

UBM GoodNews

Universal Brotherhood Movement, Inc.
 Newsletter ~ Spring 2024 edition



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Happy Spring~ Things Are Looking Up!

By Rev. Dr. Jeni Prigmore

I AM looking around me ~ and I’m encouraged by so much of what I see.

From a frozen (long time frozen) landscape, we’ve watched the magic:

The emergence of another Spring.
 YES, the leaves and flowers survived.
 The air is warming and the songs of wild birds fill the symphony of the dawn.

Perhaps you also are seeing (hearing) people returning to a “quiet time” (meditation) as a “rock” on which to stand in this sea of uncertainty.

For many YOU are the “rock” that people who are in need of encouragement touch for reassurance.

We are BLESSED

TO BE A BLESSING !

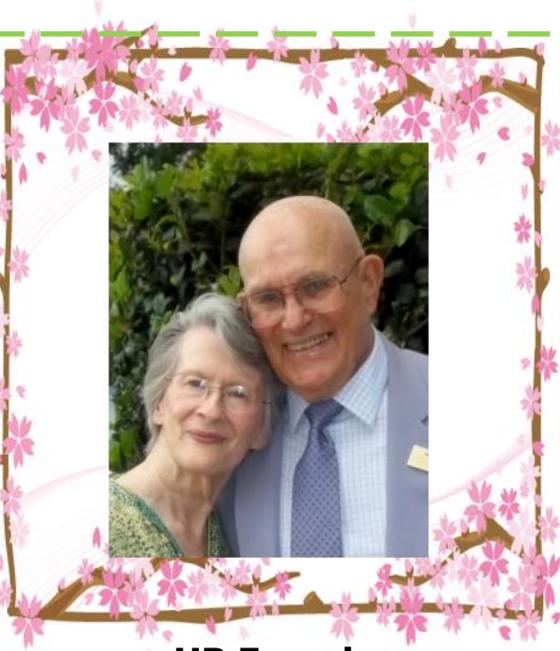
BE THAT, Beloved Ones.

KNOW that about yourself.

SHARE YOUR LIGHT.

YOU are the Light of the World!





UB Founders
Rev. Drs. Jeni & Rick Prigmore

Around Every Corner
By Rev. Dr. Rick Prigmore

Around every corner Life unfolds new vistas, new experiences, new challenges. Around every corner Life introduces new Friends, new Neighbors, New Possibilities. Around every corner is a new chapter in the Game of Life. Some chapters are exciting, some appear dull and wearisome, some bring sorrow and grief. We have the divine ability to choose our response to each situation, be it positive or negative. Positive feels so much better, so it is always my first choice. It's healthier too, as caregivers will attest. So approach every corner with JOYful Anticipation and view each one as a New Dawn.

Good Morning
(Dear "All One," God)

By Rev. Dr. Jeni Prigmore

I stand before the altar of my day
And give heart-felt thanks
that I have the hours before me for
praise.

I stand before the altar of my heart
and recognize its longing
to be of service to mankind.

I stand before the altar of my mind
and dedicate its working to the God of
wisdom —
praying for Its continued presence.

I stand before the altar of my Soul
and allow the trust that burns within it
to lift each impulse to be LIGHT.

I kneel before the altar of "ALL ONE"
And express what is mine to express:
LIFE—vibrant, unique, sacred!

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Happy Spring Everyone!

By Zoey Grace

Spring is the time to come outside and do fun activities! It's the time when people do new things, such as new sports. I was playing softball for the winter, now I am happy it is spring so I can start playing volleyball with the other nine year old kids in my city.

Spring is also a time for new flowers to start blooming. I like to plant new seeds to grow new flowers in my yard. My sister, grama and I like to help the seeds and new flowers grow and shine by making Fairy Flower Spray. Here is our recipe for Fairy Flower Spray:



Fairy Flower Spray

A large glass jar filled with water
1 tea bag of orange tea
1 tea bag of rosehip tea

Put the tea bags in the big glass jar with water.
Bring the jar of water outside in the yard and let
it stay in the sun all morning.

The jar can have drawings or pictures of fairies
and flowers on it.

In the afternoon pour the Fairy Flower Spray in-
to small spray bottles.

Everyone holds their Fairy Flower Spray bottles in their hands and thinks of
beautiful flowers, giggling and happiness.

Now run around your yard and start spraying all the flowers and plants!



Zoey Grace, UBM Executive Director Robin Morini's granddaughter, is 9 years old and lives in Florida with her family. She loves dancing, singing, creating and illustrating story books, and occasionally helping in the UBM office. And we love her contributions to *UBM GoodNews!*





The JOY Of Supporting What Nurtures You

By Rev. Rosemary Cathcart

What a wonderful time to be alive, with everything blossoming out and that renewed sense of freshness. I believe more than ever at this time of year, just about anything is possible. And, of course, with our staunch belief in “right action” and the principle of “The Law of Attraction,” we know that what we put out into the world is the ONLY thing we can ever hope to get back.

I was reading the transcript recently from a conference **UBM** had in February of 1989, and my goodness, we were an energetic and hopeful bunch even back then. At that time we had no annual dues and all of the financial support prior to that date came directly out of Rick and Jeni Prigmore’s pocket, and a handful of generous supporters. At that meeting it was suggested that we begin a program of annual dues at \$25 per minister for each year, due on the anniversary date of their Ordination.

I find this astonishing now that the dues are only \$65 in 2024 and they have increased by only \$40 in 34 years. What a bargain for all of us! Not just in terms of the yearly dues, but for what we all get in return for that investment in our own lives and careers. Most organizations routinely raise their rates yearly, but we have not.

I asked Executive Director, Robin Morini to run some numbers for me and this is what she sent:

2016 to 2018	Dues were \$50 per individual
2018 to 2021	Dues were \$55 per individual
2022	Dues were \$60 per individual
2023	Dues were and still are just \$65 per individual

To me this represents a great deal of value for a small payment to the entity that signs your license to practice. When you consider that the fee for Ordination itself is just \$95, I think we are an extraordinary bargain.

The equation is pretty simple: The greater and more generous your support is of Universal Brotherhood Movement, Inc., the more your own enterprises are destined to flourish. Think about it, if you charge a rate of anywhere from \$350 to \$3,500 to perform a wedding, what percentage of that is your current \$65 dues?



I was Ordained on December 5, 1983 and since it’s so close to Christmas, I’ve always considered my entry into **UBM** as a special gift to me and to everyone’s life I’ve touched. Every year I’ve always added a little bit extra to my payment as my own holiday gift back to the source from which my licensing comes.

I don’t know about you, but I run a home and a business and they both require diligence and a

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regular out lay of money day in and day out. I am beyond grateful I have the ability to pay for this amazing life I am living. I rather think you might feel the same way.

Universal Brotherhood Movement, Inc. is a business with an office to pay for each month, along with office supplies, the usual business technology to maintain, postage costs, utility payments, telephones and our internet/website connections. We pay for support technicians when needed and I know that Robin Morini shops around for the best deals possible. We pay taxes, annual state registrations and we have only one full time paid employee in Robin Morini, who is worth her weight in gold. All of your Board members serve at your pleasure, with no financial compensation, just a desire to be of service.

“Community is the fruit of our capacity to make the interests of others more important than our own. The question, therefore, is not “how can we make community? But, “How an we develop and nurture giving hearts?”

~ Henri Nouwen

As someone who has been serving on your UBM Board since 2006, I know what goes into keeping this wonderful entity legal, functional, in integrity, and constantly working to become better every day.

Founders Rick and Jeni Prigmore truly believed that **YOU** and **I** are indeed The Light Of The World. I believed that when I met them in 1983, and I consider it to be a core value I still live by day in and day out now, as well.

Consider increasing your regular support of UBM ~ remember us in your Estate Planning and in your will. What a lovely final wish that would be!

**“Your Support Of UBM Is A Direct Reflection Of
Your Conscious Commitment To Service”**

Blessings to you and to all those you hold dear,
Rosemary

Happy Spring!



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

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“Spring is God’s way of saying, ‘One more time!’”
—*Robert Orben*



**It's a
great
gift!**

**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.



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 + GREAT GRADUATION GIFT!

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

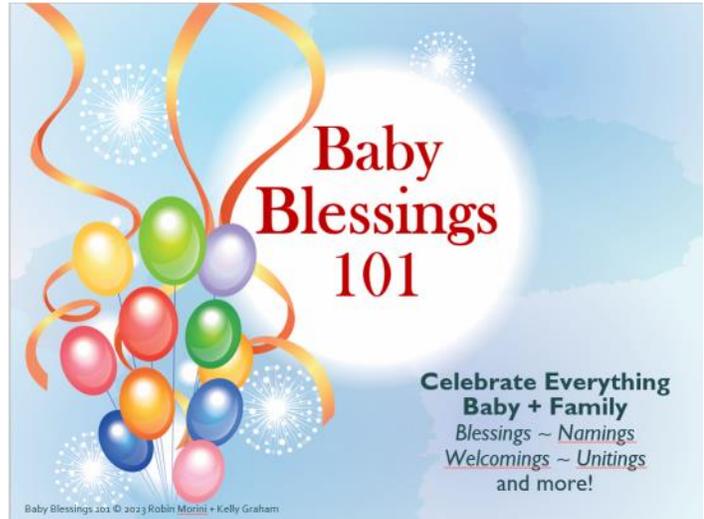
Baby Blessings!

What better time to think of baby blessings than spring, the season of rebirth?



UBM Executive Director Robin Morini brings an exciting new certification class offering: Baby Blessings 101!

In this wonderful new course, Robin touches on many ways to celebrate families: Blessings, Namings, Welcomings, Unitings, and more!



Birth isn't the only way "families" happen: welcoming ceremonies also can be appropriate for:

- adoptions
- foster children
- transitions
- blended family with step-siblings or half-siblings
- welcoming daughters-in-law or sons-in-law
- a married couple to welcome their new parents-in-law

The possibilities are limited only by your imagination!

If you are interested in beginning (or building) your practice celebrating babies and families, consider taking the self-directed Baby Blessings 101 course, available now!

Robin has designed a comprehensive course covering everything from potential services to offer, to pricing and payment, to building your business. There's even a sample ceremony outline and a section on structuring the event.

Email UBM Executive Director Robin Morini for more information: robin.ubm@gmail.com.





How To Be In The Hospital

By Rev. Kelly Graham

One day my husband called my office and said he was headed to the emergency room because of his heart. Now, this is always a shocking call to receive, and for me it was also confusing: my sweetie is in great shape. He worked in a physical job, sweating every day; he played soccer four hours a day for 20 years; he eats a ridiculously healthy diet; and he was just 44 years old at the time.

But here we were: he in a bed in the emergency room, and me sitting beside the bed waiting to find out why we were there. You see, he had no symptoms. No shortness of breath. No chest pain. Nothing. But still, we were in the ER.

The path to the emergency room was this: he had gone to his regular doctor with a bad cold. The doctor said his heart seemed to be skipping a beat and he should follow up with a cardiologist. He had the cardiologist appointment that day. Said cardiologist fitted him with a halter monitor, and then called him 30 minutes later and said come to the ER. Hence our rendezvous.



And so we sat, with no symptoms, my darling in his dirty work clothes (he's a carpenter), me in a suit with my briefcase (containing my cell phone, a cell phone wall charger, and a bottle of water), and both quite confused.

We eventually learned he had an episode of ventricular tachycardia (V-tach) during his stress test that day with the cardiologist. The plan was to admit him to the hospital and perform an angiogram the next day, which would probably include an angioplasty to treat the expected blocked artery or arteries.

I noticed that whenever someone came in to the exam room to talk to us, he or she would (naturally) use terms I was not familiar with and talk about things of which I had no knowledge — like all the stuff in the paragraph above. So I started taking notes in the memo function of my smartphone. Alternatively, I could have used a pen and paper, of course, but I didn't have that and I did have the phone.

Interestingly, I saw “No Cell Phone Use” signs all over the ER and the hospital, yet every single person who worked there was actively using his or her cell

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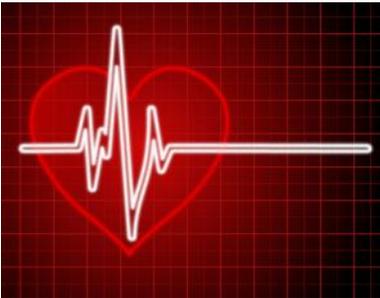
phone – receiving texts from the lab, emails from doctors, and calls from different departments (I asked). Bring your phone. And a charger (I now carry a wall charger in my car, along with the car charger).

I started writing down the terminology that was being used and asking for explanations. And **I kept asking until I felt I understood** — **this is key**. I wrote down things like V-tach and arrhythmia and bigeminy and trigeminy.

Most of us have been conditioned to treat doctors as authority figures and their directions and advice as the final word on the subject. I suppose that generally, that's fine. But in a very unfamiliar situation – **in a life-and-death situation** – I have found it is **vital to take notes, pay attention, and challenge assumptions**.

It was really startling to me to find out that people in the hospital – that is, the various technicians, the nurses, the ones who are supposed to be helping – don't *always* know what they're talking about.

Here's one example: we were interviewed 11 separate times after my husband was



brought to an exam room in the ER. In each of those interviews, the questions were virtually the same: “What brought you to the hospital? Did you have chest pain? Did you have shortness of breath? Did you feel faint?” The answers to all, of course, were no. “So why did you come to the hospital?” they would ask. And we would reply that the doctor requested he come to the ER because he had an episode of ventricular tachycardia.

In 8 of the 11 interviews the staff person said, “oh, he had a heart attack.”

No. **No, he didn't**. Ventricular tachycardia is not a heart attack. It can *lead* to a heart attack, or be a complication of a heart attack, but V-tach is *not* a heart attack.

It frightens me to know that if I had not asked all those questions about V-tach, and exactly what it is and what it means, and made notes during those conversations – I might have gone along with that wrong assessment of “heart attack.” In fact, often the technicians or nurses or “patient advocate” or whomever so vociferously insisted they were right that I would go back to my notes and read them out loud, along with the name of the doctor who gave me the information, until they, too, understood that V-tach is not a heart attack.

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Why was that so important? Well, **without the patient's insistence that the information entered in the medical charts is correct**, the person entering information in the computer will enter whatever his or her own assumptions are – and if he or she is of the opinion that V-tach is a heart attack – guess what? The next time that patient tries to get life insurance, or medical insurance, or needs to be screened for anything that requires looking at medical records (as do many jobs nowadays), those records will say he or she has had a heart attack. **That can raise prices, eliminate opportunities, and – most important, in my opinion – color the perceptions of every other medical professional who sees the patient for the rest of his or her life.**

In our case, if we had let them enter their wrong assumptions into the record, future treatment would always be based on the “fact” that my husband had a heart attack, *even though he did not.*



Since this situation, I've talked to many people who told me that when they went to the hospital with a parent or a loved one, they were surprised to learn that the medical record contained all sorts of information that was not correct — from names to birthdates to medications to medical history. And here's the thing: **your treatment in a medical emergency is based on what's in your medical history and what the doctor sees in front of him or her. So you want to make sure that record is correct.**

So here's my suggestion: take notes. Ask for explanations. Look up information online (using a site like Mayo Clinic or Web MD). Ask more questions. Don't stop asking questions until you are satisfied with the answers. Make no mistake: **these doctors work for you.** You are the consumer. You have rights. You have the right to ask questions and get answers. DO NOT say, “oh, the doctor seemed busy, I didn't want to bother him.” **It is YOUR health. Take charge of it.**

Since this situation, we have had several other experiences with hospitals: husband has had follow-up work at three different practices; I was admitted with abdominal pain; a client had a very involved and serious spinal surgery; I had a total knee replacement; etc. Now my “go to” gift for anyone entering the hospital is a spiral notebook with a pen attached to it with a ribbon, and the patient's name written on the cover.

Based on the experiences we've had, here are some recommendations:

- Keep a record of the medical professionals you see, all of them. You want to know

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with whom you spoke; who offered what; and with whom to follow up. Ask for business cards. Make a note of the situation wherein you met this person and what day/time it was. If a business card is not available, take a picture of their nametag with your smartphone.

- **When the doctor visits, TAKE NOTES.** Use your laptop, your smartphone, a spiral notebook as described above (the best choice, although the ribbon isn't strictly required!) – but write everything down. EVERYTHING. If you need to ask the doctor to repeat what she or he said, *ask*. Ask for the spelling of terms used. If you have questions, ask them, and write down the answers. Write the date and time for every entry.
- **In fact, take notes when ANYONE enters the room — and write down everything.** A spiral notebook is the best choice because all visitors easily can help with this methodology. And it's very simple to look at the notes from the day before to check, for example, if what is happening today is what you were told would happen today. Again, write down the name of the person who is providing information or assistance, the date and time, etc.
- **Do your own research.** It will help you understand conversations with the doctors, nurses, and medical technicians, and it will often help you understand more about what questions you should be asking. I have found [Mayo Clinic](#) and [MedlinePlus](#) to be excellent sources, and there are many more. One way to avoid commercial sites and visit only research- and information-oriented sites is to enter your search term – say, **electrophysiology**, in Google or other search engine, then enter **-.com**. This will offer “hits” on electrophysiology while eliminating results that are “dot com,” which are often commercial sites.
- From my experience, I believe **someone should stay with the patient 24 hours a day if it is at all possible.** If a patient has had a procedure that results in severe pain, he or she likely is incapable of understanding the doctor or nurse; asking questions or understanding the answers; or taking notes. Even if the patient is not in severe pain, a hospital is a very disorienting place and it's rarely a good idea to leave the patient alone for long periods or overnight. Most of us need an advocate.
- **If the patient has any requests** – for food, for help, for medication – **write down the request in the notebook, including the date and time the request was made.** *Then write down when the request is fulfilled and by whom it is fulfilled* – particularly in the case of pain medication. My client who had spinal surgery was in very severe pain, and every time she requested pain medication, receiving it took 60 to 90 minutes. The patient's family used their notes on this to request the doctor change the orders so medication could be provided more frequently and in larger doses to better manage the patient's pain.

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- **When people ask how they can help, or what they can bring to the hospital, tell them.** Especially in an ER situation, there are often mundane daily chores that are really quite important at home: watering the plants. Walking/feeding pets. Making calls to friends/colleagues/clients. Let your friends or family bring the things you didn't realize would be essential as you rushed out the door: eyedrops, a favorite blanket, sweetener for your coffee or tea, some current magazines, your phone charger, moisturizer, a nail file, a pillow from home, a deck of cards, your tablet or laptop. You get the idea. And tell them things that are *not* a good idea: food, if there are dietary restrictions; flowers, if there are allergies or breathing problems.
- **That tablet or laptop is useful for more than just surfing to pass the time.** Use it to look up the Patient's Bill of Rights at the hospital; you may need to show it to the desk when you ask for copies of everything you've signed and copies of your medical records (the name of the specific record you want to request is UB04). And if you don't want paper copies of the forms, take pictures of them. Use it to look up information on the condition. Use it to check the background of your doctor and read any patient reviews on him or her – this can give you direction in working with the doctor. Use it to email updates to friends and family.
- **If you want or need prayers, ask.**

In fact, that last point may be the most important point of all.



UBM Vice President Kelly Graham has worked in the financial field for more than 40 years, and is a Senior Vice President with B. Riley Wealth Management. 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





BOOK NOOK



Rev. Barbara Meister Vitale was ordained in Florida and is the 83rd minister ordained through UBM, Inc. Since her ordination, over 5,000 ministers have been ordained.

We appreciate you, Rev. Vitale and your many years of service with UBM and to the world and beyond.

You will find Rev. Vitale's newest book, *Beyond Imagination*, on [Amazon](#) and at [Barnes & Noble](#).

For an autographed copy of *Beyond Imagination*, email Rev. Vitale at 2137bvitale@frontier.com. When emailing, please put "want to purchase book" in the subject line.

See all her books [here](#).

Grandmother Barbara Vitale has been a dedicated, fearless walker between the worlds since a child. She has been blessed with many miraculous encounters with sacred "Medicine" elders and teachers. She has humbly embodied the sacred lessons and medicine passed to her as she walks the path of the "Blue Star Woman."

—Linda Star Wolf, Ph.D., Director/Founder of Venus Rising Association for Transformation & Venus Rising University; Creator of Shamanic Breathwork®, S.H.I.P.®, & Shamanic Ministers' Global Network

Receive this gift, Your life will be better for having sat at her knee and listened for a while. Barbara's story is certainly worth reading, and might just change your life.

—David Busch, Ph.D., Psychology, East Texas State University; Child and Family Psychologist, Texas A&M.

A Very Special Snow

By Rev. Mary Ann Barry
January 29, 2024

I live in Massachusetts
And I have seen my share of snow
But this morning what greeted me was a miracle my soul has been aching for

During the night I woke up at 4 and then 6
Feeling the shell shock of last night's phone call
My dear friend called: she is going for more cancer surgery in two days

I thought this nightmare was over
She kept this a secret from me since Dec 13 (my birthday)
Trying to spare me since my journey has been rough

This beautiful snow outside is hugging every branch
It seems like I have never seen this before but of course I have
But today is very different...it is a paradigm shift

I REALLY get that life is full of cycles
That looking back does not change my journey
But only gets in the way

I invite this lovely loveable snow
To coat my heart from pain
And refresh my soul with hope and giving

Please God keep my mind open to this gift
And make it a new beginning
Like fresh white life-giving snow on my parched mind



Herb-alicious Spring Beverages

Compiled by Rev. Kelly Graham

Celebrate spring and fresh herbs with these refreshing drinks made at home!

Note: where you see sugar, agave, simple syrup, honey, etc., use your preferred sweetener. Where fresh herbs are suggested, if you use food-grade essential oils, they might be a possible substitute

No Heat Required

Strawberry Thyme Lemonade: peel and chunk four large lemons; remove the pith but don't worry about the seeds. Stem about a pound of fresh strawberries. Toss both into a blender with about 1/3 cup of sugar, several sprigs of thyme, and two cups of water. Blend and strain. This is fairly intense, so one glass at a time, mix with water to taste and adjust sweetness. You can also use club soda or self-zer for a fizzy lemonade.



Cucumber Mint Cooler: In a blender, combine peeled and chopped cucumbers, fresh mint leaves, lime juice, honey or simple syrup, and ice cubes. Blend until smooth and well combined. Strain the mixture through a fine-mesh sieve to remove any pulp. Pour the cucumber mint mixture into glasses filled with ice and garnish with cucumber slices and mint sprigs before serving.

Basil Berry Spritzer: Muddle fresh basil leaves with mixed berries (such as strawberries, raspberries, and blueberries) in a cocktail shaker. Add a splash of freshly squeezed lemon juice and simple syrup. Fill the shaker with ice and shake well to combine. Strain the mixture into glasses filled with ice. Top each glass with sparkling water or club soda. Garnish with additional basil leaves and berries before serving.



A Little Heat Needed

Lavender Lemonade: Simmer water, sugar, and dried culinary lavender in a small saucepan until the sugar is dissolved. Remove from heat and let the syrup cool, then strain it. Combine the lavender syrup with lemon juice and cold water in a pitcher; stir well to combine and adjust sweetness to taste. Serve the lavender lemonade over ice, garnished with fresh lavender sprigs or lemon slices.



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Minty Green Tea Cooler: Brew your favorite green tea and let it cool to room temperature. In a pitcher, combine the cooled green tea with freshly squeezed lime juice, honey or agave syrup, and fresh mint leaves. Stir well to combine and refrigerate until chilled. Serve the minty green tea cooler over ice, garnished with lime slices and mint sprigs.



Herbal Limeade: For the herbal simple syrup, combine 2 sprigs each of fresh rosemary and mint and a couple of basil leaves with a bit of water and sugar in a small saucepan. Let it simmer until the sugar dissolves, then remove from heat and let it steep until cool. Mix the herbal syrup with lime juice (add a little lemon if you like), then add water to taste, perhaps 1 part lime + herbal syrup to 2 or 3 parts water.



Rosemary Grapefruit Sparkler: In a saucepan, combine water, sugar, and fresh rosemary sprigs and simmer until the sugar is dissolved. Remove from heat and let it steep until cool, then strain the syrup. Combine grapefruit juice with the rosemary syrup and fill a glass about half full. Top off with ice and sparkling water or club soda. Stir gently to combine and garnish with a sprig of fresh rosemary and a grapefruit slice.

Lemon-Ginger-Lavender Hot Toddy: Simmer water, sugar, lemon juice, dried ginger or a small peeled piece of fresh ginger, and dried culinary lavender. Optional ingredient – particularly if you suffer from spring allergies! – is one or two cloves of crushed garlic (really!). Bring the mixture just to a boil, stirring until the sugar is dissolved, and steep for five minutes or so. Strain into a mug and sip the soothing warmth. It can also be enjoyed cold.



Just “Be” – A New Beginning

By Rev. Fred Butler

Sending with Love, Fred



This has not come easily for me, but I have finally been able to allow myself permission (at least for moments at a time) to just sit, “be” and not have to “do” anything. When I initially wrote this, we were in San Jose California, visiting with Pat, one of Claire’s family members. Typical CA, the weather was gorgeous, temperature low 70s, crystal blue sky, light breeze. Pat’s backyard is full of citrus trees in full fruit, roses, flowering shrubs and verdant, verdant, verdant! A deep breath, relaxing totally into this calming and quieting space, and in my thoughts the beginning of that all-consuming, enfolding peace that is so elusive. I close my eyes and see so many images of beauty and loveliness – distant horizons, shimmering seas, majestic mountains, flowing forest streams, starlit skies, wondrous waterfalls....my breath slows, my heart rate drops, my senses sharpen and I am transformed as my thoughts drift slowly to that state of meditation with no agenda, no goal, and no need, want or condition – just openness, free of all limits, safe healed and whole, my True Self, a Perfect Child of the One. And for this moment, just able to let it be.

I can not say how long the time passes because it is not a constraint in this immersive state, but when I refocus, I know I have come to understand that this “being” within is Truth. I do not emerge with “answers,” solutions, to-dos or requirements, but only the awareness that being in touch with this internal, deep and profound part of my mind is perhaps the most meaningful and important process I can allow myself to choose, as often as I possibly can. There is a profound “oneness” connection to all, and a sense of forgiveness for my Self and others, allowing the awareness of Peace to be fully transcendent – a “reflection of Heaven.” The evolution, perhaps revolution, occurs when I move from the attraction to the beauty of the external space to the complete immersion in the internal reaches of my mind and thoughts filled with this all-consuming Peace. This is what surpasses all understanding and is the result of my allowing it to be so. I pray this may be possible for all of us as we enter into the time of fresh starts, clean slates and yes, new beginnings.

Rev. Fred Butler resides in Texas and was ordained in 2009.



**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.

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Let us hear from you!



In This Place

By Rev. Panna Flower



In this place a baby robin broke through its shell to join the world.

A song was born. (musical notes)

And in another place yet another black man was murdered.

In many places that violence spawned more violence; in other places, vigils were held. In a small town in Delaware folks gathered along the center-of-town roadways, responsibly masked and socially distanced.

As the church bells tolled 7 p.m., we dropped to our knees and into silence. Many lit candles, some had signs, all had deep concern.

Silence reigned for 20 minutes; then at the sound of the church bells, we got up and dispersed quietly, some to go home, others to support local restaurants.

Having grown up in the Quaker tradition, I have a deep awareness and respect for the power of intentional silence, not a silence born of fear but rather a profound declaration. Listening to NPR this morning, a quote caught my attention: "It's about everybody playing a small part. We all have a small part in the large picture." (even robins)

What is your part? Only you know.

In this place a baby robin broke through its shell to join the world. A song was born. (musical notes)



What Does “Health” Mean To You?

By Rev. Shiela Maycock
of Sole Point Health & Wellness, Omaha, NE



What does “health” mean to you?

We live in a world of hyperfocus — focus on ourselves, focus on negativity, focus on fixing *one big thing* in the hopes of fixing everything else in our lives. The same is happening in the world of “health.” You can see it in the ads that pop up on your social media, or in between segments of your favorite show. Weight loss, muscle building; the promise that achieving the “perfect” body will solve all of your problems and guarantee longevity.

But what if we expand our focus? What if, instead of investing all our time and energy into one facet of wellness, we take a step back and treat ourselves as *whole* beings? Different types of health go hand-in-hand. Mental, physical, spiritual, energetic, emotional — when you start working on healing in one area, you’ll find that benefits start cropping up in others, so long as you’re paying attention.

I wasn’t always on the path toward holistic health. In 2006, I was diagnosed with rheumatoid arthritis. My understanding of this condition at the time led me to believe that I was destined to a life of medication; that I would be taking pills forever in order to feel healthy and live my life the way I wanted. But was a lifetime of medication “living my life the way I wanted?”



My answer was no.

I began by researching this disease, and learning more about autoimmune disorders that can often occur together. With the help of my rheumatoid physician and a referral to a holistic physician, I learned that I also had multiple food allergies, thyroid and adrenal issues, and leaky gut syndrome. Having always believed the body could heal itself if provided what it needs to do so, I found further studies that concluded a low-inflammatory diet, rest, and exercise would work in tandem to restore my body’s balance.

This was the biggest step in my journey to where I find myself today — providing holis-

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tic wellness services and feeling healthier than I ever thought I would, without a steady stream of medication to get me there. I discovered that, by focusing on a complete, well-rounded wellness routine, I could find freedom through a variety of life-changing modalities.



A Healing Diet

“Diet” is one of those loaded words, isn’t it? It brings up different things for many different people. In this case, I want to make clear that I am simply using the word “diet” to describe a specific way of eating; not necessarily something specifically designed for weight loss. I would also like to reiterate that, while I am certified in many modalities, I am not a medical doctor or dietitian; I am simply sharing the holistic methods that have worked for me on my journey.

Early on in my journey, I did focus on transforming my diet from one of foods considered “normal” in modern American society to one that was considered “healing,” and that was geared toward improving my health and healing my autoimmune and digestive issues. Of all the methods I have tried, nutrition is the one that allows me the most visible and measurable control of my overall health. It places informed choice and responsibility directly into my own hands.

My husband and children protested the changes at first, but eventually came to support me in this journey, and we are now much healthier, happier, and enlightened in our health choices. We are still able to eat our favorite foods; I have simply taken my recipes and changed the ingredients to ones that are healing. These new creations have become some of our favorite, most beloved recipes. After two years of this change, I found that my RA factor level dropped by over 150 points, and I continue to feel healthy and happy today.



Reflexology and Chiropractic

I am an ITR Board-certified Master Reflexologist, but before I became certified, I was simply someone looking for balance and relief. Someone who found refuge and empowerment through disciplines like reflexology and regular chiropractic care.

While I am not a chiropractor, I am a firm believer in chiropractic’s abilities to improve a

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person's life dramatically, and I think it is a fantastic option to explore when you are looking for relief from a variety of different issues, or simply looking to balance your body.

Reflexology is a holistic treatment that has been around for more than 3000 years, after its first recorded uses in ancient China. Reflexology practitioners work with the hands and feet to strategically stimulate a variety of organs within the body. This practice can have a host of benefits, including:

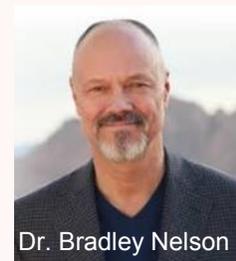
- Reduction of pain and aches
- Palliative or post-operative care
- Relaxation of the body
- Improvement of blood circulation
- Soothing of tired feet
- Promotion of overall healing

I have worked on both hands and feet in my reflexology practice, with a heavier focus on the feet



Emotion Code® and Body Code™

Modalities that I offer to my clients (and use myself on a regular basis) are the Emotion Code® and Body Code™, which are forms of energy healing that can bring peace to many facets of your life, sometimes even in a single session. Developed by Dr. Bradley Nelson at [Discover Healing](#), these modalities are part of a series of energy healing methods, and I am certified in the entire series.



These codes posit that trapped emotions within the body can cause different kinds of damage — emotionally and physically — and also believe that relief can be achieved on those levels, if you can drum up the courage to unpack and release those emotions. When you work through those traumas using the Emotion Code® and Body Code™, you can very likely ease some of the physical pain that has built up in your body over the years. This is because these modalities are designed to locate and identify negative emotions that are trapped as energy within your physical body. By releasing these trapped emotions, many participants report that their physical pain has been released as well.

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This quote from Discover Healing does a lovely job of explaining how trapped emotions can affect the physical body:

“Everything is made up of energy, including our bodies. Emotions each have their own vibrational frequencies, and those energetic vibrations can interact with the vibrations of our bodies, becoming stuck in certain locations. Emotions stored in body parts can affect the health and wellness of those body parts.”

By using a technique called “muscle testing,” Body Code™ and Emotion Code® certified practitioners are able to determine which parts of your body are being affected by trapped emotions. They can even discover what those emotions are in order to give you a further understanding of the traumas responsible for your suffering.

With complaints ranging from neck tension and immobility, to indigestion, to even chronic sleep problems, the variety of physical issues caused by trapped emotions is wide and endless! Emotion Code® and Body Code™ practitioners are trained to be your guide through this often unfamiliar and uncomfortable territory, and will help you using tested techniques to discover the emotional traumas that are affecting you physically.



The Belief Code®

Discover Healing has recently introduced a new modality in which I have become certified: The Belief Code® .

Underlying all of our emotions and feelings is a belief system, crafted by our hearts and minds with influence from the world around us and the lives we've lived. Some of these core beliefs are truly a part of who we are, and allow us to live powerful, meaningful lives. Sometimes, however, negative beliefs can find their way into our subconscious — beliefs that aren't representative of who we are and who we want to be.

The Belief Code® is designed to help us identify those negative beliefs and belief systems so that we can work through them with energy healing, clearing the way for growth and breakthroughs that bring us closer to our true selves.

The Belief Code® relies on the same mind-mapping technology as the Body Code™

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and Emotion Code® to help guide practitioners to the beliefs that need to be addressed.



Trusting In an Elevated Approach to Health

I think the most important thing I've gained from my personal and professional health journey is the courage to trust my body's ability to heal, and the power of the energy that our world is made of.

If you are tired of experiencing pain — physical, emotional, or even spiritual — I would encourage you to learn to listen to your body and your heart. Are you yearning for a journey toward health that is different from what you're used to? If so, energy healing and its sister disciplines might be the first step for you toward an elevated sense of self, freedom, and health.

Learn more at

www.solepointhealthandwellness.com

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Phone 402-290-4077



Joy For No Reason

written by Danna Faulds

Contributed by Rev. Mary Ann Barry



I am filled with quiet

Joy for no reason save

The fact that I'm alive.

The message I receive

Is clear – there's no time

To lose from loving, no

Place but here to offer

Kindness, no day but this

To be my true unfettered

Self and pass the flame

From heart to heart. This

Is the only moment that

Exists – so simple, so

Exquisite, and so real.

By Danna Faulds



Join UBM on Social Media!

UBM President Rosemary Cathcart commented at a Board of Directors meeting that “The world need goodness, and UBM spreads goodness wherever it goes.”

Will you join us in that quest to “spread goodness” around the world?

You already know UBM has a [website](#). And we have long had a presence on [Facebook](#) too. Many of you follow, like, comment and share our Facebook posts, and we thank you so much!

We also have a presence on several other social media sites, thanks to the hard work of UBM Secretary Rob Mazak.

Now you can find UBM on [Instagram](#), [LinkedIn](#), [TikTok](#), and [Telegram](#), along with [Facebook](#)!

Please join us on these sites. We are eager for your feedback, your interaction, and your comments. Every time you share from any of our sites, it helps “spread goodness,” and we are deeply grateful for that.

Here are the urls, if you prefer them to the hyperlinks above:

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<https://www.facebook.com/UBMovement/>

We look forward to seeing you on UBM Social Media!



Spring Desserts—With Shortcuts!

Spring is a wonderful time to indulge in light, fresh, and vibrant desserts that celebrate the season's flavors. Here are some delightful spring dessert ideas to try:

Strawberry Shortcake

- Slice fresh strawberries and toss with a little sugar. Add a couple of drops of lemon juice to really take it over the top **SHORTCUT** buy frozen sliced strawberries (and add a bit of lemon juice)
- Prepare homemade or store-bought shortcakes **SHORTCUT** use store-bought dessert shells
- Top the shortcakes with the strawberries and whipped cream (homemade or store-bought) or Greek yogurt and serve immediately



Lemon Bars

- Make a buttery shortbread crust and bake until golden brown **SHORTCUT** buy refrigerated sugar cookie dough, press or roll it into a pan, and bake it. **OR SHORTCUT** buy an already-prepared graham cracker crust already in a pan (lemon and graham cracker is a terrific combination!)
- Pour a tangy lemon custard filling over the cooled crust; you can make it or **SHORTCUT** buy prepared lemon curd for this
- Bake until the filling is set, then chill before slicing into squares
- Dust with powdered sugar before serving



Rhubarb Crisp

- Chop fresh rhubarb into pieces and toss with sugar and a little cornstarch ... **SHORTCUT** you can find sliced and chopped rhubarb in cans or the freezer section (for this recipe, freezer is best). Also rhubarb and strawberries like each other, so if you have strawberries you can slice 'em up and add to the rhubarb
- Prepare a crumbly topping using fairly equal parts of oats, flour, and brown sugar (or white, or light brown...your choice!). Add a bit of cinnamon and enough butter to bring it all together. A little chopped pecan (or whatever nut you have on hand) can be nice here too; you can toast nuts in a small pan on the stove for about 2 minutes, shaking constantly, to bring out their flavor ... **SHORTCUT** use a few pouches of "instant" oats, or a mixture of instant oats and graham cracker crumbs, or some nice crunchy granola, with a bit of butter
- Spread the rhubarb mixture in a baking dish and sprinkle the crumb topping evenly on top
- Bake until the rhubarb is tender and the topping is golden brown and crispy
- Serve warm with vanilla ice cream for a comforting spring dessert



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Coconut-Lime Cupcakes

- Prepare a batch of vanilla cupcakes (**SHORTCUT** store-bought cake mix, of course!), adding shredded coconut and lime zest to the batter. Bake and let them cool
- Frost the cupcakes with a tangy lime cream cheese frosting... **SHORTCUT** add lime zest and/or a drop or two of lime juice to canned cream cheese frosting. If the juice makes it too thin, add in a little powdered sugar until you get the right consistency
- For either the cupcake batter or the icing (or both) consider adding a drop or two of green food coloring – sometimes the color “hint” helps us recognize flavor
- Garnish with additional lime zest and toasted coconut flakes for a tropical twist



Blueberry-Lemon Cheesecake Bars

- Make a graham cracker crust and press it into the bottom of a baking dish... **SHORTCUT** buy a prepared graham cracker crust in a pan
- Prepare a creamy cheesecake filling with cream cheese, sugar, eggs, lemon zest, and vanilla extract... **SHORTCUT** use a store-bought cheesecake mix (like Jell-O) **OR SHORTCUT** use Philadelphia Cheesecake Filling
- Gently fold fresh blueberries into the cheesecake batter and bake (if necessary – the Philadelphia Cheesecake Filling is no-bake)
- Chill before slicing and serving, optionally garnished with whipped cream / lemon zest / a few blueberries



ENJOY!



Coping With Spring Allergies

By Rev. Kelly Graham

In spring, it's not unusual to walk outside and find something that you know to be a certain color – say, a black mailbox, or a teal patio chair, or a red car – has suddenly become.....yellow.

Very, very yellow. Yep, it's spring, and that's *gasp* **POLLEN!**

Spring allergies, also known as seasonal allergies or “hay fever,” are typically triggered by airborne pollen from trees, grasses, and weeds like ragweed. When these plants release pollen into the air, we inhale it and it can trigger an immune system response in susceptible individuals.

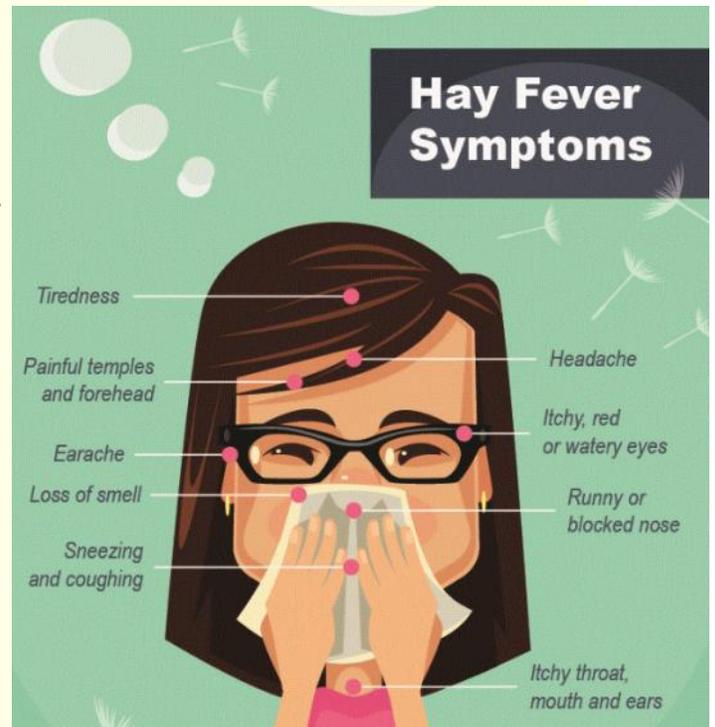
What happens is the immune system mistakes the harmless pollen particles as a threat and releases chemicals such as histamine to defend against them. Histamine is the chemical that is released – which is why many of us reach for **anti-histamine** OTC medications in the spring!

This immune response leads to the typical symptoms of allergies, including sneezing, runny or stuffy nose, itchy and watery eyes, coughing, and sometimes even skin reactions like hives or eczema.

In addition to pollen, mold spores can also contribute to spring allergies, especially in damp or humid environments. Mold can grow indoors in damp areas like basements, bathrooms, and kitchens, as well as outdoors in soil, compost piles, and decaying vegetation.



Other factors that can exacerbate spring allergies include windy days, which can spread pollen over large distances, and pollution, which can interact with pollen and worsen allergy symptoms. Activities like gardening or outdoor sports or even walking the dog can increase exposure to pollen and make symptoms much worse in allergic individuals.



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If you're experiencing spring allergies, there are several things you can do to help alleviate your symptoms and feel more comfortable:

- Stay Informed: Know your triggers and monitor pollen counts in your area. Plan outdoor activities when pollen levels are lower, typically in the late afternoon or after a good rain when pollen has settled
- Keep Windows Closed: Keep your windows and doors closed, especially on high-pollen days, to prevent pollen from entering your home
- Allergy-Proof Your Home: Regularly clean and dust your home to minimize indoor allergens. Consider using allergen-proof covers for pillows and mattresses, and wash bedding frequently in hot water. Use a vacuum cleaner with a HEPA filter if possible, and consider a HEPA filter for your air conditioner.
- Shower & Change Clothes: After spending time outdoors, shower to remove pollen from your skin and hair. Change into fresh clothes to avoid bringing pollen indoors. Many people institute the idea of "outdoor" and "indoor" clothes during allergy season
- Drink More Water: Drink plenty of water to help thin mucus and keep your nasal passages moist
- Natural Remedies: Some people find relief from allergies through natural remedies such as honey (local, raw honey may help desensitize you to local pollens), herbal supplements like butterbur or quercetin, or acupuncture. However, it's essential to consult with a healthcare professional before trying any new treatment
- Air Conditioner Recycle Setting: Air conditioners can often bring allergens into your house or car. When the allergen levels are high in your area, try using the recycle air setting on your air conditioner so that the air is reused as opposed to bringing in outside, allergen-filled air
- Relaxation Techniques: Stress can worsen allergy symptoms, so practicing relaxation techniques such as deep breathing (indoors, with a HEPA filter!),



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- meditation, or yoga may help alleviate symptoms. Also a cup of tea, a good book, and some quiet could be helpful
- Nasal Irrigation: Nasal irrigation with a saline solution can help clear nasal passages and reduce congestion and irritation. There are many methods, including neti pots and the Navage system
- Stay Indoors: If pollen counts are high, try to limit your time outdoors, especially during peak pollen times like early morning and windy days

- Wear Glasses / Masks: Wear glasses, sunglasses or safety glasses when outdoors to help protect your eyes from pollen and reduce eye irritation. A mask can help filter out pollen and other allergens as well



- Clean Your Pets: If you have pets that spend time outdoors, make sure to bathe them regularly to remove pollen and other irritants from their fur, and reduce the level of allergy-causing dander
- OTC Medications: Over-the-counter antihistamines, decongestants, and nasal sprays can help relieve allergy symptoms. Be sure to follow the instructions on the label and consult with a healthcare professional if you have any questions or concerns
- See An Allergist: If your symptoms are severe or persistent, consider seeing an allergist for a comprehensive evaluation and personalized treatment plan. This could include immunotherapy via allergy shots



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The Concept Of Love

By Rev. Casey Das

The concept of love remains highly misconstrued, primarily due to the fact that people often use a singular term to encompass a wide range of distinct emotions and occurrences. From their perspective, the word "love" frequently finds itself misapplied in various situations.

They emphasize that love and relationships should not be inherently conflated. Relationships serve as conduits for the exchange of value, while love, they contend, defies measurement and remains unattainable through any material transaction. Consequently, they argue that love exists independently of relationships. This leads to their understanding that love should not necessarily be viewed as a prerequisite for establishing a relationship. Conversely, they argue that a relationship should not be considered mandatory for the experience of love. However, they acknowledge that a relationship becomes essential when one seeks to exchange other tangible commodities.

In the course of today's discourse, the focus shifts towards an exploration of the art of love, with inspiration drawn from the sun serving as their model. Although they admit that they have not fully attained this ideal, their aspiration remains steadfast: to love akin to the sun. They delve deeper into this concept, emphasizing that the sun's significance cannot be overstated. They stress that it is no exaggeration to assert that the sun plays a pivotal role in sustaining life on our planet.

According to their perspective, should the sun cease to shine or mysteriously vanish, life as we know it would rapidly unravel within a few hours, reaching an irreversible state. They emphasize the profound dependence on the sun, a reliance that transcends the capacity to fully acknowledge or reciprocate. They express gratitude for the sun's radiance being bestowed upon us as a gift. To them, a gift represents an offering rooted in spontaneous generosity, devoid of any attached expectations, and therefore, they argue, requires no reciprocation. Their argument is that the sun shines without any expectation of receiving something in return, a fortunate circumstance, in their view, because repaying the sun would prove to be an insurmountable challenge. They draw parallels between this perspective on love and the sun, stating that love, like the sun, operates on the same principle: as a gift freely given, devoid of any expectations or obligations. In their viewpoint, love defies measurement and cannot be acquired through any transaction. They believe that it is most appropriate to regard love as a gift.



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Their viewpoint on the sun takes an interesting turn as they emphasize that the sun remains indifferent to how its rays are received. They argue that it radiates impartially, irrespective of whether its light is met with admiration, appreciation, praise, or rewards. In their perspective, the sun does not reserve its warmth and light for those who express gratitude or offer acknowledgment; instead, it simply emits its benevolence. This, they assert, is because the sun carries no expectation of reciprocation. They maintain that, similarly, when love is practiced correctly, it mirrors this sense of abundance and impartiality. They argue that genuine love remains unruffled even when it is not adequately acknowledged, respected, or praised, as it does not hinge on these external factors. In their perspective, love, akin to the sun, radiates purely because it is inherent to its nature.



From a spiritual standpoint, they underscore the sun's most remarkable quality: its humility. They point out that despite being the central element in the solar system and the sustainer of life on Earth, the sun consciously chooses humility over arrogance. They stress that the sun refrains from making demands for praise, sacrifice, respect, or appreciation. In their view, the sun maintains a paradoxical invisibility, as acknowledging its importance and expressing gratitude would require a ceaseless chorus of praise, leaving little room for other aspects of human existence. They emphasize that the sun's radiance leads to its invisibility since it is virtually impossible to gaze at the sun for more than a few seconds without experiencing temporary blindness. Therefore, they assert, the sun's brilliance symbolizes its modesty and humility. They argue that, as humans cannot engage directly with the sun or establish a tangible relationship with it, they are compelled to carry on with their lives as if the sun doesn't exist while benefiting immensely from its light and warmth. Remarkably, they argue, the sun remains unperturbed by this, finding contentment in being the most revered aspect of the world, while expecting nothing in return and deriving satisfaction from its own invisibility as people go about their daily activities.

For them, this represents the quintessence of love. They contend that the closest human approximation to the feeling they describe is the satisfaction parents experience when observing their children at play from a distance. They explain that parents refrain from intervening because their love is solely focused on the well-being of their children, with no consideration for self. They argue that parents are content to remain in the shadows, understanding that love is most authentically expressed when it believes itself to be unobserved. Consequently, they assert that the highest response to love is not praise, appreciation, or even gratitude; it is joy, with love being the catalyst for this joy.

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In their perspective, loving like the sun also entails an abundance of love. They assert that love should not be preoccupied with keeping score, worrying about exploitation, or seeking retribution. They maintain that even if someone were to borrow or take some of the love offered, it remains undiminished. They emphasize that love, unlike transactions, is unconditional. They argue that, while human resources such as time, energy, and financial means may be finite, love knows no boundaries. They assert that it is entirely conceivable to tap into the wellspring of love and perceive it as an essentially boundless resource. They contend that there is no scarcity, for love is abundant and inexhaustible.



According to their perspective, if a relationship falls short of fulfilling one's desires for any reason, it is perfectly acceptable to move forward. They maintain that love would not want individuals to endure needless suffering out of a misplaced sense of duty, as such suffering is rooted in projecting one's own unhealed disappointments onto others. They argue that if someone feels betrayed, unappreciated, or unreciprocated, it is wise to let go and seek a new connection. They emphasize that there is no need for anger; one can part ways with love. In their view, love is an adverb, an action, enabling individuals to say, "No, thank you. It's time for me to move on," with as much love as they can say, "Yes, let's continue our journey together." They assert that love is an open hand, permitting things to come and go in their own time. Their key message is to approach love with an abundance mindset, emphasizing that abundance naturally exudes generosity and gives not out of expectation but because it cannot restrain itself.

Rev. Casey Das was ordained in April 2007 and resides in Arizona.



Asparagus For Spring!

Compiled by Rev. Kelly Graham

Asparagus is one of my very favorite vegetables, and spring is the perfect time to enjoy it. Here are a few recipes starring asparagus that you might find interesting. *Bon appetit!*

Asparagus & Parmesan Risotto: Prepare your favorite risotto recipe, adding trimmed and chopped asparagus spears during the last 5-7 minutes of cooking. Stir in grated Parmesan cheese and chopped fresh herbs like parsley or chives. Season with salt and pepper to taste. Serve the risotto warm, garnished with additional grated Parmesan and a drizzle of olive oil, if desired

Asparagus & Goat Cheese Tart: Preheat your oven to 375°F (190°C). Roll out a sheet of puff pastry on a baking sheet and prick the surface with a fork. Spread a layer of softened goat cheese over the puff pastry, leaving a border around the edges. Arrange trimmed asparagus spears on top of the goat cheese. Drizzle with olive oil and season with salt and pepper. Bake in the preheated oven for 20-25 minutes, or until the pastry is golden brown and the asparagus is tender. Optional: Garnish with chopped fresh herbs like thyme or basil before serving

Asparagus & Lemon Pasta: Cook your favorite pasta according to package instructions until al dente. Meanwhile, trim and chop asparagus spears into bite-sized pieces. In a large skillet, sauté minced garlic in olive oil until fragrant. Add the chopped asparagus to the skillet and cook until tender-crisp. Toss the cooked pasta with the asparagus, along with freshly grated lemon zest, lemon juice, and a handful of grated Parmesan cheese. Season with salt and pepper to taste, and serve warm



Let's Stay In Touch!

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

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

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

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

Or—even better!—scan the completed form and email it to
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