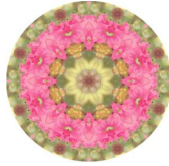
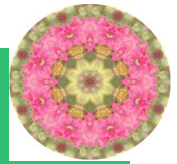




UB GoodNews

Universal Brotherhood Movement, Inc.
Newsletter Spring / Summer 2025



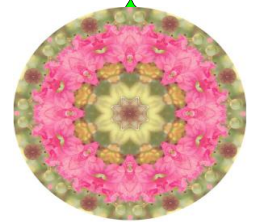
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Seasons Change

By Rev. Samantha Holt-Emslie

Seasons change
I shed,
I change colors
I hibernate underground,
Then, we
Regrow.
Couple things I learned recently
About myself
Knots are easier to untie
With Patience, &
Love grows with thyme.





**UBM Founders
Rev. Drs. Jeni & Rick Prigmore**

Our quote of the day comes
from civil rights pioneer
Fredrick Douglass:

*“It is easier to build
strong children than to
repair broken men.”*

**Office Contact Info:
Universal Brotherhood
Movement, Inc.**

**PO Box 670278
Coral Springs, FL 33067**

954-974-1181

**robin.ubm@gmail.com
www.universalbrotherhood.org**

WE want to hear from YOU, Dear Minister.

Will you send us two sentences that will inspire the rest of UBM, Inc. too?

YOUR THOUGHTS are SO IMPORTANT!

For the first 15 years or so of UBM's Life, I typed, copied and mailed out UB GOOD NEWS to all the ministers. One of the things that filled ME with JOY in the process was an article (not even sure it had a name) but in it, I quoted (JUST A LINE, OR A SENTENCE OR TWO) things that YOU, the ministers had written to us (as the Founders) or thoughts you expressed in your bio sketches about what becoming a minister meant to YOU — and your intentions for the ministry you were circumscribing by becoming a UBM Minister.

Those words — BY YOU as a minister and FOR your fellow ministers — were such a source of inspiration to those who received those carefully typed and stamped and mailed letters and emails. I believe that they STILL would mean the world to someone who would relate especially to the way YOU express yourself.

If you were asked to write an article, that might elicit stress or anxiety (many are NOT comfortable doing that sort of thing) — BUT if you only have TWO SENTENCES to write ... Could you? Would you?

Think about it.

Holding you in my heart as I write,

Rev. Dr. Jeni Prigmore



The Times, They Are A-Changing: ***Annual Renewal Notices Via Email***

Universal Brotherhood Movement is an organization that survives and thrives on ordination fees, annual dues, and voluntary contributions. We are actively working to build other avenues of revenue (and appreciate YOUR ideas!) — but currently, annual dues and ordination fees are the monetary “fuel” that run this organization.

We’re all very aware that inflation is a reality nowadays, so our Executive Director Robin Morini and our Board of Directors seek ways to lower costs when it is possible.

Our largest expense is sending annual renewal notices via regular mail.

When our organization was born in 1976, a first-class stamp was 13 cents. Today, 47 years later, that same stamp has exploded 600% in price, to 78 cents.

With this in mind, we are implementing email as our primary way to send annual renewal notices to members.

Please make sure we have your best email — one you have access to and actively check!



We very much appreciate each and every one of you, and THANK YOU for your referrals of individuals who wish to be ordained. Your support means absolutely everything to this organization.

And please, always remember that YOU ARE LOVED!

Loving Instant

By Rev. Frederick Butler

I just spent the weekend with my old Air Force friend of 56 years, celebrating his 80th birthday, and enjoying some very sweet authentic community. Lots of love all the way around with old friends and new, adult children and grandchildren, and contacts from relationships years past. As my friend noted in his thank you comments, “now we have memories going back 8 decades” – hardly seems possible. Amazingly, with all the activities, events, interactions and conversations, there was a sense of calm, openness and vulnerability even though there were a variety of life and world views present.

Particularly touching for me was the reconnection with my friend’s two sons, now with grown and growing children of their own, and how uplifting their presence was. It is hard, in these volatile times, to not focus on the many things we perceive to be dragging us down or causing anxiety. So, to be able to put that orientation aside and celebrate not only good ‘ageing’ in my friend, but true caring, sharing and support from all who were there, was a special gift. I have realized many times over the years when reflecting on enduring relationships such as these, that we may not agree on some things, but if I need you or you need me, we will be there in a heart-beat for each other. For me, that is the Love we see witnessed to and encouraged by the Eternal Holiness encompassing all things.

I always experience some discomfort when traveling, mostly about getting where I need to be, when I need to be there, with everything I need to have. With ageing, I notice more concern about these things – not exactly fear, but certainly increased worry. Of course, as I ruminate on this, I confirm it is my thinking generating this sense of dis-ease and when I shift my thoughts away from the negative to that perpetually enduring Peace from the Eternal, I experience the calming, Peace of Mind I seek. There is a ‘lesson’ that suggests – “be still an instant and go home” – home to that thought of Eternal Peace in my mind, and I will be free, free of all limits, and free to love as I am called to love.

It was easy this weekend to make that choice. All anxiety melted away and I was able to embrace these lovely, sweet players in a worldly dance made absolutely beautiful by their presence – A Loving Instant.

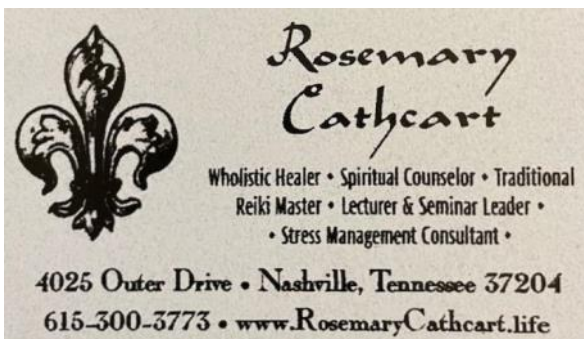
Sending with Love, Fred

*Rev. Frederick Butler resides in Texas.
He was ordained in October 2009*



UBM MINISTER BUSINESS CARD ADS

Please consider supporting your fellow UBM ministers in their practices!



Rosemary Cathcart
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Would you like your own business card ad in *UB GoodNews*?

Email Executive Director Robin Morini for details:

robin.ubm@gmail.com

Contact our UBM office for more information!

We have a limited supply of beautiful clear quartz cabochon pendants for sale. We are offering two unique designs:

- A. quartz cabochon wrapped with flowing spirals and
- B. quartz cabochon wrapped within a graceful scroll design (pictured).

These beautiful pendants capture the Light and are filled with UBM Love!

The pendants measure approximately 1 1/4" - 2" from the top of the bail to the bottom of the pendant. Included is an 18" lobster clasp chain.

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

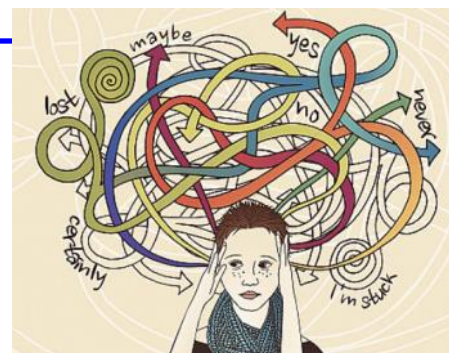


\$23.99
 Postage
 Included,
 Supply
 Limited!

Getting Off The Worry-Go-Round!

By Manohara Ferretti M.Div.

For some of us, worry is the filter through which we see the world. By confronting repetitive thoughts and fears of the unknown, you can stop the sky from falling. Worrying is a habit and can lead to depression if not understood and redirected.



The process of worrying is a strategy of the mind to cope with uncertainty or a reality that is filled with problems and dangers. You fret in order to help you act responsibly, motivate yourself to get things done and avoid unpleasant feelings. But often it doesn't really work. You focus on the possible negative outcome of a situation before it even happens and often worry for nothing when everything turns out fine; wasting energy and raising your stress level.



Worriers are people who believe things are about to go out of control... "But what if..." often appears in their thoughts. Worriers are intolerant of uncertainty. Definite negative outcomes are preferred to an uncertain outcome that could be positive. "If I predict it, I can prevent it." Often they fear being out of control with their feelings. Worriers have more difficulty identifying their feelings and are more fearful of them, having more negative views of emotions.

There is help. Use the following suggestions to begin to calm that worrying mind:

1. Worry more effectively: determine when you should pay attention to a particular worry and when to dismiss it. Is it a problem that is plausible or reasonable? If not, recognize the absurdity and let it go.
2. Accept that you don't know the outcome of things...Remain as much in the present moment as possible. What has proved helpful is to accept the worrying thoughts in your mind, letting them just be there. By fighting the worrying thoughts or acting on them you give them more energy and often make them larger. This process creates a tolerance for the worrying thoughts. In meditation we sit and simply watch the thoughts. We don't respond or react; we just witness what the mind does. In this way we identify less with the thinking mind and begin to tolerate this worrying characteristic as just another quirk.
3. Embrace the awkward! Get comfortable with discomfort! Learn to change your attitude towards uncomfortable feelings and do the things you ordinarily avoid. By practicing going beyond your comfort zone, you stretch beyond your limits and find less to be worried about.
4. Bore yourself with worry! Practice worrying for 30 minutes a day for two weeks. See how quickly you become bored with it. Giving yourself worry time allows you have the rest of the day worry free.
5. Pay attention to your feelings. Experience your anxiety instead of running away from it, burying it, or denying that it is there. In order to get past anxiety, you need to express and acknowledge it to yourself. Then it can diminish. Sort of like turning to look the dragon in the face and realizing it's only the large shadow of a tiny lizard. There is nothing bad about having feelings except the judgment you give them. Feelings are human qualities and are tools for self awareness. Welcome your feelings, express them and stay in the moment.
6. Breathe! Breathing deeply into the "belly" with eyes closed, slowing the breath and repeating the words "calm and relaxed" in your mind for a few minutes at any time of day can be a quick way to release the worry and regain your center and control.

Manohara Ferretti teaches a stress relief class at the Broward County Library. revmanohara@gmail.com

IMPORTANT NOTICE

Please **UPDATE** your contact record for UBM.

The correct information is:

Universal Brotherhood Movement, Inc.

P.O. Box 670278

Coral Springs, FL 33067

Office Telephone: 954-974-1181

Executive Director Robin Morini: Robin.ubm@gmail.com

Website: www.universalbrotherhood.org

Other organizations may have similar names but they are NOT UBM. Also, our address and phone number have changed over time. Please make a note of this information!

If you simply go to Google for our phone number, you might see one of the old phone numbers or addresses, since “nothing dies on the internet!” An old address in Margate, FL has been reported, for example — but please know anything you send there will NOT reach the office.

Again, please update your contact record for Universal Brotherhood Movement, because
we always want to hear from YOU!

Prelude to:
The Unexpected, Fabulous Chicken Healing Mission
By Rev. Dr. Jeni Prigmore and Rev. Robin Morini

In northern Florida, close to the home of our beloved co-founder Rev. Dr. Jeni Prigmore, roosts a delightful chicken named Sweet Feathers.

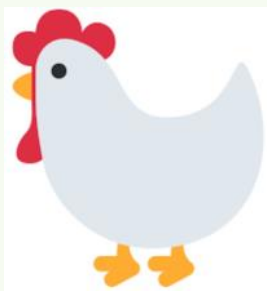


Sweet Feathers lives happily on this ranch with a donkey, a horse, other chickens, and a few humans.

That is until the day other chickens were seen pecking at Sweet Feathers' tail feathers.

Sweet Feathers went into isolation. And before you know it, this is when the unexpected, fabulous chicken healing mission began!

Below you will be reading the texts between our co-founder Rev. Dr. Jeni Prigmore and Rev. Robin Morini as we developed a way through texting to work together and help bring Sweet Feathers back to her happy, healthy self!



The Unexpected, Fabulous Chicken Healing Mission

The Texts

On January 28 around 7 p.m., an odd text popped up on my phone. I quickly recognized it was our own dear UBM co-founder~ Rev. Dr. Jeni Prigmore.

Tue, Jan 28 at 7:11PM

My "prayer for "Sweet Feather" has taken on a "feeling" of comforting petting (much like I do for my sweet cat Sadie).

Her heart rate is less erratic & her temperature & breathing are more regular.

I'll offer more "prayer treatment" tomorrow at Mass. She has a gentle and frightened spirit.

What color is she? Is a photo possible?

Peaceful Sleep. My Friend,

Jeni

As I scratched my head and wondered who would be pranking me from Rev. Jeni's phone....another text popped on my screen:

Tue, Jan 28 at 7:15PM

Silly Me! I sent the message about my Friend's ailing chicken to you by mistake.

Have you ever sent healing to a chicken? I haven't! But you're welcome to join me if you wish.

Lovingly,

Jeni



Although the message seemed unusual, a feeling of joy rose in my heart. As it turned out, this feeling of joy stayed in my heart for days to come!

Tue, Jan 28 at 7:25PM

I would love to join you!

I lived on my father's farm along with some chickens that I loved!!!!

(Emojis of Reiki hands, chicken, heart)

Robin

Tue, Jan 28 at 7:27PM

That comforts me, Dear Robin.

We now have a special Healing Mission to share. (Emojis of prayer hands, chicken, smile)

Jeni

So began the loving journey with Jeni, Robin, and the star of the mission: Sweet Feathers!



Continued...



Tue, Feb 4 at 10:56AM



Tue, Feb 4 at 4:36 PM

*Wow! That is a great egg!
I wish the grocery stores sold eggs that size!
I am so happy Sweet Feathers is feeling better.
Robin*

Wed, Jan 29 at 11:34 AM

*Here is our Sweet Feathers.
Let us pray (praying hands emoji)
Thanks for being with me.
Love,
Jeni*

Wed, Jan 29 at 11:37 AM

*Sweet Feathers is beautiful!
Sending love and gentle healing.
Love to you too (heart emoji)
Robin*

Sun, Feb 2 at 5:56PM

*Sweet Feathers is "holding her own" & appreciates our interventions.
Jeni*

Mon, Feb 3 at 10:56AM

*(heart, chicken, reiki hands emojis)
Still sending the gentle energy!*

Wed, Feb 5 at 2:20PM

*Me too. I plan to go by & spend a bit of time in close proximity. Maybe I'll get a good photo for you.
Keep up the special energy - I'm sure it continues to bless and strengthen her.
JOY all around you,
Jeni*

News from the ranch:

SUN, Feb 9 at 10:55 AM

*"Good morning Robin,
I wanted to let you know that Sweet Feathers laid another egg yesterday! Big, but not quite as big as the first one. I notice that it does not seem to have much of a bloom on it. (Bloom—the protective coating that seals the air from penetrating the shell) Things are looking good for her."*



Continued...

Continued...

News from the ranch & Jeni:

Sunday, March 9

"Sweet Feathers laid another egg and the size of it is getting to a more normal size."

SUN, Feb 9 at 12:53PM

*Sweet Feathers is doing better!
I'm so thankful to be part of your team*

Jeni!

My heart is filled with joy!

Thank you

Heart emoji, Robin



Wed, Feb 12 at 6:17 PM

Picture of Sweet Feather's friends sent from Jeni



*Jeni! I love the pictures of the chickens!
They are beautiful and their coop is so clean!*

Thank you for sharing. Robin

A little Love goes a long way!

THU, Feb 13 at 3:12 PM

How WONDERFUL IS THIS?

*I'm so happy that we have
been helping her!*

Jeni



*"Take time to be
friendly; it is the
road to
happiness."*

Eleanor Roosevelt



Join UBM on Social Media!

UBM President Emerita Rev. Rosemary Cathcart once commented at a UBM Board of Directors meeting that “The world needs 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](#), [YouTube](#), 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 links above:

<https://www.instagram.com/universalbrotherhoodmovement>

<https://www.linkedin.com/in/universal-brotherhood-b50a162b1/>

<https://www.tiktok.com/@ubmmovement>

<https://www.youtube.com/watch?v=NSkb4JUmlZs>

<https://t.me/UBMSocial>

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

**We look forward to
seeing you on
UBM Social Media!**



UBM Minister in Spirit:

Rev. Julie M. “Windsong” Kervick

1937-2025

Rev. Julie M. “Windsong” Kervick, 1937-2025 Oh, dear beloved Windsong, gentle and mighty spirit, you are dearly loved and will be missed by all who knew you. Here are some of the many golden strands of your life story.

Published March 13, 2025 at 6:00 a.m.
Updated March 13, 2025 at 7:56 a.m.

Julie M. “Windsong,” Kervick gently journeyed home to Spirit, with her family and friends around her, on February 21, 2025.



Windsong was born on April 4, 1937, in New York City to a young mother, unable to care for her. She was placed in an orphanage, where she lived for a year before she was adopted. In an article written about her, Windsong said her experience at the orphanage served to make her “a compassionate person who could, firsthand and with clarity, understand what abuse and neglect can do to one’s mind and body.” As an adult, Windsong dedicated her life to assisting others in their healing journeys, holistically.

Windsong had a particular passion for conscious language and its effect on physical and spiritual dimensions. She would point out to friends and family the power of words and taught classes on the subject. In addition to pottery, Windsong held a reverence for dance and for many years hosted monthly full-moon circle dance gatherings at the Awakening Sanctuary.

Windsong and Paul also became ordained ministers through the Universe Brotherhood Movement and conducted sacred ceremonies, marriages, civil unions and passing to spirit ceremonies.



Paul & Windsong

Windsong was an adventurer and loved visiting different cultures around the world. She was the first woman in the United States to achieve a black belt in the Korean Taoist Qigong practice — Kuok Sun Do — and she solo climbed a sacred mountain in Korea and visited and assisted villagers in northern Thailand. In the Vermont winter, you could find her cutting a hole in the ice in Lake Champlain in February, while practicing Qi Gong breathing until she regulated her body temperature.

Continued...

Continued...

Her gardens were her happy place, and she would spend long hours creating beauty not just with plants but with natural fences and trellises and thoughtful placements of stumps, shells, rocks and gemstones. Her and Paul's crowning achievement on their land at their home in Ferrisburgh was a labyrinth they both created and built together.

Donations in Julie "Windsong" Kervick's memory and supporting her life's passion for creating inspiration and a beautiful world, may be sent to either or both of the following organizations: WVVT - Fireside Community Media in Bristol, VT, or the Shelburne Craft School.

www.vitallivingvt.com

Rev. Windsong's lovely clay Heart Drops creations.



Religions are different roads converging upon the same point.

***What does it matter that we take different roads,
so long as we reach the same point?***

Mahatma Gandhi



Your Light Remains

By Rev. Jacquie Riker



In the joy of your heart,
Your light remains.
In the gift of your caring,
Your light remains.



Where you reached out to help,
Your light remains.
Where you sat in silent peace,
Your light remains.



In the place where you worked,
Your light remains.
In the stillness of the starry night,
Your light remains.
In the light of each day fully embraced,
Your light remains.



Like the touch of an Angel,
Your light remains.
When you live as a light,
Your heart is joined in the Infinite Light of Love.
And that about you which is eternal...Remains.



*Copyright 2008 Jacquie Riker. This poem
can also be found published on the site
www.worldprayers.org. Minister/Director
Jacquie Riker has been ordained with
UBM, Inc. since 1996. We love you and ap-
preciate your many years of service,
Rev. Jacquie!*



Reprinted from UB GoodNews Newsletter Winter Edition 2009

UBM Minister in Spirit: Rev. Dr. Walter Gutowski

Rev. Dr. Walter Gutowski made his transition early Thanksgiving morning, November 28, 2024, from Parkinson's Disease. Dr. Walter was a talented healer who utilized Applied Kinesiology in his 36 years of practicing chiropractic medicine. He was able to do long distance quantum healing to help people in the USA, Europe and Mexico using his UBM credentials and also performed a marriage ceremony and a funeral.



Louise and Walter were ordained on March 8, 1981 and were married on March 9, 1981. They were fortunate to have Rev. Dr. Rick Prigmore perform their ceremony and Rev. Jeni Prigmore sang at their wedding in Ft. Lauderdale, FL. Prior to Rick's passing, Louise and Walter went to Florida to see him and Jeni and enjoyed a delightful lunch together.

Walter was in the Air Force and is in the cremation in-ground section in the National Memorial Cemetery of Arizona. His loving wife Louise noted, "As his wife, we will be in the same plot. His marker now reads: 'You are the love of my life and the hero of my heart.' When I pass, the military removes that marker and message and makes a new marker adding my name and I'm requesting the following words: 'Soulmates forever.'"

Patients and friends miss Walter's healing; his jokes; and most of all, his passion to help humanity. He loved being a UBM Minister and told many of his patients that he was "praying for their healing."

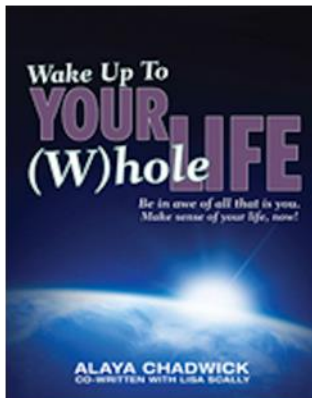
Walter had a military service on December 27, 2024 and a church service on December 28, 2024. At the end of the church service is the video of the military service, which included a gun salute and taps, played by an Air Force bugler. Both are on YouTube under Walter Gutowski Memorial Service.



In our UB GoodNews Newsletter, Summer + Autumn Edition 2017 Edition, you will find the article "Long Distance Energy Healing" by Rev. Walter Gutowski.



BOOK NOOK



Wake Up to Your (W)hole Life

by Alaya Chadwick

This is a truly transformative book that illustrates the “how” of healing and offers real, practical applications to move the reader through their own personal journey.

It's the first book of its kind to truly put the reader's power to heal in their own hands by opening the door to the reader's own healing process. This book constructs the skeleton that underlies all other healing modalities in a practical, easy-to-understand, step-by-step process, allowing the reader to flesh out their own process and discover their own truths and wisdom.

Available in paperback and ebook formats. Order your copy today!

This first edition is autographed by Alaya and includes color images throughout. [Order directly](#) from The (W)hole Point Institute with shipping included.

Alternatively, you can purchase a paperback non-autographed second edition (with black-and-white images) from Amazon [here](#), or the Kindle version [here](#).



The (W)hole Point Institute, LLC

Rev. Alaya (Elizabeth) Chadwick, MSW (UConn) MDIV (Yale). Ordained by UBM and currently serving as a Minister Director in New Hampshire. The (W)hole Point Institute, LLC has been in business for 25 years. Previously, Rev. Chadwick created a clinical practice in Lewisburg, Pennsylvania. Alaya has published four books.

[The \(W\)hole Point Institute, LLC](#)



Alpha Institute for Spiritual Living **Spiritual Freedom is the Ultimate Freedom**

From the desk of
Rev. Gloria Cooper-Moran

Most people think of freedom as living in a free country. That's good, and important, too; but Spiritual freedom is the ultimate freedom.

Jesus said, "Be of good cheer, for I have overcome the world."

We, too, have to be overcomers if we want to live and thrive in the world today.

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." - John 4:27

I honor my feelings and I allow myself to experience them fully and then turn them over to God.

Today I live in freedom and grace. I abide in God and God abides in me. When we trust God and have an ongoing relationship with God, we have built a foundation for freedom in our lives.

Five ways to Freedom:

1. Read, listen, meditate, pray. Experience some time with God daily.
2. Practice forgiveness of past and present people in your life. Most of all, forgive yourself.
3. Praise God and people in your life daily and give thanks with a heart full of gratitude. For praise and thanksgiving increases your good personally, and increases your good to and from other people.
4. Create a support group or find a church you can enjoy.
5. God said, "Love one another as I have Loved you". With God, I am Free to Love.

Continued...

Continued...

Affirmations:

Today I live in freedom and grace.

I am an abundant, loving, and free spirit.

I am living in a free, loving, abundant and joyful world.

I am free from worry and strife. And I am free to be loving and joyful.

I am free in God so I am resilient and able to bounce back from any adversity.

Say these affirmations daily.

Peace, Love and Blessings!

Rev. Gloria Cooper-Moran

Rev. Gloria Cooper Moran, ordained in February 2008, resides in Michigan.

Purchase orders for her book 12 Keys To Unlock Your Inner Power for Success: A Handbook For Spiritual Development will be available soon

**UBM Administrative Office
Phone Number**

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

Thank 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](#)



Our Children Are the Canaries in the Coal Mine

By Rev. Lawrence Brown

About 16 years ago, with the assistance of one of our local high schools, a judge, a teacher, a social worker and two members of the clergy walked into a classroom with maybe 20 students.

We weren't there to talk; we were there to listen. The first question was the most important, and it was simple. *How are you doing?* That's it. We had agreed in advance — and told the kids — that we were not there to lecture.

Within 20 minutes, their conversation had turned to suicide. Nobody said that this was an option they were interested in pursuing, but a bunch of kids had friends they were worried about. Several said almost the same thing. Close friends had taken them into confidence and said they were considering ending their lives. They were frightened and inclined to tell some trusted adult — but to do so would be to betray their friends' trust, and so they were paralyzed.

You can imagine how tempted a group of kind-hearted adults were to jump in right at that point and offer advice. But we had promised to just listen to them. I'm remembering that old song by Cat Stevens with the line, "From the moment I could talk, I was ordered to listen." So we kept our mouths shut. Soon enough, a boy offered this advice: "If I had to make a choice," he said, "I think I'd rather lose a friend and save a life."

By now, the kids in that room are well into their lives, possibly with a little grey around the temples. Years have gone by and by every social indicator available, it's only gotten worse.

I used to tell my students on the first day of class that nobody knows what anybody else in the room goes home to at night. Nobody knows what kind of burdens the person next to them might be carrying, or how much courage it might take for anyone to suit up and show up in our classroom every day. If they could learn to love each other and have each other's backs, everything about school could feel different. It's easier said than done.

It seems that any cost-cutting proposal we're hearing about today involves cutting supports to the people who need them most. Having a social worker in school is not some kind of luxury. It's not some kind of left-wing coddling. It's called "woke," whatever the hell that even means. In today's world, social workers in schools are an absolute necessity.

Since 2020, guns have replaced automobile crashes as the number one cause of death for our young people. Drug overdose and poisoning increased by 83.6% from 2019 to 2020, becoming the third leading cause of death for our children and adolescents. Suicide is second.

Continued...

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What are the stressors? We've seen more than half a million opioid deaths in the United States since 1999. More than 28 million Americans ages 12 and up are estimated to have alcohol use disorder (AUD). An estimated 42-45% of American marriages end in annulment or divorce. More than 16.3% of American children are living at or below the poverty line. Obviously many of our school children thrive; but these situations are what all too many of them find at home.

Recent surveys show a stunning 55% of our teachers are considering quitting. Why? Because all the stressors (and we haven't even mentioned social media and its effects on our children), have piled up to such a toxic point that rage, grief and insecurity are flooding out into classroom life.

Knowing all these things, it just about broke my heart to learn that Calmer Choice, a program specifically designed to teach Cape Cod children techniques to improve focus and reduce their own stress, is closing; in large part due to a lack of funding. They report needing a fresh infusion of at least \$10,000 to even complete this school year through June. (Interested in helping? Email smanion@calmerchoice.org.)

Teaching children meditation is one of the ways we can help them refresh themselves spiritually and emotionally. Many of the early Christian Saints were renowned for their powers of meditation and some were rumored to be so good at it, that while lost in meditation, they actually levitated off the floor. Meanwhile, in a secular setting like school, it can be a skill taught and learned independent of any specific theology.



Calmer Choice has been giving our children and grandchildren the beginnings of a tool-kit for succeeding in their studies, making friends and resisting the increasingly toxic environment that surrounds them, confuses them, frightens them, and makes them unhappy.

More and more Americans look at human service work as superfluous, throwing out the meds and insisting the patient is just fine. If Calmer Choice can't be saved, we're going to need something almost exactly like it. Unhappy and anxious children do not learn well, nor do they thrive. They are the canaries in the coal mine. When they stop singing down there, we know it's because the air has become unbreathable.

Lawrence Brown is a columnist for the Cape Cod Times. He was ordained in October 1992 in Massachusetts. We appreciate your 33 years of service as a UBM minister!

UB GoodNews Article Submission

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SUBMISSION DEADLINES

Autumn 2025: October 3
Winter 2025 / 2026: December 5

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The Diamond of Remembering

By Rev. Alaya (Elizabeth) Chadwick



The wind was brisk and the leaves of the palm trees were making a clapping sound as they swung against each other. Then, I heard an invitation within my heart: “How might we all impact our world? How might we wake our world up to the simple truth?”

What if each of us dedicated ourselves to offering an appreciative or kind word to every person we encountered? What if EVERY ONE of us chose to bless others with the power of our words? A great remembering would occur! Of this I am certain.

This short article is an invitation to each of the readers of this “GoodNews” edition to engage in a practice I call: *The Diamond of Remembering*.

In my viewpoint, many have forgotten themselves! Who are we? We are not “THOSE people” or the “They/She/He over there.” We are ALL PEOPLE.

Perhaps our diamond awareness is covered in dirt, or perhaps we have begun to “buff” our diamond selves, or perhaps we’re somewhere in between. Perhaps we are shimmering on the edge of true remembering. Regardless, what is also true is that everyone we meet is a DIAMOND Being remembering.

How does one remember? We call each other to look in the mirror that we are. Would you join us and dare to be a true mirror to all whom you encounter each day? Of course this also calls each of us to remember who we are.

I have found that giving a small stone or diamond to a person to mark your words of gratitude opens hearts and reminds folks of the wonder of who they are. Tears often flow as their hearts and minds open, stranger to stranger.

Let’s all join together, just as the palm trees were clapping! Let us send a ripple around our world of remembering. A diamond person “uses the world as a mirror to recognize themselves.”

Consider this my diamond to you and thank you for seeing the diamond of me.



Rev. Alaya (Elizabeth) Chadwick, MSW (UConn) MDIV (Yale). Ordained by UBM and currently serving as a Minister Director in New Hampshire. The (W)hole Point Institute, LLC has been in business for 25 years. Previously, Rev. Chadwick created a clinical practice in Lewisburg, Pennsylvania. Alaya has published four books.

[The \(W\)hole Point Institute, LLC](#)

Life Renewing Itself

By Rev. Mary Coburn

Up here in the north, we still have patches of snow in the spring, but two days ago a hungry bear stumbled out of the woods and licked up the birdseed I had thrown out for the winter birds. I guess winter bird feeding is over!

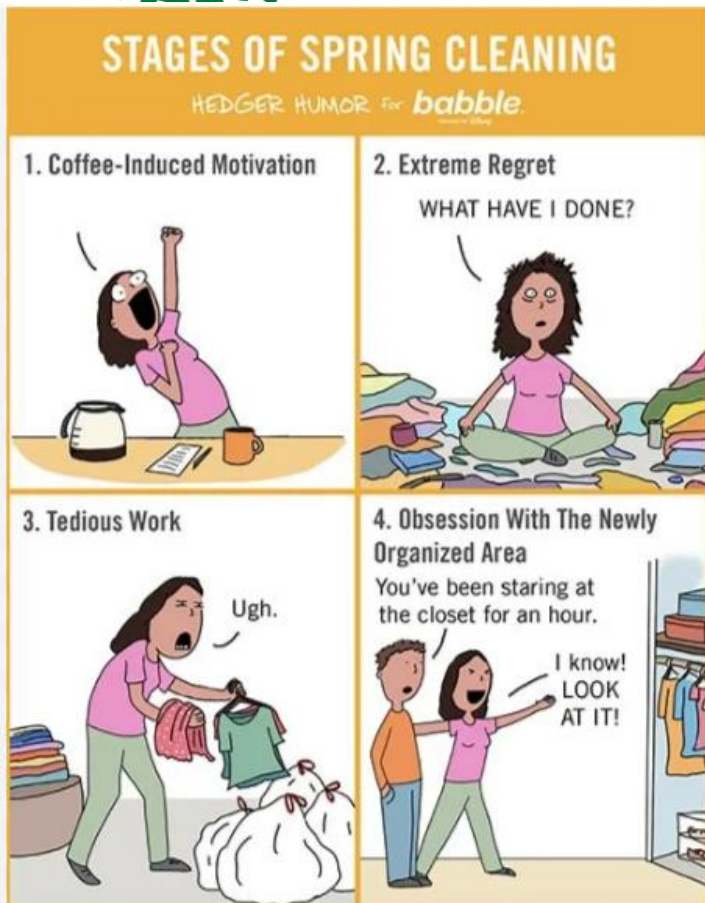
I look forward to life renewing itself as it so miraculously does every year. How fortunate we are to live on this glorious blue planet.



*Rev. Mary Coburn resides in Connecticut.
She was ordained in March 2008.*

**Universal Brotherhood
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Anything else you would like to share? _____

“To say it was
a beautiful day would
not begin to explain it.
It was that day when
the end of summer
intersects perfectly
with the start of fall.”

— ANN PATCHETT

