentionally, this year and always.

We can look forward to a year of growth and change! And we will be spreading the love of the # 8 Universal Year and the # 5 of UBM's Personal Year to every person who crosses our path and to every new Minister we are privileged to Ordain.
And so it is!

***“Only those who can see the INVISIBLE
can do the IMPOSSIBLE.
When you shift your vision,
You shift your results.
When you change the way you see the World,
The World you see will change.”***
~ Alan Cohen

Blessings to you and to all those you hold dear, Happy 2024!

Rosemary Cathcart,
President
Universal Brotherhood Movement, Inc.
January 2024

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





A Brand New Year: 2024

By Zoey Grace

As the new year comes, the weather starts to get cold. The sun still shines but it shines through the bare tree branches and sparkles on ice and snow. The sparkles invite the kids and parents to come out to play. Some people ice skate, some people play in the snow. For everyone the adventure is about to begin in this new year!

New Year Wishes: Some people look forward to peace and some people look forward to a great new year full of happiness, good health, and great adventures. I am eight years old and I look forward to world peace, safe journeys, and good health for everyone. In my new year, I also want to go to Boston again, meet new friends, and invent a snow machine that creates snow in Florida so there would be snow in my backyard. I would build a snowman and throw snowballs at it, and after that I would drink hot chocolate with whipped cream and marshmallows.

It is so much fun to start a new year and think of all the magic we can create.

Have a great new year!

Written by Zoey Grace with a tiny smidge of help from her grandmother, UBM Executive Director Rev. Robin Morini



Universal Brotherhood Movement

Membership Survey *Winter 2023-2024*

To better understand how the UBM community serves the needs of those we assist, we are conducting a survey to learn how you cater to your clients or constituencies. We also have a few questions on ways we, as the Board of Directors of UBM, may better serve you.

Please take a moment to answer the following questions and scan and email your completed survey to:
UBM Executive Director Rev. Robin Morini at robin.ubm@gmail.com

Thank you so much for all you do in your ministry and for providing this very valuable information to us.

1. How long have you been a UBM Minister? _____
2. What ceremonies do you perform as a UBM Minister? Please select all that apply.

Funerals Y / N	How Many Per Year? _____
House Blessings Y / N	How Many Per Year? _____
Baby Blessings / Baptisms Y / N	How Many Per Year? _____
Weddings Y / N	How Many Per Year? _____
Other (please specify) _____	
Other (please specify) _____	
3. Would you be interested in submitting items (articles, poems, pictures, etc.) for publication in UBM GoodNews? Y/N
4. What training or courses would interest you if offered by UBM?
5. How can UBM best serve your needs as a Minister?

Name _____ Telephone _____

Email _____

Website _____



New Year's Resolutions: Yea or Nay?

By Rev. Kelly Graham

Setting resolutions (or goals, or intentions, or whatever term you want to use) in the new year is viewed as a fun tradition by some, and as a burden by others. How do you see this ritual?

Popular “improvement” areas are health and fitness; personal growth / development; finances; relationships; career growth / development; spirituality; and hobbies and leisure activities. There are others; stress reduction, education, self-care, community involvement, and more.

The reasons for and against the resolution tradition are varied. On the “pro” side, a new year is a symbolic fresh start and a natural time for reflecting. This “new beginning” can provide optimism and motivation.

On the other hand, “cons” can include feelings of pressure and heightened expectations; the fear of failing by not “achieving” a goal; and the feeling that “it’s never worked before, so why bother?”

If the very concept of new year’s resolutions feels rigid, or overwhelming, or rife with expectations – but you *do* like the idea of a fresh-start-with-a-new-focus ritual, there are other methods you might consider. Here are a few:



Bucket List: we usually hear of bucket lists as being experiences, skills or achievements over a lifetime. Instead, you construct a bucket list just for 2024

Vision Board: a vision board can visually represent your 2024 goals; it can be a daily reminder and motivation

SMART Goals: a popular corporate method, SMART is an acronym for

Specific – clearly define your goal

Measurable – how will you track your progress?

Achievable – set attainable objectives

Relevant – align the goals with your values and aspirations

Time-bound – specify a timeframe for achievement

One Word: select a single word as your focus for the coming year. It can be one word overall, or a single word in each area where you’d like to make changes (health, career, spirituality, etc.)

Continued...

Continued...

Gratitude Journal: this is the idea of “what if you woke up today with only the things you expressed gratitude for yesterday?” So regularly add to your “gratitude list” You can do this every day; or weekly; or each morning and evening; or set regular reminders on your phone. Just schedule moments to focus on what you are grateful for.

gratitude prompts

- A person who inspires you
- Something you ate
- A smell that brings you joy
- Something in nature
- A luxury you have that others around the world might not
- Something good about your job or work
- Something you made
- Your favorite trait about yourself
- Spending time doing something you love
- A personal accomplishment
- Something about where you live
- Your means of transportation
- A skill you possess that you are proud of
- Something that made you smile today

Would you like to give it a go? A year from now you’ll be a year older anyway, so why not try it?

And here’s the big question:
do you really need to write your goals down?

YES! YES, YOU DO.

Look, if you’re going to give this a shot, make it your best shot. Writing down your goals – whether it’s in a notebook, or on a computer, or in a notes app on your phone – matters. A lot.

Nikoleta Stefanova addressed this in a post on Medium, writing “Often people have the wrong idea of what New Year’s resolutions should be. They are not a to-do list; they are a mind map. They are supposed to guide you back to what matters to you.”

Stefanova points out that resolutions can guide us most easily *when we can actually see them* — which means written goals. Something we can look at, maybe even on a regular basis. Put them on a piece of paper and tape them to your bathroom mirror where you’re sure to see them once in a while. Or if you’re particularly auditory, record them and play them back while you brush your teeth. Or make a video of yourself reading the list and you’ll have visual and auditory cues. Whatever works for you!

Remember that “written down” does not equal “carved in stone.” You can change your mind. Add a goal. Delete a goal. Whatever you choose is okay. And don’t beat yourself up over this: anything, anything at all, is progress. Just writing your intentions down is progress. Give yourself props – the world is critical enough, so be kind to yourself!

And an even more important reason to write down your goals: Dr. Gail Matthews demonstrated in a study at the Dominican University of California that **you are 42% more likely to achieve goals that are written down**. And that’s true whether it’s old-school pen-and-paper or via that aforementioned notes app on your phone.

Continued...

Continued...

Leadership IQ CEO Mark Murphy agrees that writing down your goals or resolutions is key. He notes, “Writing things down happens on two levels: external storage and encoding. External storage (e.g. a piece of paper) is easy to explain: It doesn’t take a neuroscientist to know you will remember something much better if you’re staring at a visual cue (aka reminder) every single day. But there’s another deeper phenomenon happening: encoding. Encoding is the process whereby decisions are made about what gets stored in our long-term memory and what gets discarded. Writing improves that encoding process.

“In other words, when you write something down it has a much greater chance of being remembered.” I suppose our teachers were correct when they told us to take notes in class!

Perhaps even more important, writing things down means you’re more likely to remember the truly important stuff. Murphy again: “One study found that when people were taking notes, they remembered more important facts and fewer unimportant facts. Writing things down doesn’t just help you remember; it makes your mind more efficient by helping you focus on the truly important stuff. And your goals absolutely should qualify as truly important stuff.”

The science is clear: write down your goals / intentions / resolutions!

That said, is there a particular format you might want to use? Well, there are some guidelines. State your intention / goal / resolution in the present tense as if the desired outcome is happening now. In other words, “I exercise three times a week” instead of “I plan to exercise three times a week.” And use positive language, like “I wake up before the alarm” instead of “I no longer hit the snooze alarm.” Write something you can believe and feel the emotions you would feel as the goal is achieved. And visualize yourself experiencing the achievement, engaging sight / smell / sound, etc., in your mind.

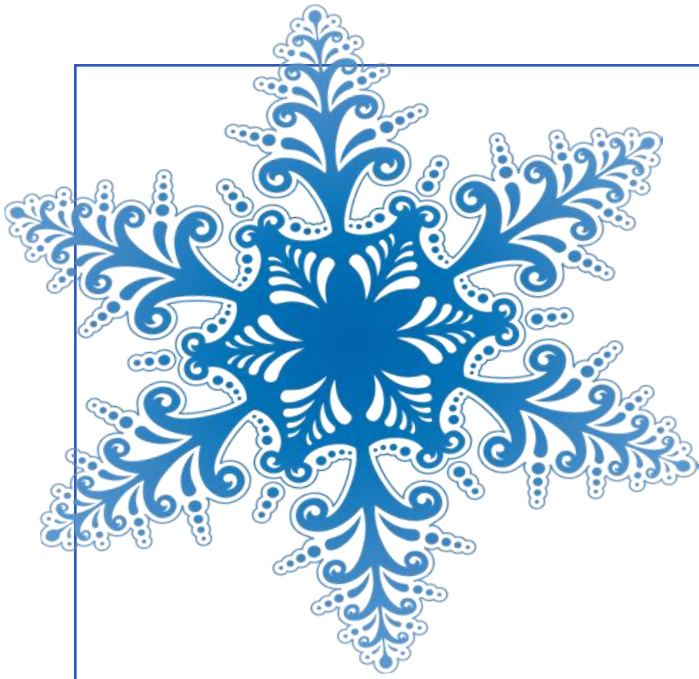
And once they’re written down – then what? Well, we’ve already talked about posting your goals where you can see them and be reminded of your focus. And some believe in re-reading your resolutions / goals / intentions every day; or even multiple times every day. I heard a speaker once suggest that we repeat an affirmation 100 times each day. He saw the looks of incredulity in the audience. “Why not?” he asked. “You don’t have time? You’re too busy? You’re too busy with your victimhood?” His point was that if you’re “too busy” to use these tools you will have the life you create by accident, rather than the one you want to deliberately create. Which life would you rather have?

So, are you with me? Shall we write some things down?

Here’s to a wonderful 2024!

UBM Vice President Kelly Graham has worked in the financial field for four decades, 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





IN ALL THINGS

By Rev. Assunta Sullivan

Spirit flies high to the heavens
above and reaches out to those who
went on before us.

We are guided by their love and
insight throughout our lives,
to do what is right by God and
others.

Spirituality is the manifestation of the guidance of the Spirit.

It is the way we communicate with God
to thank Him, to ask, and to offer.

To feel truly whole, we all tap into our own Spirituality.

For some of us that is a walk in the woods,
For others it is singing,
and for still others it is hearing a child's laughter.

God is in all these, along with the sunrise and the cool breeze.
His Spirit is in the trees and the grass, the flowers and the rain.

All you need do is look around and breathe Him in to accept His love.

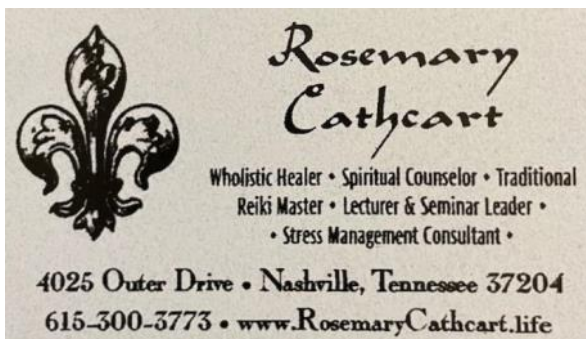
*UBM extends a warm welcome
to our newly ordained Minister,*

Rev. Assunta Sullivan!

*Rev. Sullivan operates Loving Hands
Productions in Worcester, MA*

UBM MINISTER BUSINESS CARD ADS

Please consider supporting your fellow UBM ministers in their practices!



Rosemary Cathcart
 Wholistic Healer • Spiritual Counselor • Traditional
 Reiki Master • Lecturer & Seminar Leader •
 • Stress Management Consultant •
 4025 Outer Drive • Nashville, Tennessee 37204
 615-300-3773 • www.RosemaryCathcart.life



B | RILEY
 Wealth Management
Member FINRA/SIPC | a B. Riley Financial company
 3102 West End Avenue
 Suite 1050
 Nashville, TN 37203
 Kelly Graham, AAMS, CRPC, AWMA®
 Senior Vice President,
 Financial Advisor
 (615) 610-5354 Direct
 (615) 478-9496 Cell
 (615) 610-3233 Fax
 (800) 796-6731 Toll Free
kellygraham@brileywealth.com
grahamjohnson.brileyadvisors.com
 NASDAQ: RILY




B | RILEY
 ADVISORY SERVICES
 PRINCIPAL INVESTMENTS
 REAL ESTATE SOLUTIONS
 RETAIL SOLUTIONS
 SECURITIES
 VENTURE CAPITAL
 WEALTH MANAGEMENT

Would you like your own business card ad in *UBM GoodNews*?
 Email Executive Director Robin Morini for details:
robin.ubm@gmail.com



Contact our UBM office for more information

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



\$23.99

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

The pendants are approximately 1.25" - 2" long and an 18" lobster clasp chain is included.

SUPPORT UBM WHILE SHOPPING FOR GIFTS!

Call Robin @ 954-974-1181 or email her via robin.ubm@gmail.com to reserve yours today!

Our Ministers In Action!

Rev. Jessica Kozak Shaw of The Soul Purpose and The Birch Tree Ministry in Swansea, MA, reports:

"On December 14, a truly special day unfolded as our team from The Birch Tree Ministry - Deidre, Angela, Robin, and Julia - visited the wonderful residents of Country Gardens Nursing Home in Swansea. Accompanied by Deidre's husband Rance, who brought smiles as Santa, we spent a joyous day providing manicures and gifting cozy fleece blankets.

"Our commitment to spreading cheer continues! The Birch Tree Ministry plans monthly visits to bring fun and joy to the residents."



Manicures!



FELLOW UBM MINISTERS, WE WANT TO HEAR FROM YOU!

Let us know about YOUR activities! Email your reports, celebrations, pictures, and ideas to UBM Executive Director Robin Morini via robin.ubm@gmail.com and we'll share with our UBM community around the world.

We look forward to hearing from you!



Where There Is Smoke -- There Is Fire!

By Rev. Robert Mazak

It is very easy to see smoke rising and think that the smoke is the problem. It should not be hard to realize that smoke is simply the product of fire, or something hot enough to start creating fire. I doubt anyone would try to correct the problem by trying to remove the smoke from the situation – why bring a fan to fight the symptoms of the problem? Why not send in the fire-fighters to knock down the fire instead? This idea seems very easy to understand; however, trying to remove the “smoke,” or *symptoms*, of human problems is the norm today. It seems that very few treatments or practices focus on the root cause of the manifestation that has presented itself.



Many of the issues that a human can suffer from are a result of coping mechanisms from unfavorable events in our lives. These events don't even have to be enormous if a person perceives them to be unfavorable. Everything that happens to us, both good and bad, becomes etched in our subconscious and becomes part of our programming. Our conscious is only capable of processing less than 1% of our reality, and the lot goes directly to the subconscious. Now subconscious programming is great when we etch it with talents such as learning to talk, write, drive, or walk; however, all the negative things and energy that surround our life also get embedded and continue to create a reality that plays over and over. The subconscious is also very concerned with our safety and will manifest many issues in our lives that help to protect us from further harm. I do see this trend quite frequently through hypnosis and counseling sessions – the body is amazing at trying its best to protect us from things that have proved to be harmful to us in the past.

I had a dream the other night where I was presented with a term that I was not familiar with – “Reverse Alchemy.” I began a search for what this might mean and discovered an awesome article about this actual topic (referenced below). The premise of the article was to demonstrate that traumatic things that happened to people in the past tend to create chronic diseases, obesity,



and drug/alcohol usage. Basically, the author states that a human being is born perfect, like gold, but unfavorable events tend to create mental and physical issues. Alchemy in its basic sense was originally defined as a process of trying to create gold out of more ordinary metals such as lead. In the sense of this article, the author is stating that this process is reversed for many people; people are born “perfect” in a sense, or like gold, only to be morphed into lead through tragic events. The following are a couple of quotes from the article that demonstrate an aspect of this idea.

Continued...

Continued...

“Detailed life interviews of almost 200 such individuals revealed that childhood abuse was remarkably common and antedated the onset of their obesity. Many patients spoke openly of an association between the two. The counterintuitive aspect was that for many people obesity was not their problem; it was their protective solution to problems that previously had never been discussed with anyone. An early insight was the memorable remark of a woman who was raped at twenty-three and gained 1-5 pounds in the year subsequent: ‘Overweight is overlooked and that’s the way I need to be.’ The contrast was striking between this statement and her desire to lose weight.”

“Overall, we found the simultaneous presence of opposing forces to be common; many of our weight program patients were driving with one foot on the brakes and one on the gas, wanting to lose weight but fearful of change.”

I find these quotes to be extremely accurate and have witnessed this through many of my clients. When one begins to understand what certain illnesses, and regions of the body represent, then a proper plan of action can be developed. As I referenced at the beginning of this article, if we are only treating “smoke” or the *symptoms* of problems, they will likely never be solved. The truth is one must go to the level of the problem, or the “fire,” to determine how to extinguish or work through this root cause. No sense in treating the outward manifestation without ever investigating why there is smoke in the first place.

One of my favorite physical therapists that I worked for in the past had one of the most elegant phrases that has helped me realize not to simply treat the symptoms. They often stated that “pain is simply the body’s request for change.” This makes perfect sense and has rung true for my physical therapy career and now my metaphysical practice.

Universal Brotherhood Movement, Inc.

Box 670278, Coral Springs, FL 33067

Phone 954-974-1181

Email robin.ubm@gmail.com

Website www.universalbrotherhood.org

Remember that smoke or symptoms are not the real problem – dig deeper and find the true reason, and then attempt to correct that problem!

Felitti, V. J. (2001). Reverse Alchemy in Childhood: Turning Gold Into Lead. *Family Violence Prevention Fund*, 8(1), 1-4.

Rev. Robert Mazak resides in Texas and serves as Secretary of the UBM, Inc. Board of Directors. Learn more: www.lifebymazak.com

GRACE

By Rev. Jeni Prigmore

"Thankful I am, for the gift of this food.
Receiver I am of its health-giving good.
Each bite is blessing my body, I know.
Gratitude, Dear Creator, for making it so."

I like to hold my hands slightly above my food as I think/speak the "blessing." I often feel the "energy of it" rising to meet my own. Truly, WE ARE ONE WITH ALL LIFE.
Jeni

Kelly's Chicken-Vegetable Soup



1 box chicken broth, 32 oz
1 bag baby carrots, chopped
1 onion, chopped
1 teaspoon chopped raw garlic
2 teaspoons chopped roasted garlic
2 cans petite diced tomatoes (such as Hunt's)
2 cans chopped green beans, with liquid (like Green Giant Kitchen Sliced)
1 can fire roasted tomatoes with garlic (Hunt's again!)
1 ½ teaspoons salt
¾ teaspoon black pepper
PLUS one grocery store rotisserie chicken (or leftover cooked chicken)

- Put the first five ingredients in a large pot or Dutch oven. Cover and slowly boil until the carrots are cooked.
- Add the next five ingredients and bring back to a boil.
- Add the chicken; bring back to a boil.
- Taste and adjust seasonings as needed.
- If it's too thick, add water or more chicken broth.

Possible additions: lemon juice; lemongrass; more salt and/or pepper; cayenne pepper; white pepper; Worcestershire sauce; Tabasco sauce; macaroni; rice; potatoes; hot, mild or pickled peppers; beans. The soup could also be served on top of rice.

If you want to add one of the items that "stretches" the soup (like macaroni or rice), it's probably a good idea to have extra chicken broth on hand; you'll likely need the additional liquid. Enjoy!



Believe

By Rev. TGrey MacNeil

Believe in the fairies and the reindeer that fly
Who make dreams come true

Believe in the wonder
The stars and the moon

Believe in the magick
From fairies and flying reindeer
They dance on the stars and sing songs of Love

And if you just Believe,
And always stay true
The fairies and flying reindeer
Will be there, to watch over you.



**UBM Administrative Office
Phone Number**

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



**A PERFECT GIFT:
Clear Quartz Pendants**

Check out our lovely
handpicked oval
clear quartz pen-
dants!

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



**It's a beautiful gift and
ALL PROCEEDS SUPPORT UBM**

Call Robin @ 954-974-1181
Or email robin.ubm@gmail.com





Joy

Joy: A Universal Principle

by Rev. Steven Handwerker

Originally printed in UBGoodNews Summer 1996

There are basic ways we can live our lives. One is to accept life in a resigned way and simply go along with whatever life presents. In this way, no real learning is going on in relation to the life. Another way is the Spiritual way. This way, through resolute choice, commitment and conviction, you process life as nutritious food. This is done through the study and application of universal principles. This is truly living life, rather than being a slave in relation to your life.

The first step spiritually is to value and apply yourself to establishing a new thinking process which is based on universal principles. This thinking process involves Thai application of universal principles of day-to-day life, changing the viewpoint from which life is experienced. This process is the constant return to practice with deep, heartfelt commitment.

When this effort of attempting to understand life through universal principles is embraced over and over and over again, you become a much freer being. The “over and over again” idea really represents infinite process. That is, without concern for an end in relation to the effort. The effort is moving toward the Soul which is eternal, and the process is the committed practice of being present in each moment.



The more this process is practiced in our lives, without concern for results, the more freedom and light begins to come forth and flower from within.

Joy is the experience of working to totally surrender to the universal principles permanently in our lives. The experience of this process is joy. The practice of joy is making the entire process from the Soul and not from ego. When joy has been allowed to encompass the life, there is no attachment to anything except the Soul.

This experience is not an emotional swing into any extreme. Joy appears to be a by-product of right efforts. In the truest meaning, however, joy is a way of life that embraces eternity into every breath. It transforms every moment into a choice for eternity through deliberate or principled nonattached efforts. This experience and way of life is joyful.

There is a story to illustrate this point. A Great Being, a messenger directly from God, came down to the earth one day to “see” which beings were truly ready to join God. First, the Great Being came upon a yogi in meditation in the open forest. This yogi was intuitive and had wisdom. He “saw” the Great Being and prayed that the Being would stop there by his side to answer just one question: “How many more lifetimes do I have before I realize God and Merge?”

Continued...

Continued...

The Great Being communicated that the yogi had two or three more lifetimes. The yogi began to sob and cry bitterly, and the Great Being moved on.

Then the Great Being came upon another yogi who was gently singing and dancing under a large banyan tree. The joyful presence within the yogi also caught "sight" of this Great Being and then asked: "How many more lifetimes do I have, O Great Being, before God has filled and encompassed me?"

The Great Being communicated: "For as many lifetimes as there are leaves on this banyan tree." The yogi, receiving this, began to weep for joy that he would be within God at some time. This joyful gratitude is the essence of the practice of the principle of joy.

Our role as spiritual practitioners is to live under the banyan tree of infinite effort through joyful service. Doing this is the most powerful message any being can give in their ministering.

My role as a minister is in working with psychology within the medium of spiritual knowledge. By doing this, I become part of many different groups which are working toward peace in the world today. One primary idea that is most significant in being effective in this work is to be of help without expectation of any particular result or consequence.



Rev. Dr. Steven Handwerker has been ordained through Universal Brotherhood Movement, Inc. since 1995



"It is not the flower we become, but the seeds we plant; so that we may awaken the true beauty of the blossom within each of the lives of those we touch. Then we can spread the wealth of abundance, success, possibility, growth, and empowerment we so desire. These precious seeds are seeds of LOVE. With love, the possibilities are endless. Let us love one another fully, and unconditionally."

*Rev. Tricia Fowler is from Connecticut.
She was ordained in 2017.*

www.enchantedwildwoodhealingartsoasis.com

I Remember Snowflakes

By Rev. Grover Cleveland

I remember
Snowflakes big as quarters
Falling, falling straight down.

I remember
Children in puffy snowsuits,
Faces tilted upward,
Eyes closed,
Mouth open, catching snowflakes
On tongue, nose,
Cheeks and eyelashes,
Then falling down.

I remember
Falling backwards
Into new snow,
Arms and legs moving in flat
Jumping jacks to
Make Snow Angels.
Where did they fly off
To when new snow
Fell or the sun came out?

I remember
Not feeling the cold
Or the icy touch of
The snowflakes until
Darkness drew near
And that one last
Falling down from exhaustion before
Going in for hot cocoa
and warm cookies and
Falling, falling into snow dreams that
Long, snowy winter night.



UNIVERSAL BROTHERHOOD MOVEMENT WEDDINGS 101

a self-guided class

Overview



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

More Info



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



Successful candidates receive an official UBM Weddings 101 Certificate of Completion.



Price



\$349

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

Interested?

Email

Robin.UBM@gmail.com

♥ UniversalBrotherhood.org

Losing Irene, A Teacher Who Made A Difference

By Rev. Lawrence Brown

It has to be at least 20 years ago that I stood in our school library as part of a circle of faculty colleagues to pray for Irene Santos.

It was a prayer without words, something I had tried years before at a different school. A faculty child was in Children's Hospital with a cancer that was certain to cost her her leg and very likely, her life. In a school assembly, everyone held hands and tried to visualize this little blonde girl with rumply hair turned transparent, clear as glass. On one leg, we noted a darkened cloud and imagined it gone. In the end, she did lose her leg - but not her life - and eventually she became a champion skier.

Now, we were trying the same prayer for Irene. Irene had been at Cape Cod Academy a long time, teaching physical education, life skills and coaching basketball. Irene Santos wasn't the soft cuddly type. She didn't suffer fools gladly; she straightened them out.

It was breast cancer that was after Irene. We stood in our little circle and imagined her clear as glass, clear clean through. Turned out, Irene was just too tough. The cancer, having met its match, beat a retreat.

One winter, she coached the boys' varsity basketball team. I remember one kid who was in danger of flunking out. He was a good athlete, but Irene told him he'd be sitting on the bench if he didn't get his grades straightened out. She would have too, and he knew it - so all during basketball season, his academic improvements were little short of miraculous. He played ball, and then the basketball season ended. Irene lost the leverage she'd had during the winter and the boy's grades plunged again. He'd done it for Coach, not for himself.

I have a daughter who's a social worker in schools. But back in the day, she was this sweet-tempered, gentle soul on Irene Santos' girls' basketball team. It happens in basketball: two players from opposing teams both have their hands on the ball, trying to wrestle it free. Julie was just too nice. She didn't have it in her to just yank the ball away from another human being like that. It was Irene who taught my daughter that there are moments in life when you just have to hang on tight and pull as hard as you can. And that's OK. You have as much right to the ball as anyone.

Decades later, my daughter has learned how to be soft as a dove and hard as a brick. The kids get the dove. Anyone who hurts them gets the brick. I think it's Irene who taught her that - and in my daughter's 25 years of social service, hundreds of children's lives have been lifted somehow. I think the world is a better place because she's in it.

Whenever that's true about a person, then we look to the teachers who, back in their



Continued...

Continued...

formative years, pointed them in the right directions.

It was during one of my daughter's basketball games that one of her teammates got involved in one of those one-on-one contests to see who could wrestle the ball away. Somehow in the midst of contesting for the ball, a hand slipped free, swung through space, and slapped the other girl hard across the cheek. Suddenly there was silence and it seemed like nobody moved. Shocked at what had happened, she reached out and, with infinite tenderness, cupped the other girl's face in her hand and told her she was sorry. I remember it all 30 years later as one of those occasions when human decency appeared suddenly and unexpectedly - almost goddess-like – in the flow of events. Irene was her coach too.

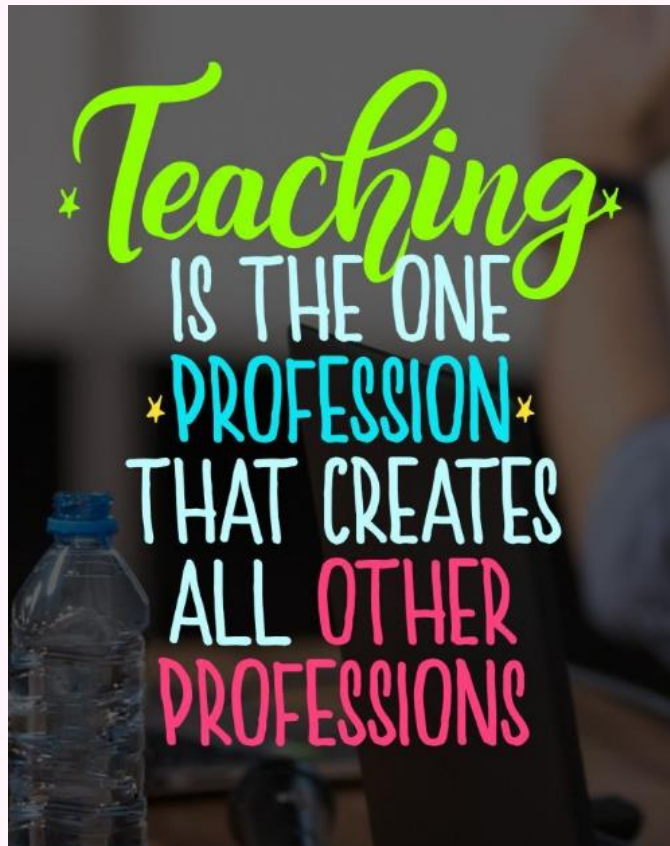
If you wanted to ask who prepared Irene Santos to teach *life skills*, I suspect it was *life* that prepared her. And motherhood. Irene raised two solid sons with the same mixture of no-nonsense and Gibraltar-love. No questions were out of bounds. No one dared chuckle.

Well, cancer was patient, but it never stopped stalking Irene Santos or waiting, like the malevolent coward it is, for her to get older and finally weaker. It was quite a fight, but finally Irene met her match and died a few weeks ago.

I'm tempted to say they don't make them like they used to, but I know better. People are being made better all the time. That's what good teachers do.

Goodnight Irene, good night, good night. Hundreds of boys and girls have stood up straighter, fought harder, and done better because of a teacher like you.

May God sing thee to thy rest.



Rev. Lawrence Brown is a columnist for the Cape Cod Times.

Email him at column response@gmail.com.

Rev. Lawrence and his wife Rev. Bettina Brown

reside in Massachusetts and are

celebrating 31 years as UBM ordained ministers!



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.

Name: _____

Address: _____

Phone Numbers:

Home: _____ Work: _____ Cell: _____

Email Address(es): _____

Website(s): _____

Anything else you would like to share? _____

