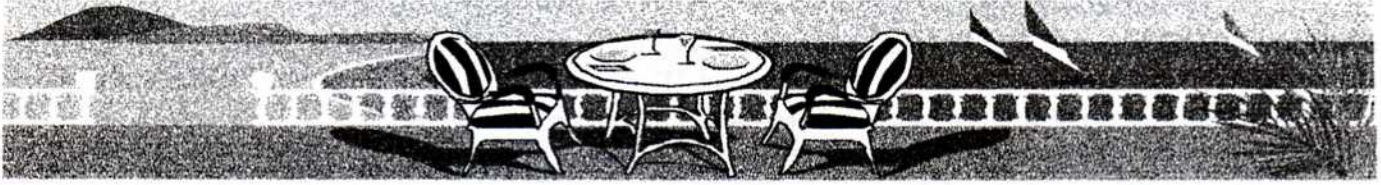


UB Goodnews

Summer 2005

Julie Bercu/Editor * Robin Morini/Asst. Editor



Universal Brotherhood University

by Rev. Lyn Hammond-Gray

There is a beautiful adage in life that goes like this...."the very best answer is a well formulated question." So it is with the process of becoming a scholar with Universal Brotherhood University. Once you sign the entry enrollment application, the questions begin. How do I go about this? What will I perfect? How does this unique university process work? How in the world will I earn the right to a degree and how do I benefit from this journey?

Once your enrollment application is in place and accepted, you are assigned a faculty coach. He/she is your connection, your guide. The journey begins.

The accomplishment of your Master's or Doctorate is indeed a magical journey. Others before you have had these questions. And the answers have always been at the end of the journey. Think upon the comments of recent graduates:

Rev. Kent Boxberger, Masters of Divinity Degree:

"This Master's project is certainly a blessing to me, in that it has helped me better define who and what I am in the grand scheme of things. It has allowed me to reflect on the value I have for myself and others. This will certainly help me in the process of soul growth. As I grow, so everyone else grows. My advancement in consciousness is also the advancement in consciousness of the whole of mankind. I am grateful for the experience and thankful for the

love God has shared with me through this existence, as well as the many teachers that I have been afforded me thus far on the journey. "I'm Comin' Home!" (*I'm Comin' Home* is the title of Rev. Boxberger's Masters of Divinity Degree)

Rev. Dianne Elizabeth Conner: Masters of Divinity Degree:

"My original intention for doing a master's program was to earn a higher degree on a topic for which I already had a passion, but needed more research and development. I wasn't sure where my thesis would lead me but I knew I was onto something important and I eventually realized that I was to begin a major program of healing and empowerment on all levels - Physical, Emotional, Mental and Spiritual - for myself and others."

If you are a UBM minister and have been thinking of starting this exciting journey, this is an excellent time to find those answers by asking well formulated questions!

For details on current fees, or to request an enrollment form contact University President, Rev. Dr. Reginald Worrell, at 404-296-5728 or e-mail: (elife@mindspring.com) or UBU Admin., Rev. Lyn Hammond-Gray at:

(hammondgray@mindspring.com) or go to universalbrotherhood.org You can also write: UB UNIVERSITY, 3735 Scotts Mill Run, Duluth, GA. 30096

RECIPES WANTED

For 'Divine' UB Cookbook!

Look inside this newsletter.

There is a form for you to fill out with your favorite recipe (You can make copies of the form as we will take up to 3 recipes from each person). We are putting together a 'Divine' cookbook that will be available for sale by the end of this year.

We are also thinking about having a favorite recipe contest for each category. So dig out those old favorites and send them in asap!

**All recipes must be in by
August 31st. Mail them to
the UB office at:
6503 Lakeshore Dr.
Margate, FL 33063**



Leadership

by Rev. Dr. Rick Prigmore, Co-Founder and C.E.O. of UBM, Inc.
Duluth, GA

We who are on the exposed point of action with our activities as Universal Brotherhood ministers are often criticized, judged to be wrong, sometimes laughed at and frequently ostracized. We have recognized our commitment as ministers to the brotherhood of mankind and proceed courageously along our path. That takes a great deal of fortitude and leadership. Andrew Cohen had this to say about leadership: "The thought of being a leader may seem like an appealing idea to the ego, but the reality of what being an authentic leader implies scares the ego to death. It means ego death. Why? Because it means that we actually care so much about a higher purpose, a higher principle, a higher goal, that we're willing to make the most important sacrifices for the sake of what we are aspiring to accomplish. It means we care so passionately about others also reaching that goal that we unhesitatingly sacrifice our own peace of mind, comfort, and security in order for them to succeed. It really means that we have no choice left anymore because we have realized without any doubt that from now on, it's up to us. We have realized that One Without a Second. We have realized that there is no other and there never could have been. What is so interesting about authentic leadership is this very insight: that once we have arrived, there is no longer any point of return. We have become one with destiny itself."

That's who we are as UB ministers, leaders in the new age of enlightenment. We have no choice but to forge ahead, fueled by our spirit-based urge to serve Life as expressed through those we serve. Whether we are counselors, healers, musicians, teachers or lawyers (yes, there are UB lawyers), our strength and our motivation sustains us through 'thick and thin'. We have moved to the forefront; we can not return to the safety and comfort of the herd.

Leadership, both a joy and a challenge. Go for it. I applaud you and your chosen mission.

Rick



Senior Softball World Series Tournament Report

by 'Slugger' Rev. Dr. Rick Prigmore



The Tremont Hotel 80+ team I play for worked its way through six round robin games at the Senior Softball World Series with a mediocre 3 and 3 record. But, when the double elimination games began Monday we came from behind in the last of the 7th against the Ft. Myers, FL, team, overcoming a 9-run deficit before winning 17 to 16. I was put in to pinch hit in the 7th with the bases loaded and two outs. I got a pinch hit scoring two runs to tie it up. The next batter drove in the winning run.

The second game of the double elimination was against the Arizona Desert Storm team. We beat them 13

to 6. In the next game they then eliminated the Ft. Myers team and reached the finals.

On Tuesday we played the championship game and Desert Storm beat us. That meant we each had one loss. So, in the 'if' game, we played to a 9-to-9 tie in the 7th inning. In the top of the seventh we scored six. The bottom of the seventh they scored three. So we **WON** the Senior Softball World Championship and were awarded World Series rings and a big trophy!

The kicker was that we were scheduled to go to Las Vegas in September to play in the Senior Softball World Masters tournament. But, the other

teams pulled out of the tournament rather than play us again. So, we won the 'Triple Crown' of senior softball by default.

We played ten games in five days plus an exhibition game before the tournament, which was filmed for a special segment. I don't know when or if it will be aired on TV.

Who knows what the future will hold? Bill Smith, the owner of the Tremont Hotel says we may go to Florida for Spring training again. Just as long as I can 'Play Ball'.



UB University (UBU) Regents Speak Out

by Rev. Dr. Fran Stewart
Lawrenceville, GA

Our own beloved Rev. Dr. Reggie Worrell, president of Universal Brotherhood University, recently asked members of the UBU Board of Regents, "Why do you serve on this Board? What do you get out of it?"

Here are some brief excerpts from the answers of four of the Board members;

Rev. Lyn Hammond-Gray: I am uplifted, impressed and amazed at the opportunity for a UB Minister to grow and expand through degree work.... bonding with the soul. I am strengthened as I see the remarkable works placed for our review. It is a constant reminder of spirit at work in the human form... a continual personal and divine growth experience.

As Padmasambhava reminds us:

*Without beginning or ending,
your original wisdom
Has been shining forever,
like the Sun.*

*To know whether or not this is true,
Look inside your own mind.*

What better place could there be to grow with wisdom than Universal Brotherhood University?

Rev. Dr. Joyce Rennolds: ... an honor and a privilege ... a powerful organization ... recognize the spiritual expression of talented and unique individuals ... contributes to my growth and understanding of spiritual principles.... I have learned to love and appreciate each of my colleagues and value each one of them for their own unique talents and creative abilities. This is a sacred and holy association which continues to bless me abundantly.

Rev. Dr. Barbara J. Roberts: I

consider it an honor and a pleasure ... such a joy for me to be with this group of loving, spiritual beings.... my pick-me-up for the month ... awe-inspiring to work with the tremendously creative UBM ministers seeking higher acknowledgement of their ministries. I am constantly amazed and impressed by the caliber of work, and feel greatly humbled to be continuing my own spiritual growth in this manner.

Rev. Dr. Fran Stewart: I believe in the work that UBU does ... Regents bring a positive influence, an encouraging, supportive voice to the UBU scholars.... UBU is growing, and I delight in being an integral part of that growth.

We would be delighted to answer your questions about how to apply for the Master of Divinity degree (M.Div.). If you already have a Master's degree through UBU, you may apply for a Doctor of Divinity degree (D.Div.) Contact Rev. Dr. Reginald Worrell, at: 404-296-8200 or email him at elif@mindspring.com



IN THE WALK OF THE SPIRIT

Rev. Gill Schwartz
Camp Lake, WI

A step is taken that aims for nothing
Until the place is shown;

The foot then firmly placed
Where there was no place before.

Another step in faith.

Another revelation.

As the rearward foot releases its
hold

In reaching urgency,
Its weight-supporting spot weakens,
dissolves.

All that is left is a trail
of has-been-ness.

In the Eternal Plain lie
these hazy tracings,
Sometimes wandering, confused,
often alone,

Yet striving, yearning towards
the Light.

Who is to follow a trail wrought of
faith

And destiny,
save one who can truly believe?

Who is to step from a
place graced solid

To where there is no place at all,
Save one who has no other way to
go?

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www.WisdomVisions.com

Animal Wellness Essences

by Rev. Elisabeth Trumet, Helen, GA

I would like to take this opportunity to announce my ministry for the animal world. I carry and work with Animal Wellness Essences. My vision and focus is to ease complaints of all sorts for our furry and feathered friends.

I bring to you and the animals a collection of Flower Essence remedies that offer healing vibrational energy to their electrical systems. Each remedy serves the animals' mental, spiritual and physical well-being in specific ways. A few of these are: **Anxiety, Respiratory issues, Immune Support, Sibling Rivalry, Neediness (Overly anxious), Abuse or Abandonment, After Emergency Care, Grief and Loss.**

I welcome the opportunity to assist you and your pets/companions as our animal friends require balancing as they develop on all levels.

Contact me at: (706) 878-3189.



Diving Accident: An Angel Miracle Story

by Rev. Sunni Boehme
Milwaukee, WI



Searing pain hit the center of my chest. I can't breathe! Is this a heart attack 60 feet underwater? "Stay calm, breathe calm", I told myself. I breathed and the pain struck again. My eyes searched for the dive master. I must go up. The dive master was 10-20 feet beneath me and Steve was beside me. I closed my fist and pounded the center of my chest, and motioned that I was in trouble and had to go up. I trusted Steve would know what to do as he had been diving for over 30 years. I was terrified. I couldn't breathe. I told myself to stay calm knowing that I must exhale as I ascend or I could burst my lungs. Pain struck again and I was afraid to breathe through my regulator. This was only my 4th dive, it might be my last. We were 5 miles from land. I can't breathe. I felt the panic and I remembered what I did so very wrong in my diving class ...I told myself...Focus Sunni, just exhale all the way up.

A few months earlier while taking my scuba diving training I had panicked in the pool. I knocked the regulator out of my mouth and struggled crazily toward the surface. I learned a very tough lesson but, in this current moment of panic I remembered to stay calm and exhale to the surface and not panic. I had to completely surrender and trust that Steve would take care of me.

(Steve) I saw Sunni signal that she was in trouble and I looked into her eyes and recognized that there was something seriously wrong. She had been diving perfectly for about 15 minutes. She was relaxed and we had just seen a beautifully colored eel and touched a black rock that surprisingly turned out to be a sponge. I took her arm and began the slow ascent when I saw what looked like blood begin to fill her mask and come out of her nose. I knew we were deeper than she had ever gone before. I saw the fear in her eyes. If this really were blood she would be lucky to last 30 seconds when we reached surface. Blood usually means a burst lung and that means death. We were near a rock outcropping that we grasped for when we

reached the surface. It was covered with sharp coral and slippery algae that made it difficult to hang on to. As I saw Sunni's face in the sunlight her lips were completely dark blue, a sign of no oxygen. I grabbed her mask and pulled it off. She gasped " I can't breathe." I flipped her weight belt open and let it drop to the bottom to take the pressure off her waist, trying to hang on to her because she kept losing consciousness. I opened her BCD jacket. I could hear her breathing gurgling like a person possessed. Her lungs were full of salt water. She wasn't having a heart attack. The regulator had malfunctioned and she had inhaled salt water. This causes great pain and often causes vomiting. She coughed and sputtered and threw out more blood through her nose and mouth. She passed out. I didn't know if she died. I pounded on her back to get her to cough out more fluid but, my BCD (air vest) was not holding air and I was sinking myself. I was struggling to get some kind of hold on this cutting and slimy rock surface as the water washed over my face. I couldn't stay afloat with my weight belt on. My constant thought was to keep her face out of the water and now I wasn't sure if I was going to go down with her. Exhaustion pulled at me as a big wave hit me from behind and tore both of us off the rock. She slammed into my chest and luckily I had just released my weight belt and I grabbed her to me. The undertow sucked us down into a washing machine tumbling us under the water twice and swished us 15-20 feet to the right. When our heads popped out of the water we could see that we were going to be slammed into a rock canyon. She screamed (at least I knew she was still alive). We hit the end of the canyon.

(Sunni) I opened my eyes just in time to see the boulders of the rock canyon coming toward my face. I screamed. Terror hit me again..... I can't breathe!!! I knew that I couldn't live through a wave pounding like this. What if I hit my head or break a leg. Slam!!!! And then I felt myself tumbling under the water again and being sucked back out to the sea. I knew I could die. I was paralyzed. I couldn't help myself in any way. The wet suit was doing a very good job of making me buoyant. I couldn't think and I had not been able to move my arms or legs to help

myself. I was terrified! As scared as I had ever been in my life. I could feel Steve at my back as we were tumbling under the water and suddenly the wave reared up and spit us up onto a rock ledge 10 feet above the water surface. Completely out of the water. Me sitting on my butt and Steve right behind me. As the wave washed back over us it split and went around us so that we were not pulled back into the Aegean Sea. As it receded he realized that he had a perfect place to grasp for both of his hands and his feet. I choked on the water and spit it out and said "honey, if I don't make it let me slide into the water and leave me here". I felt totally sure that if another wave hit us that I would die here scary, yet I was at peace with the thought of death.

He shouted. "I love you and we are not leaving this rock". He continued to pound on my back and lean me to the side to cough out the liquids in my lungs. He told me we were safe now, I have a good hold on these rocks". I braced myself for fear that another wave would wash over us that I knew would take my life. I grabbed for him and told him that I loved him. The wave had not hit yet, I felt I only had a moment to tell him. Another moment passed and still no wave. We both looked behind us and the sea had returned to perfect calm. There had been only 2 waves on an otherwise perfectly calm day. Those waves saved my life. Like the sea said, "it is not your time just now" and spit me high up onto the rocks where I could rest until the dive team came. Steve said, " your angels are really looking out for you". That was your angel who threw us up on this rock and gave me this perfect handhold". I felt myself sigh and my eyes welled up with tears. I could feel his love and the love of the angels and I passed out.

(Steve) Sunni always talks about her angels and how they protect her. Well, now I believe her. That wave had to be angels. The sea had now returned to perfectly calm and she is still alive and I am just going to keep pounding on her back to get her to release the fluid in her lungs until the dive master comes with the boat to take us to shore. Sunni always talks about miracles and now I believe in Miracles.

Thank you God! Sunni



BE THE CHANGE YOU WANT TO SEE
HEALING YOURSELF - HEALING MOTHER EARTH
REV. BARBARA EDWARDS MARTIN
SEABROOK, TX

Through generous and unconditional love for self everything is possible. Play with and practice this spiritual alignment technique to nurture yourself. The physical body contains the same matter as Mother Earth and the following steps will connect you with a sacred spiritual site above Russia. Your practice will create an opportunity of transformation for many through the love you give yourself. Experience and experiment with sensations you feel—this is your body and Gaia speaking to you. Soul speaks through physical sensations whether they are of pleasure or pain. You are soul and exist because you are divinely loved. Enjoy contemplating the glory of you.

Step 1—In a comfortable sitting position, drop knees outward bring soles of feet together. Whisper, chant or sing the word HU three times to strengthen 1000-fold the message of harmony you will receive in your heart.

Step 2—Hold your hands up with palms facing away from your body approximately 6-8 inches from neck & chest area. Keeping your elbows about 6 inches from your body, fold your ring and pinky fingers comfortably near palms of hands. Point index and middle fingers upward together with thumbs gently open. Identify the line that is created between the soles of feet, root chakra, third eye and between thumbs—your many chakras will be aligned in this position.

Step 3—Hold position for about 1 minute while breathing fully into all of your body. Feel the pulsating of alignment begin to center you.

Step 4—Without changing elbow or finger placement, turn palms of hands to face each other, positioning index, middle fingertips and thumb of left hand to meet those on the right.

Step 5—Hold position for about 7 minutes while breathing fully into all of your body. Feel the power of oneness with earth, the universe and all that is you.

Step 6—At completion use the words “May the Blessings Be” to send your message of love and alignment to all beings of earth, water and sky.

Blessings from Reverend Barbara

Contact IlluminatedLiving.org or (281) 326-2509 for questions, comments or information about other Spiritual Alignment Techniques

SPIRITUAL COUNSELING

(An inner journey to wholeness)

Rev. Patty Hinshaw
Binghamton, NY

"We are not human beings having a spiritual experience; we are spiritual beings having a human experience."

- Teilhard de Chardin

Spiritual Counseling helps you learn to go within to unveil and to know your internal source of personal power. Traditional mental health professionals generally concentrate on just one aspect of the person. Spiritual Counseling, on the other hand, helps people integrate and heal all parts of themselves: body, mind and soul, including the disowned or shadow side. The result is wholeness and a more lasting healing because it begins where you are and ends where you want to go.

Spiritual counselors generally hold a graduate degree in a related field such as psychology, education, social work, or theology; and they are usually ordained ministers or licensed metaphysical teachers. This blending of mental health training and spiritual training makes the counselors most effective.

Rainer Maria Rilke said, "There is only one journey. Going inside yourself." You can not find in the outer what can only be found within; deep in the recesses of your being. Only here can that "Hole in the Soul" be filled. Most spiritual counselors believe that people can discover within themselves the answers needed for healing. The spiritual journey to self is not for the faint hearted. It takes the same self commitment as that of any persistent explorer, mountaineer or astronaut! We are a Trinity of body, mind, and soul or psyche. For true healing to occur, all parts of us must be treated, integrated, and healed. Only then can true transformation take place.

How Does Spiritual Counseling Work?

Individual spiritual counselors practice from differing levels of experience, training, philosophies and theologies. Some concentrate heavily on a theistic approach and encourages their clients to increase their faith in God, to provide the inner guidance to evoke God's will or

divine plan.

Others practice from a more metaphysical approach. They usually ask pertinent questions to help clients clarify the issues in their own mind. But spiritual counselors do not attempt to "fix" your problems. Instead, they encourage clients to reach within to their own inner Source to effect their own solutions. Spiritual counselors may be soft and gentle and active listeners. Or they may be more proactive striving to gently push and empower you to risk whatever pain it takes to create momentum so the results come more quickly.

What Happens When You Commit to Spiritual Counseling?

Because you begin with an inner "divine discontent," you take yourself more seriously. You learn to recognize your spiritual nature.

You explore your core beliefs, perceptions and reactive responses to events, experiences and people.

You learn where you have been stuck in your "woundedness" so that healing and sound emotional health are the results.

You learn to stop behaving in ways that no longer serve you, and you start living pro-actively with a focused, conscious intent.

You learn to tell the "microscopic truth" to yourself and others. You begin to integrate body, mind, and spirit so that your soul may continue on its spiritual journey towards wholeness.

You learn to trust and recognize your "inner power" and learn how to co-create with the Universal Higher Power - (in whatever way you understand it).

You take responsibility for your thoughts, your mind, and your actions to create success in all areas of life

You learn to co-create with universal laws to "have it all" - health, wealth, harmonious relationships and personal and professional goals that you want and deserve.

Why Does Spiritual Counseling Work?

An effective trained spiritual Counselor helps you understand the nature of yourself, the nature of the universe, and the nature of their inter relatedness. Feedback and mirroring from the spiritual counselor allows your consciousness to expand and grow as you learn to "see things

differently."

You must "see it right" and then "set it right." The synergy between you and the spiritual counselor creates energy and momentum.

Spiritual counseling helps you identify and change those beliefs and patterns that no longer serve you and your highest good.

Spiritual counseling teaches you concrete tools with which to change life-long destructive behaviors that have sabotaged your efforts to a healthy, harmonious, and happy life.

Spiritual counseling works with "all aspects of you" and helps you integrate all the components of your life. It teaches you to be the diagnostician as well as the surgeon in your own individual healing. Only YOU know what your soul needs; thus you perform your own soul surgery.

Spiritual counseling not only teaches you universal spiritual laws, but also how to work with them. It shows you how you attract your own experiences and circumstances - both positive and negative - through the power of your mind.

Remember: YOU ARE THE PRODUCER & PLAY DIRECTOR OF YOUR LIFE'S SCRIPT. CHOOSE YOUR CHARACTERS & DRAMAS WISELY - ELSE YOU CLOSE THE CURTAIN ON YOUR LIFE BEFORE OPENING NIGHT, AND THEN SADLY, YOU AND OTHERS NEVER GET TO ENJOY THE PLAY.

Rev. Patty K. Hinshaw, MA, BD is a licensed Metaphysical teacher, Spiritual Counselor, and ordained interfaith UBM minister. As Founder and Director of the International Center for Enlightenment, she has lived and worked in 7 countries, lectured and given workshops in the USA, New Zealand, Australia, England, and the Caribbean. Patty's professional experiences include social work, individual, marriage and family counseling, divorce mediation and speaking. She is a published author, poet and artist. She teaches metaphysical classes at Broome Community College, NY, in the adult education dept. She has a private Spiritual Counseling practice and is available for weddings, workshops and speaking engagements. She can be reached at; (607) 772-0326.

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