

# Pakenham Spiritualist Centre Newsletter

## Welcome...

Hi there, this is your friendly Reverend Pananda DonnaRae again.

Our Christmas holidays went so fast hey, and here we are our first Service for the year 2024 with the lovely ladies, Medium Rev Trish Roche of Lilydale Spiritualist Church and our lovely Medium Sharon Lee-Gaine of Rosslyn Sanctuary Anam Cara, these two beautiful Souls have graciously opened our first service, I feel so blessed that they have honoured our Sanctuary with their unconditional service with Spirit Connections.

The schedule for the year has been organised and we are in for a wonderful year of a selection of Mediums, each working in totally different ways, which excites us in their communication of love and light messages to the loved ones who are present in our Services.

We enjoy the friendship of new and old and the PSC Team who unconditionally assist the Sanctuary and our Services to run like clockwork.

### Message from Reverend Pan

Nurture all your love, take the time to nurture the things you care about so that they may flourish and grow.

Your hopes, your dreams, your body, your mind, your spirit, your creations and your relationships, all that is you, needs to be cherished, loved, honoured and respected.

Without care and attention, these aspects of self can fall into a state of neglect that does only harm to both you and the world around you.

Nurture them, and they will bring you peace and fulfilment.

We hope you enjoy this first Newsletter for 2024

From Rev P.

**N.B. Please note that for 2024 there has been a change in the starting times for our healings (1:15pm) and the service (2:00pm—4:00pm).**



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## Clay Balls

A man was exploring caves by the seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled clay balls and left them out in the sun to bake.

They didn't look like much, but they intrigued the man, so he took the bag out of the cave with him. As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could.

He thought little about it, until he dropped one of the clay balls and it cracked open on a rock. Inside was a beautiful, precious stone!

Excited, the man started breaking open the remaining clay balls. Each contained a similar treasure. He found thousands of dollars worth of jewels in the 20 or so clay balls he had left. Then it struck him.

He had been on the beach a long time. He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves. Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he had just thrown it away!

It's like that with people. We look at someone, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling, so we discount it.

We see that person as less important than someone more beautiful or stylish or well known or wealthy. But we have not taken the time to find the treasure hidden inside that person.

There is a treasure in each one of us. If we take the time to get to know that person, and if we ask God to show us that person the way He sees them, then the clay begins to peel away and the brilliant gem begins to shine forth.

May we not come to the end of our lives and find out that we have thrown away a fortune in friendships because the gems were hidden in bits of clay. May we see the people in our world as God sees them.

I am so blessed by the gems of friendship I have with each of you. Thank you for looking beyond my clay vessel.



## I Wish You Enough

I wish you enough sun to keep your attitude bright no matter how grey the day may appear.

I wish you enough rain to appreciate the sun even more.

I wish you enough happiness to keep your spirit alive and everlasting.

I wish you enough pain so that even the smallest of joys in life may appear bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish you enough hellos to get you through the final good-bye.



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Believe nothing just because a so-called wise person said it.  
Believe nothing just because a belief is generally held.  
Believe nothing just because it is said in ancient books.  
Believe nothing just because it is said to be of divine origin.  
Believe nothing just because someone else believes it.  
Believe only what you yourself test and judge to be true.  
– Buddha

## Remember me? My name is Gossip.

I have no respect for justice. I maim without killing; I break hearts and ruin lives.

I am cunning and malicious and gather strength with age. The more I am quoted, the more I am believed. I flourish at every level of society. My victims are helpless. They cannot protect themselves against me because I have no name and face.

To track me down is impossible - the harder you try, the more elusive I become. I am nobody's friend - once I tarnish a reputation, it is never quite the same.

My name is gossip!

It is not possible to grow until we have **TOTALLY LET GO OF THE DESIRE TO GOSSIP OR TO PARTICIPATE IN IT!**



## 28th January...

People started coming for healing at 1:15pm. Service started 2pm with smiles, laughter, lovely music, meditation & spiritual teaching. Wow

What a lovely start to the season of Service working with Spirit.

Rev Trish spoke about Spiritualism, a wonderful teaching of how spirit can work with us and signs if you're open to see. Thank you

Sharon-Lee immediately went straight into proof of survival, walking the platform in conversation & relaying evidence to the sitter, I counted 7 people received messages from their loved ones from the other side, wow, thank you



*Rev Trish, Rev Pananda, and Sharon.*

“Don't let what other people think stop you from doing the things you love”

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The start of the season rocked with 37 people, and yes afternoon tea was a buzz, so wonderful to see everyone mixing, great start for the new year

Gratitude to everyone, the community, the mediums, the PSC team, you know who you are, anddddd Spirit

Blessings in love and light,

Your Rev Pan



## 11th February...

Sunday the 11th Feb was such a warm day, lovely cool afternoon in our Sanctuary with gratitude, love, trust, faith, healing.

We were blessed with the congregation, spirit and the unconditional love of the Mediums Debbie Warburton & Annie Desborough.

Wow what an afternoon, spirit was very busy thank you all.

Afternoon tea was a buzz with meet & greet & laughter.

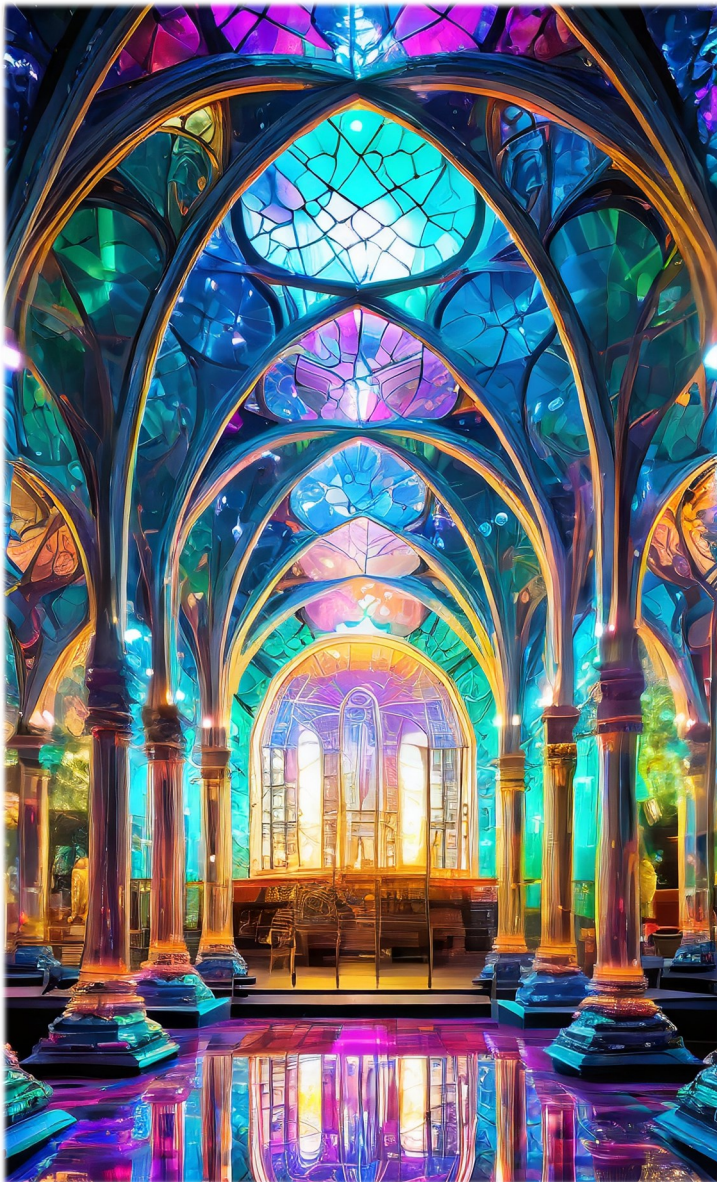
Thank you Pakenham Spiritualist Centre family

Blessings

Your loving Rev Pananda & PSC Team



Annie, Rev. Pananda, and Debbie



I brought flowers down from heaven,

I put them at your door,

a reminder that I'm with you,

today and forever more.

I danced in fields of love,

so you'd feel me in your heart,

a reminder that I'm with you,

and we are not apart.

I sang to the tune called memories,

so you could join in too,

a reminder that I'm with you,

and that I never left you.

I met you in your dreams,

so you could smile again,

a reminder that I'm with you,

to try to ease your pain.

I whispered in the wind,

blew a kiss upon your face,

a reminder that I'm with you

in every single place.

J. Boyle Heartfelt art by Steffi Krenzek

## Risk...

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental.

To reach out is to risk involvement.

To expose feelings is to risk exposing your true self.

To place your ideas and dreams before the crowd is to risk their love.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

But the greatest hazard in life is to risk nothing.

The one who risks nothing does nothing and has nothing - and finally is nothing.

One may avoid suffering and sorrow,

But one simply cannot learn, feel, change, grow, or love.

Chained by ones certitude, one is a slave; one has forfeited freedom.

Only one who risks is free!



Transformation happens naturally. It's a matter of love. It's not something to talk about, it's something to experience



## 25th February...

Sharing with you all, what a wonderful day we had at Pakenham Spiritualist Centre, sanctuary of Light.

Ronald Kohlman giving us enlightenment of his Peru travels & teachings.

Margaret Percy demonstrating proof of survival and shared with Leonie Adamson and lastly Rev Pan.

Oh and the kitchen was abuzz.

Thank you everyone for helping to pack up, you rock :)

Blessings in love and light

Rev Pan and team



Leonie, Margret, Rev. Pananda, and Ronald

## QUOTES

Imagination was given to man to compensate him for what he isn't. A sense of humour was provided to console him for what he is. - *Horace Walpole*



Be not astonished at new ideas; for it is well known to you that a thing does not therefore cease to be true because it is not accepted by many. - *Spinoza*



It is an inexorable Law of Nature that bad must follow good, that decline must follow a rise.

To feel that we can rest on our achievements is a dangerous fallacy.

Inner strength can overcome anything that occurs outside.

- *I Ching*

## Good morning...

Woke up to the birds chitta-chatta, they are enjoying the weather, rain, sunshine trying to filter through, you can feel the seasons of change

Enjoy your day, I've baked the chocolate cake and I know the sandwiches are made look forward in seeing you at Pakenham Spiritualist Centre, Sanctuary of healing & light

Blessings, Your Rev Pan & team



## Our Aim...

To promote the universal structure of peace and integrity, with the source of energy, god (the great spirit), who protects and attracts a likeness to his name and of all good deeds done on the earth.

## About Rev. Pananda...

Rev. Pananda is a Spiritualist Minister with over 30 years of experience in holistic and spiritual practices. She is a deep trance channeller, a mental and physical medium, a psychic, and a healer. As a Medium, she brings a professional and empathetic approach to connecting with loved ones on "the other side," providing meaningful communication.

In her role as a trance channeller, Rev. Pananda sets aside her conscious self, allowing a non-physical or spiritual being to speak through her. She is also a skilled healer, drawing on her connection to higher knowledge to guide her in selecting and applying the most effective therapies for her clients. Her qualifications include being a Reiki-Seichem Master, a Zenith Master Practitioner, and a Spiritual Healer, with training in various other metaphysical and healing modalities. Additionally, she has led numerous Spiritual Development Circles, helping others on their spiritual journeys.

## 10th of March...

We had the pleasure of having Michael Withington, giving us a Spiritual Lecture and Janelle Carter sharing the demonstrations of proof of survival within the two worlds of Spirit.

Thank you everyone for helping to pack up, it really helps.

Blessings in love and light,

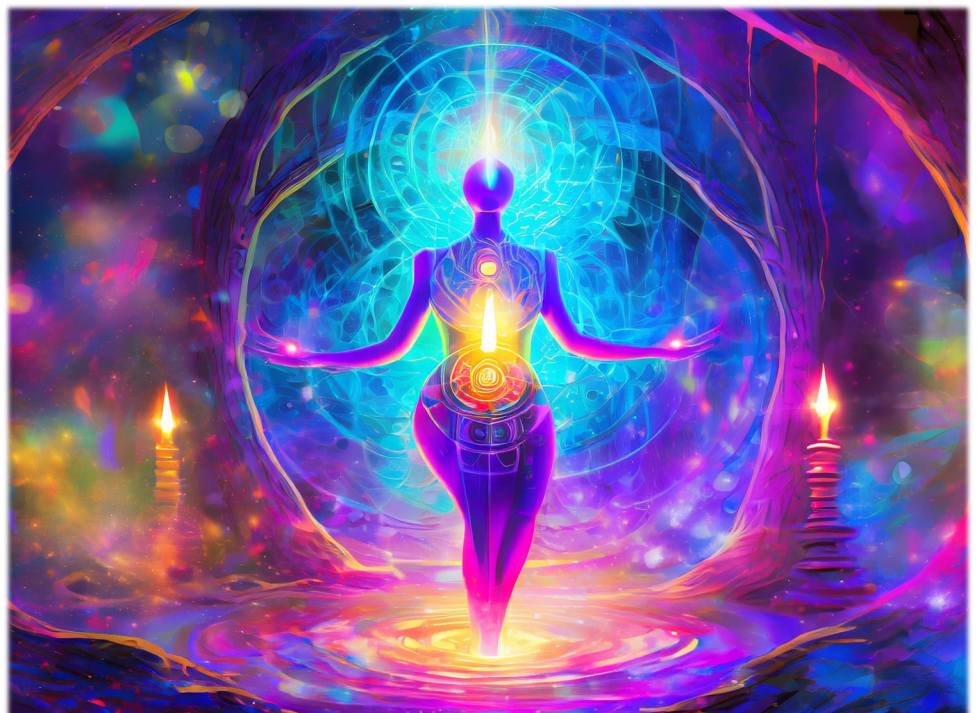
Your Rev Pan



Michael and Janelle

## "HUGS"

*Hugs are actually so underrated,  
Especially those hugs that are so tight you can  
literally feel the other person's heartbeat and for  
a moment everything feels so calm and safe like  
nothing can hurt you.*





## 24th March...

We had a wonderful afternoon with friendship, smiles of many messages of communication from our loved ones from the spirit world.

How blessed we were with Andrew Glen inspirational talk of his spiritual journey & teachings overseas, the main message was Trust your guidance from within, your guides, great white spirit

Maureen Ockenden wow, beautiful flow of trust with her spiritual team, one after another connected with a loved one, relayed proof and messages



*Andrew, Maureen, and Rev. Pananda*

Andrew Glen followed suit. He walked a little 2 1/2 year old Spirit girl to her adult sister, then continued with the message, which was so important to relay of love and encouragement to continue on her journey.

How precious to witness such unconditional love and service from these two mediums who have a great bond working together, bringing laughter and mischief which spirit and congregation love.

Thank you, Thank you, Thank you. You both rock.

With many songs and spiritual prayer of gratitude, meditation, story and joke.

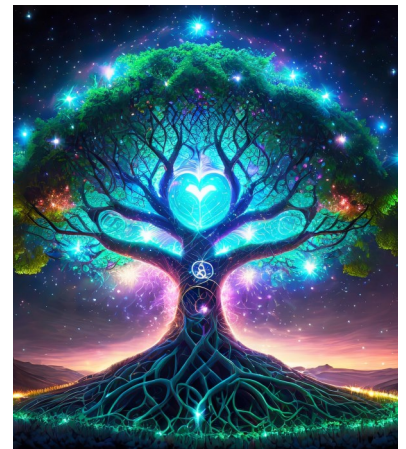
And a joyful kitchen, with the buzz of chitter chatter, laughter and food.

I know Rev Lakis and Mara will have a smile on their faces seeing the Sanctuary full and the kitchen full of communication, bringing friendship and likeminded together.

Pakenham Spiritualist Centre was opened by Rev Lakis and his lovely wife Mara, in May 2010

Blessings in love and light,

Your Rev Pan



## One Song...



One song  
Can change a moment.  
One idea  
Can change a world.  
One step  
Can change a journey.  
But one prayer  
Can change the impossible.



## “Sorry”

works when a mistake is made, but not when trust is broken.  
So in life, make mistakes but never break a trust. Because forgiving is easy, but forgetting and trusting again is sometimes impossible.



## Grief...

Grief never ends...  
But it changes. It's a passage, not a place to stay.  
Grief is not a sign of weakness, nor a lack of faith... It is the price of love.  
So look after yourself, it'll be ok.



## BOWL...

A man and his dog were walking along a road. The man was enjoying the scenery, when it suddenly occurred to him that he was dead.

He remembered dying, and that the dog walking beside him had been dead for many years. He wondered where the road was leading them.



After a while, they came to a high, white stone wall along one side of the road. It looked like fine marble. At the top of a long hill, it was broken by a tall arch that glowed in the sunlight.

As he was standing before it he saw a magnificent gate in the arch that looked like mother-of-pearl, and the street that led to the gate looked like pure gold. He and the dog walked toward the gate, and as he got closer, he saw a man at a desk to one side.

When he was close enough, he called out, "Excuse me, where are we?"

"This is Heaven, sir," the man answered.

"Wow! Would you happen to have some water?" the man asked.

"Of course, sir. Come right in, and I'll have some ice water brought right up."

The man gestured, and the gate began to open!

"Can my friend," gesturing toward his dog, "come in, too?" the traveller asked

"I'm sorry sir, but we don't accept pets."

The man thought a moment and then turned back toward the road and continued the way he had been going with his dog.

After another long walk, and at the top of another long hill, he came to a dirt road leading through a farm gate that looked as if it had never been closed. There was no fence. As he approached the gate, he saw a man inside, leaning against a tree and reading a book.

"Excuse me!" he called to the man. "Do you have any water?"

"Yeah, sure, there's a pump over there, come on in."

"How about my friend here?" the traveller gestured to the dog.

"There should be a bowl by the pump."

They went through the gate, and sure enough, there was an old-fashioned hand pump with a bowl beside it. The traveller filled the water bowl and took a long drink himself, then he gave some to the dog. When they were full, he and the dog walked back toward the man who was standing by the tree.

"What do you call this place?" the traveller asked.

"This is Heaven," he answered.

"Well, that's confusing," the traveller said. "The man down the road said that was Heaven, too."

"Oh, you mean the place with the gold street and pearly gates? Nope. That's hell."

"Doesn't it make you mad for them to use your name like that?"

"No, we're just happy that they screen out the folks who would leave their best friends behind."

## Crystals...

Gemstones and crystals possess a natural magic, rooted in the Earth's wonders. These stones are an integral part of the Earth, as quartz makes up a significant portion of our planet's composition. Quartz, composed of silica and water, mirrors the elements within our own bodies, which are primarily water. The Earth's magnetic field resonates with the vibrational energy of crystals and gemstones, much like the magnetic field of the human aura. The piezoelectric properties of crystals, along with the energy fields of other gemstones, align with our human energy and electrical frequencies. This alignment allows them to be powerful tools for rebalancing our energy when we need healing or realignment. As inhabitants of Earth, we share a deep connection with the gemstones and crystals that emerge from it.

Healers have long utilised crystals and gemstones, and their significance is growing as their energy becomes more activated. These stones are now playing a more prominent role in healing both people and the Earth. As crystals and gemstones evolve and heal, their expanding frequencies help to open, align, and reprogram human auras. The small crystals and colored gemstones we carry in our pockets or wear as jewelry offer more benefits than we often realize, with their energy becoming increasingly potent over time. As the Earth awakens and heals, so too do the crystals and gemstones, her tools of healing, which in turn help to awaken and heal all living things.

### When working with crystals:

#### RULE NO. 1:

There are no strict rules for using crystals or minerals in healing.

#### RULE NO. 2:

For any other rules, see Rule No. 1.



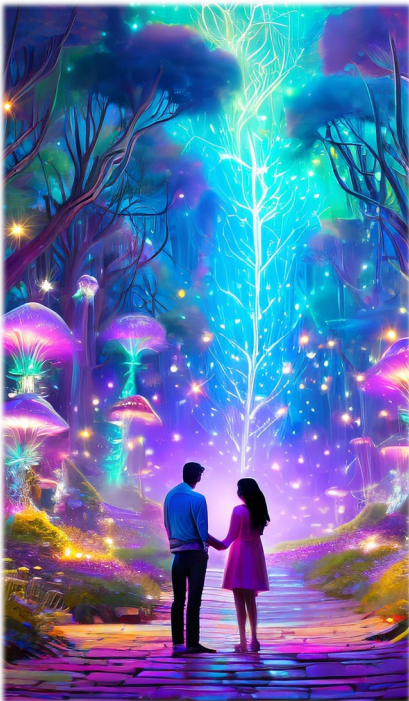
One ought, every day at least,  
to hear a little song, read a  
good poem, see a fine picture,  
and, if it were possible, to  
speak a few reasonable words.

– Goethe

~ ~ ~

The most wasted day of all is  
that during which we have not  
laughed.

– Sebastian R N Chamfort



## Story of a Poor Family..

One day a father of a very wealthy family took his young son on a trip to the country with the firm purpose of showing him how poor People lived. They spent a couple of days and nights on the farm, of What would be considered a very poor family?

On their return from their trip, the father asked his son, "How was The trip?" The son replied: "It was great, Dad."

"Did you see how poor people live?" asked the father.

The son answered: "I saw that we have one dog and they have four.

We Have a pool that reaches to the middle of our garden; they have a Creek that has no end. We have imported lanterns in our garden; they Have the stars at night.

Our patio reaches to the front yard, they have the whole horizon. We have a small piece of land to live on; they have fields that go beyond their sight. We have servants to serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us; they have friends to protect them."

The father simply stood there, utterly speechless.

Then his son added, "Thanks, Dad, for showing me how poor we are!"

A big thank you to Ali, Celeste, Pam, Donna, Joan, Nat, and all our Healers and others who have helped with services.

To all the members of this Sanctuary who also unconditionally assist us and that help with the packing up. **Your help is very much appreciated.**

## The Last Word...

### Pakenham Spiritualist Centre

All are welcome to join us at the Pakenham Spiritual Centre for our fortnightly service. Come join us for a spiritual afternoon with Mediumship, a Lecture on Spiritual matters, and the company of like-minded individuals.

Our service is led by the centre's Reverend, who will be supported by invited Guest Speakers and Mediums. The guest speaker will provide us with a "spiritual" talk and the Medium(s) will be demonstrating evidence of survival (Mediumship).

During the service, we do ask for your support with a freely given donation, to support the running of the church. After the service, we invite you to join us for afternoon tea and conversation in the kitchen.

We are a spiritual community, and are not fixed on any particular religious doctrine. We only request that you come with an open heart and mind.

We would love to see you there.

We have thoroughly enjoyed the Summer Season of our Mediums...

January: Trish Roche, Sharon Lee-Gain.

February: Annie Desborough, Debbie Warburton, Ronald Kohlman, Margaret Percy.

March: Michael Withington, Janelle Carter, Andrew Glen and Maureen Ockenden.

Wow, what proof of survival of Spirit coming through these dedicated Mediums, the trust, the relationship through their guides to give such evidence. And to mention their Spiritual Lectures of Wisdom. Spirit has been very busy.

We thank Ronald for the music, the assistance of setting up to have the Sanctuary looking so lovely.

The Spiritual Healers, they know who they are.

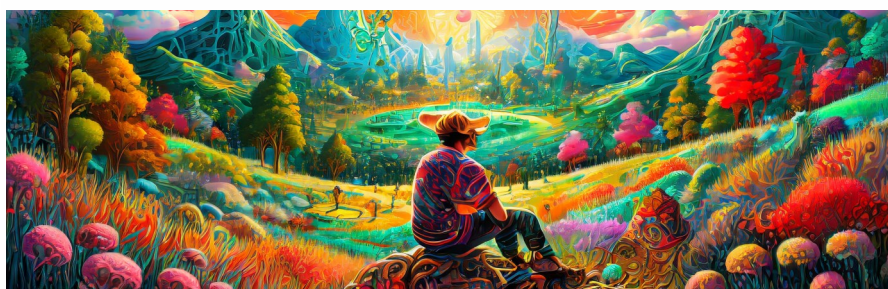
The Kitchen runs smoothly with our life member Celeste and helpers.

Thank you, Alison, for your dedication to assist us in all our needs and keep us in order.

Now we thank ALL who bless our wonderful sanctuary of Healing love and light, we look forward to our next Season Autumn.

See you there,

Your loving Reverend Pananda and the Pakenham Spiritualist Team, Ronald, Ali, Celeste, Pam, Donna, Joan, and many more.



### Pakenham Spiritualist Centre

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[www.pakenhamspiritualistcentre.com](http://www.pakenhamspiritualistcentre.com)



Pakenham Spiritualist Centre Services are held on Sunday's every two weeks throughout the year.

The service officially commences at **2:00pm** and finishes around **4:00pm**, which is followed by light refreshments, community connection, and fellowship. Spiritual Healing services are from **1:15pm to 1:55pm**.

And our platform of mediums bring through messages, guidance, inspiration, and 'proof of survival' from your loved ones in spirit.

Our program generally consists of:

- ◇ Welcome and introduction
- ◇ A 20 minute talk from a guest speaker
- ◇ Prayers, Music and Songs
- ◇ Group Healing Meditation
- ◇ Demonstration of mediumship and proof of survival
- ◇ Closing of service
- ◇ Afternoon tea and light refreshments

Refer to our website for our calendar of Services for the coming year.

- ◇ If you would like to participate as a healer for the Church, please step forward and speak with Rev. Pananda
- ◇ Throughout the year we are planning a number of workshops and special events to be held, we will notify church members when these are organised.

# Current 2024 Schedule for Pakenham Spiritualist Centre

Reverend Pananda DonnaRae Kohlman 0417 714 093, [revpanandakohlman@gmail.com](mailto:revpanandakohlman@gmail.com)

## PAKENHAM SPIRITUALIST CENTRE

### “Schedule of Services 2024”

Sanctuary of Healing 1:15pm

Services 2pm – 4:00pm

afternoon tea after service.

16-18 Tivendale Rd, Officer Vic 3809 (Post Office Box 125 Olinda 3788)

Date	Lecturer	Mediums
28 <sup>th</sup> Jan	Rev Trish Roche	Sharon Lee-Gaine
11 <sup>th</sup> Feb	Debbie Warburton	Debbie W & Marlene Mills
25 <sup>th</sup> Feb	Ronnie Robertson & Singing	Ronnie Robertson
10 <sup>th</sup> Mar	Michael Withington	Michael Withington & Team
24 <sup>th</sup> Mar	Andrew Glen	Andrew Glen + TBA
7 <sup>th</sup> Apr	Suzanne Hatcher & Brian Cuskrin	Suzanne Hatcher & Brian Cuskrin
21 <sup>st</sup> Apr	Bec Campbell	Bec Campbell & Annie Desborough
5 <sup>th</sup> May	Sue Bowen	Sue Bowen, Katie & Robyn (team)
19 <sup>th</sup> May	Jan Hunneybell	Donita Duggan
2 <sup>nd</sup> Jun	Bec Campbell	Bec Campbell & William Mcilvany
16 <sup>th</sup> Jun	Donita Duggan	Brian Smith Dems
30 <sup>th</sup> Jun	Jordie Jane	Jordie Jane and team
14 <sup>th</sup> Jul	Ronnie Robertson	Ronnie Robertson & guest
28 <sup>th</sup> Jul	Debbie Warburton	Debs & Guest
11 <sup>th</sup> Aug	Michael Withington	Michael & Team
25 <sup>th</sup> Aug	Bec Campbell	Students
8 <sup>th</sup> Sep	Annie Desborough	Margaret P* & Marlene Mills
22 <sup>nd</sup> Sep	Bec Campbell	Students
6 <sup>th</sup> Oct	Suzanne Hatcher & Brian Cuskrin	Suzanne Hatcher & Brian Cuskrin
20 <sup>th</sup> Oct	Jordie Jane	Team
3 <sup>rd</sup> Nov	Bec Campbell	Bec Campbell & Annie Desborough
17 <sup>th</sup> Nov	Michael Withington	Michael Withington & Friend
1 <sup>st</sup> Dec XMAS	Sue Bowen - XMAS CELEBRATION	Sue Bowen, Katie, Robyn (Team)

[www.pakenhamspiritualistcentre.com](http://www.pakenhamspiritualistcentre.com)