

Pakenham Spiritualist Centre Newsletter

Welcome...

Hi there, this is your friendly Reverend Pananda DonnaRae.

Phew what an exciting year we have had, I call it exciting, for we are always learning, through cause and effect, if we are open to this adventure, we call our Souls Life Journey. We have had an extraordinary year with our Medium’s Team who did platform for our Sanctuary “Pakenham Spiritualist Centre”.

Through the year it has been amazing. Mediums that have given their time unconditionally and many travelling far to get to our beautiful Sanctuary of Light. We give gratitude, I know this journey, I have travelled far and wide to many places to assist the healing between the two worlds, we love the dedication and loyalty of all mediums.

Within the teachings that have been given, have been a collection from the “Creator all that is”, for we are all One, we all speak expressions differently, yet the messages are as One.

How profound it is when you come to Service and you find the same theme, the songs, the contemplation music, the Mediums giving their talk, your Reverend speaking and sharing, you will find it’s the same theme for that day. Amazing hey, the synchronicity is incredible?

Our last Service for the year was amazing, with five mediums up on platform, and everyone in attendance receiving a message. There was lots of laughter, the sharing, and the Christmas Spirit that was there amongst us. Loved ones on the other side were also there, showing their excitement, bringing loving tears. Many received messages from their loved ones, giving proof of survival, for really your Soul does not die.

It has been a pleasure being your Reverend and seeing you all grow and understand life and spirit a tad more, so that you can move your way forward with ease and harmony.

We hope you enjoy this last Newsletter for this year 2023

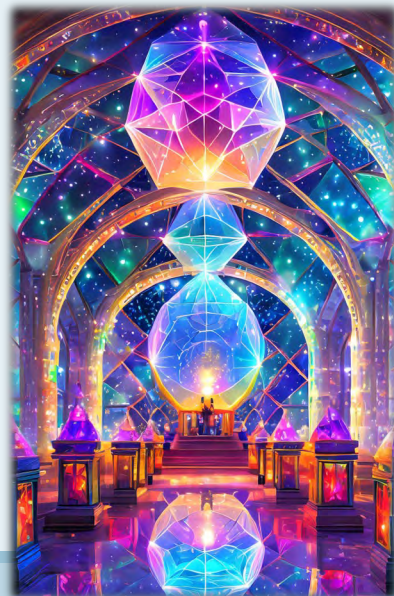
From Rev P.

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



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“The greatest illusion in the world is the illusion of separation”

– Albert Einstein

This quote may be attributed to Albert Einstein, but it has been echoed across centuries.

The idea of interconnectedness is also espoused (a cause, belief, or way of life) by many cultures and religions all over the world.

The truth is, we are interconnected. We are all one. And once our culture that currently values individuality and separateness recognise this interconnectedness, our world will be a better place.

I realize it is more complicated than this.

And yet, it's not.

Our state of Oneness is a fundamental truth that ancients and mystics have known all along. A truth that modern science now affirms too—everything and everyone is one.

The Universe's basic nature is love, and when we live consciously, recognising and honouring the Divine in ourselves and all living things, we are in alignment with the Oneness that connects us all.

And when we raise our vibration to this place of interconnectedness, we awaken ourselves to conscious reality and not only change the way we experience the world but how we exist in it.



My heart fills with passion, joy and creativity, gifts from the universe.



Ruby



PASSION

LOYALTY

PROTECTION

Ruby encourages us to live with passion and a zest for life. It is a powerful Heart Chakra stone that balances the heart and instills confidence. It helps us to be more emotionally aware and is associated with concentration, creativity, loyalty, compassion and honor. It protects our homes and our families and brings about spiritual wisdom while shielding us against psychic attacks.

SIGN : ARIES, CANCER, LEO,
SCORPIO, SAGITTARIUS

ELEMENT : FIRE

The Kundalini?...

What is the Kundalini?

“Kundalini” literally means coiling, like a snake. In the classical literature of hatha yoga Kundalini is described as a coiled serpent at the base of the spine. The image of coiling, like a spring, conveys the sense of untapped potential energy. Perhaps more meaningfully Kundalini can be described as a great reservoir of creative energy at the base of the spine.

It's not useful to sit with our consciousness fixed in our head and think of Kundalini as a foreign force running up and down our spine. Unfortunately the serpent image may serve to accentuate this alien nature of the image. It's more useful to think of Kundalini energy as the very foundation of our consciousness so that when Kundalini moves through our bodies our consciousness necessarily changes with it.

The concept of Kundalini can also be examined from a strictly psychological perspective. From this perspective Kundalini can be thought of as a rich source of psychic or libidinous energy in our unconscious.

In the classical literature of Kashmir Shaivism Kundalini is described in three different manifestations. The first of these is as the universal energy or parakundalini. The second of these is as the energizing function of the body-mind complex or prana-kundalini.

The third of these is as consciousness or shakti-kundalini which simultaneously subsumes and intermediates between these two. Ultimately these three forms are the same but understanding these three different forms will help to understand the different manifestations of kundalini.

So how do I awaken the Kundalini?

Indirectly kundalini can be awakened by devotion, by selfless service, or by intellectual enquiry. In these paths the blocks to the awakening of kundalini are slowly removed. Occasionally, individuals on these paths will experience a sudden awakening of Kundalini but generally because the blocks are slowly and gently removed Kundalini-like experiences evolve slowly in these paths.

Broadly speaking there are two radically different direct approaches to awakening Kundalini. One approach requires initiation by a guru and relies upon a technique called shaktipat, or “descent of shakti.” It is variously called: Siddha Mahayoga, Kundalini Mahayoga or Sahaja Yoga (Spontaneous Yoga). The other approach uses intentional yogic techniques. The styles using intentional techniques include Mantra Yoga, Hatha Yoga, Laya Yoga or Kriya Yoga.

Fundamentally the approach of Siddha Mahayoga and the Kundalini Yogas are different. In Siddha Mahayoga the guru awakens the Kundalini and after that the core of the practice is the inactive and non-wilful surrender to Kundalini.

In Kundalini Yoga's the will is used to awaken the Kundalini and to guide its progress. Clearly these are different approaches. Nevertheless, elements of the each approach occur in the practices of the other. Siddha Mahayogins may use asanas, pranayamas and other hatha yoga practices. On the other hand gurus in Kundalini Yoga may give infusions of shakti to their students to help them at particular points in their practice.

What are the signs of an awakened Kundalini?

Briefly, according to classical literature the signs of an awakened kundalini can be grouped into: mental signs, vocal signs and physical signs.

Mental signs can include visions that range from ecstatically blissful to terrifyingly frightful.

Vocal signs can include spontaneous vocal expressions that range from singing or reciting mantras to make various animals sounds such as growling or chirping.

Physical signs include trembling, shaking and spontaneously performing hatha yoga postures and pranayamas.

From a more subjective perspective the more pleasant experiences associated with a Kundalini awakening may include: waves of bliss, periods of elation, glimpses of transcendental consciousness. The less pleasant experiences associated with a kundalini awakening may include: trembling, sharp aches in areas associated with the cakras, periods of irrational anxiety, sudden flashes of heat.



8th of October...

What a great day with so many people joining us today. We had the pleasure of having Medium Michael Withington who gave a Lecture overshadowed with his guide and shared Demonstrations with Janelle Carter— a dedicated Medium, who is new to our divine service.

It was a day of fun, meeting and greeting in the kitchen, what a buzz it was again.

Thank you to the members who assisted in the packing up and help in the kitchen, you rock. Thank you Michael Withington and your spirit team.

Blessings with gratitude in love & light, Rev Pananda, Music man, and the Tribe



Michael, Janelle, and Rev Pananda.

Traditional Buddhist Prayer:

May all be free from sorrow and the causes of sorrow;

May all never be separated from the sacred happiness which is sorrowless;

And may all live in calmness and composure in difficult situations, without too much attachment and too much aversion;

And live believing in the equality of all that lives.

To cherish knowledge is to know **WISDOM**.

To know **LOVE** is to know **PEACE**.

To honour all of creation is to have **RESPECT**.

To face life with **COURAGE** is to know **BRAVERY**.

To walk through life with **INTEGRITY** is to know **HONESTY**.

HUMILITY is to know yourself as a sacred part of creation.

TRUTH is to know all of these Things.



22nd of October...

Christine Goritchan (Madam Chair of Seaford Spiritualist Church) giving demonstrations of evidential Mediumship of proof of survival. Along with Frances Peterson of Healing Vibrations, who gave us all a Spiritual Talk and then wonderful a meditation using her singing bowls .

Gratitude to Ronald, Ali, Celeste & the PSC family for helping today. Kitchen was abuzz yet again.

Blessings in love & light
Rev. Pananda



Christine, Frances, and Rev. Pananda

Message from Creator, All That is: KNOW YOU BELONG

You have a place. You have purpose. You are special.

Do not change who you are just so others might accept you.

Do not dishonor your truths by allowing someone else to tell you who you must be.

Change made, just so you fit the expectations or social criteria of a clique or group does not honor you.

You do not need to change in order to belong.

You are a blessed child of Gaia and Great Spirit, and belong simply because you are.



Little Johnny...

A science teacher wanted to teach her 6th grade class a lesson about the evils of alcohol, so she produced an experiment that involved a glass of water, a glass of whiskey and two worms.

"Now, class. Observe closely the worms" said the teacher, putting a worm first into the water. The worm in the water wiggled about, happy as a worm in water could be.

The second worm, she put into the whiskey. It writhed painfully and quickly sank to the bottom, dead as a doornail.

"Now, what lesson can we derive from this experiment?" the teacher asked.

Little Johnny, who naturally sits in the back, raised his hand, and wisely responded, *"Drink whiskey and you won't get worms!"*

A Little Soul...

A little soul, shining in heaven with God and all the other millions of shining souls, could not experience his own brightness because everything was so very, very bright.

Therefore, he asked God what he should do to experience the brightness which he was.

God replied that he must go to the darkness to see himself shine.

“What is darkness?” asked the little soul.

“It is that which you are not,” replied God, “but it is therefore that through which you may know who you are.”

The soul said he would like to experience, while he was in this darkness, some aspect of God.

“What would you like to experience?” asked God.

“Forgiveness,” replied the little soul.

This was a problem for God, because, of course, there was nothing to forgive. Just then one of the millions of perfect shining souls, a friendly soul, came forward.

“I shall help you experience,” it said.

“How?” asked the little soul.

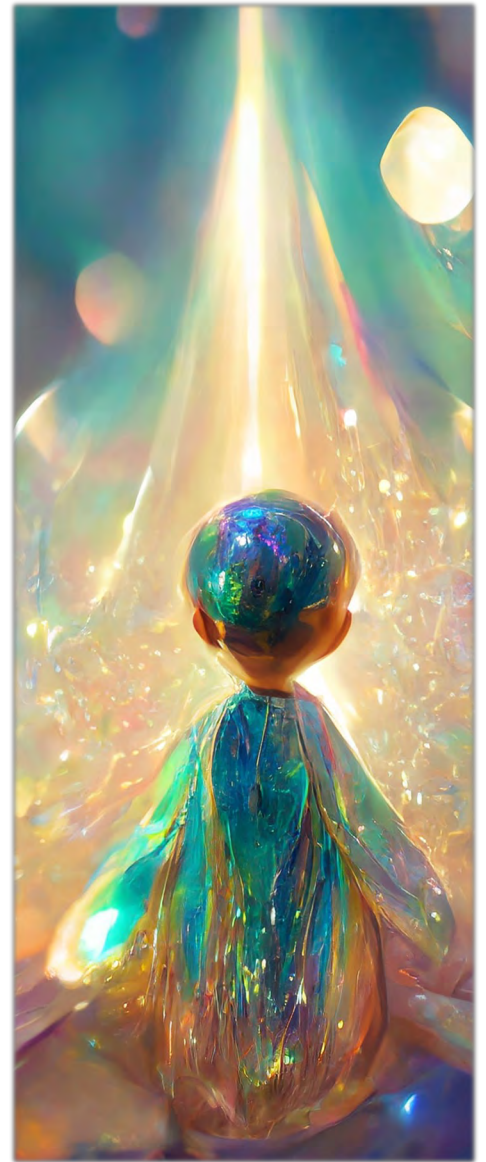
“How can one as perfect as you help me?”

“I shall come with you into the darkness,” said the friendly soul, “and shall make it so that you have the opportunity to forgive me.

Just one thing do I ask.

At the moment in the darkness, when I strike you, just remember who I am.”

-from *Conversations With God*, by Neale Donald Walsh-



Message from Creator, All That is: What is a Soul?

The Soul is the Divine Garment that every human wears.

The Soul is the Light which the Great Spirit has given to every one of his children.

The Soul is the Divine Breath which enables the individual to function in the Universe.

The soul is the vital spark, the dynamic wellspring of his existence, that which relates him to the great spirit, that which makes him part of the infinity which broods over every manifestation of life.

The soul is the imperishable garment that he will wear for all time. He is the soul, for the soul is the individual, the one part that reflects, thinks, decides, judges, weighs, loves, and that has every aspect of consciousness.

5th of November..

Medium and author Janice Hunneybell gave a informative Spiritual teaching. It is so wonderful to have Jan back on the platform, welcome back Jan.

Medium Donita Duggan wow, such a challenge when many spirits coming in to be addressed lol, eight readings were given, and sorted out the sitters with their loved ones. All were heard, and with much laughter.

We had beautiful music through the service and to complete before closing prayer, sat within the silence listening to the drums, singing bowls and chimes with Ronald & Rev Pan.

And of course the kitchen was abuzz with everyone talking and laughing.

Blessings

Rev Pan & PSC team



Danita, Rev. Pananda, and Jan

A Prayer

"May there be peace within you today.

May you trust that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith in yourself and others.

May you use the gifts that you have received and pass on the love that has been given to you. May you be content with yourself just the way you are.

Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise, and love. It is there for each and every one of us."



Preparation for Meditation

Establish a sacred sanctuary, whether seated nestled in your favorite chair or sitting/laying on the floor. Remember, you are more than just the physical and mental aspects of your persona; you are also a soul. Envision a translucent dome of light enveloping you to prepare the space around you. Within this sacred cocoon, your soul consciousness can emerge. Invite your entire self to join this moment.



Inhabit your spirit through breath. The sacred space remains as a radiant dome encircling you, representing the essence of your spirit. Inhale this spiritual essence, drawing it into your body, and then allow it to permeate within. Take deliberate breaths, feeling the luminosity entering your lungs and releasing throughout your entire being.

Embrace your innocence. Within the secure confines of your sacred space, recognise that your innermost self has surfaced beneath this illuminating dome.

Now, you are better positioned to engage in meditations with the perspective of innocence. Release the need to decipher meanings, and instead, be open to absorbing the experience with trust, knowing that its significance will reveal itself to you in due time.

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 DonnaRae is a Spiritualist Minister, deep trance channeller, mental and physical medium / psychic and healer. She has been working within the holistic and spiritual fields for over 30 years.

She is a Medium, Channeller and Healer; who is also qualified as a Reiki-Seichem Master, a Zenith Master Practitioner, and Spiritual Healer, having also had training in several other metaphysical and healing modalities. She has led many Spiritual Development Circles.

- ◇ As a Medium, she is professional and empathetic in providing communications from loved ones who are on "the other side".
- ◇ As a trance channeller, she can set her conscious-self aside and allow another being or energy, a non-physical or spiritual being to speak through her.
- ◇ As a healer, she uses this link to higher knowledge, to direct and guide her in what therapy to use and how to use it for maximum benefit for her clients.

19th of November..

Today the beautiful Sanctuary glowed with love & light, friendship, healing and communication from spirit , songs of meaning that touched our souls.

We give gratitude to a beautiful day of service.

Blessings to our mediums, Margaret Percy, William Mcilvaney, and Annie Desborough, for their unconditional service today.

Thank you Celeste for your lovely Meditation and Ronald our music man.

Thank you to the PSC family, you rock. It was a good day. Your loving Rev Pan.

Oh by the way, the kitchen was buzzing. Blessings from Rev Pananda & the PSC team



William, Sue, Margaret, and Rev. Pananda

"The beauty of life is, while we can't undo what is done, we can see it, understand it, learn from it and Change."



3rd of December...

Our last Service for the year and oh my. Christmas Carols, laughter, joy, togetherness, and family.

We had five Mediums today, Tracey Newton, Debbie Warburton, Leonie Adamson, Marlene Mills, plus one Rev Pan.



Marlene, Tracy, Rev. Pananda, Debbie, and Leonie

Marlene Mills giving a wonderful talk, so much knowledge of our connections to our Soul, agreements and choices in life, our birth name, date born and meanings.

It was so interesting watching each Medium work the floor of mediumship, their connection to Spirit and the sitter, they call it 3 way. Every Medium is different in their approach, presentation of life and personality, most unique.

Each in turn one after each other giving proof of survival, such a team, working with trust, Spirit dancing the dance. The Sanctuary was full of light, healing, as we played beautiful music with intention bringing the spirit world closer to their loved ones, many tears flowed of love and memories.

At the finale of Service, every one got a reading 40 people wow and guess what, the kitchen was abuzz.

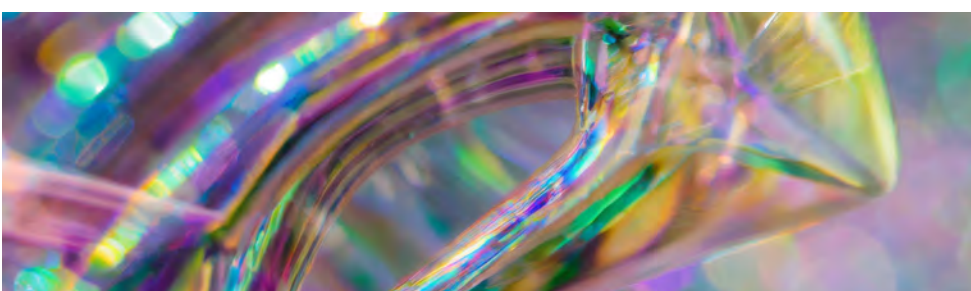
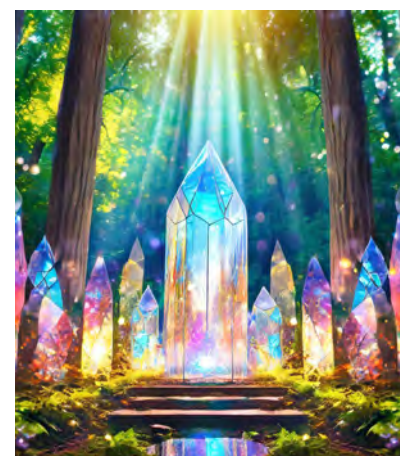
Merry Christmas and Happy New Year to all.

We had a lovely get together at the Railway Hotel after the service, treasured memories. Gratitude to all & thank you PSC team. Blessings to everyone, and thank you for your assistance for now and through the year.

Hope to see you next year at our 1st service for the year will be **28th January**, with Mediums Rev Trish Roche and Sharon Lee-Gaine.

New times for our services in 2024: Healings 1.15pm, and Service 2pm-4pm

Blessings, Your loving Rev Pan & team.



Personal Prayer for Difficult Times...

Individually and collectively, we unite in thought.

Within our hearts and minds a light is ignited, our spirit is awakened and for these few moments we put aside any anxiety in seeking peace and strength to walk our path.

We pray to the great architect of life who is known by many names in this world, and those who dwell are in your care.

May we be forever mindful of the goodness which lives in the physical world and create a capacity to think, see, hear, live with our own life force in harmony with others.

We pray for those who are in need wherever they may be, whatever land they reside and language they speak.

As spirit living a human existence, that power which is our birth right, we project our love freely to our brothers and sisters, the animal kingdom, and Mother Earth.

We seek the communion of Spirits and the Ministry of Angels in service to humanity regardless of colour or creed.

As a Spiritual Army we help all those who need guidance when perplexed, light when lost, comfort when lonely.

When project our thoughts with humility knowing that wherever it is possible the spiritual inspiration will make humankind even more spiritually aware for the greater good.

Amen



What do you call a line of men waiting to get haircuts? A barber-queue.

The Past, the present and the future walked into a bar. It was tense.

Apparently, you can't use the words "beef stew" as a password. It's just not stroganoff.

Nothing can really hurt you...

In 1900 Antarctic explorer, Ernest Shackleton inserted this advertisement in several London newspapers:

"Men wanted for hazardous journey. Small wages, bitter cold, long months of complete darkness, constant danger, safe return doubtful. Honour and recognition in case of success - Ernest Shackleton."

Commenting on the response, Shackleton said, "It seemed as though all the men in Great Britain were determined to accompany me, the response was so overwhelming."

The record number of men who replied were interested in an adventure which could not even promise a safe return from the hazardous journey to the unknown Antarctic continent

So we see that human beings, with no conscious knowledge of their true divine indestructibility, are often willing to risk everything in a great adventure. It is therefore not surprising that you, when in the pure spirit state, and fully aware that nothing bad can ever really hurt the real you, are willing to take on all manner of future life scenarios to better gain wisdom.

Praying...

When each of us pray, do we really know where all our prayers actually go?

To whom or what answers them?

We are all brothers and sisters, and we are all united together, simply because we were created by the same Loving energy, we refer to as God/Creator all that is. We are united in the fact because when we do pray, we approach the same



Message of teaching ...The Joy of Service

There is no joy and no service that can match helping others.

In a world so full of darkness, where millions have lost their way, where there are countless numbers troubled and perplexed, with sorrow in their hearts, who awake each morning in fear and apprehension of what the day brings, if you can help one soul to find some serenity and to realise that they are not neglected, or lonely, or forgotten, but surrounded by arms of infinite love, that is great work.

It is more important than anything else.

The whole purpose of earthly life is to awaken dormant, slumbering souls to the reality of their existence.

Your world is full of living sleepwalkers who go through the day's activities in a dream.

They are not awake, and they are dead to all reality.

If you can touch one of these souls and kindle the divine ember so that gradually it is fanned into a loving flame, there is no service comparable to that,

When all is said and done there is no higher privilege, no higher religion, than service to the Great Spirit through serving all His creatures, human, animal, or whatever form they take.

Strive to remember who you are, what you are and why you are here.

Even with all your knowledge there are times when, immersed in the day-to-day problems, you are apt to overlook the eternal realities. *Guidance from Silver Birch.*

My thoughts to this, and each of us may look at it differently,
for we are all unique.

Each of us have a philosophy, and it grows each now moment.

These teachings are to teach you to be yourselves, inspirational to assist
another if in need and will allow, it's all by choice.

When we share our light, it reflects on another, if they allow.

Your spark may help another to move forward in the unconditional love.
Rev. Pananda.

A man's mind...

A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth. If no useful seeds are put into it, then an abundance of useless weed seeds will fall therein, and will continue to produce their kind.

Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful, and pure thoughts.



By pursuing this process, a man sooner or later discovers that he is the master gardener of his soul, the director of his life. He also reveals, within himself, the laws of thought, and understands, with ever increasing accuracy, how the thought forces and mind elements operate in the shaping of his character, circumstances, and destiny.



Live a life, don't just talk about it...

Be not just hearers of My word but be Doers.

Live a life, don't just talk about it.

Don't just talk about love, but see that love, is put into action in your life and living.

It may be in some very small and insignificant way.

No-one may even notice what you have done, but that does not matter.

I see all things.

Let not your right hand know what your left hand is doing.

Never broadcast your virtues.

Very quietly and silently go about doing good and bringing joy and help to all those you come into contact with.

You each are able to do this in different ways.

Seek within and let Me show you what you can do and how you can do it.

Then go right ahead and Do it very quietly.

Never compare your gifts and virtues with those of anyone else.

You each have a different part to play in the whole scheme of things.

It is when you are all playing your part to the full that things really do begin to happen.



INTENT..

Intent is one of the most powerful energies in the Cosmos.

Intent carries power, velocity and penetration.

Intent is the backbone of the one-shot decree or postulate.

Intent can reach anywhere in the universe.

Intent is AWESOME - its power depending on the being using it.

If you think you are only human, your intent is a pussycat.

If you think you are a god - your intent is incredibly powerful.

If you KNOW you are a god - you can move planets in orbit.

But be warned - do not use INTENT to control or subvert or divert another person or group's choices or free-will.

Story time... Dragonfly...

"Once upon a time, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple and comfortable life in the pond with few disturbances and interruptions.

Occasionally, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew when this happened; their friend was dead, gone forever.

Then, one day, the little water beetle felt an irresistible urge to climb up that stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top. When he reached the top and climbed out of the water onto the surface of the lily pad, he was so tired, and the sun felt so warm, that he decided he must take a nap.

As he slept, his body changed and when he woke up, he had turned into a beautiful blue-tailed dragonfly with broad wings and a slender body designed for flying. So, fly he did! As he soared exploring and seeing the beauty of a whole new world which was a far more beautiful and superior way of life to what he had ever known existed. He remembered his beetle friends and how they were thinking by now he was dead. He wanted to go back to tell them and explain to them that he was now more alive than he had ever been before.

His life had been fulfilled rather than ended. But his new body would not go down into the water. He could not get back to tell his friends the good news. Then he understood that their time would come, when they, too, would know what he now knew. So, he raised his wings and flew off into his joyous new life."

The fact that we can't see or communicate with our loved ones after transformation, which is called death, doesn't mean they cease to exist.

We are – as the old saying goes – not human beings on a spiritual journey, but rather spiritual beings on a human journey. Life should not be understood merely as a restricted period during which we walk this earth, but rather as simply the beginning of a spiritual journey, that begins in this world – in a limited, constrained form – and continues for all eternity. Death is merely the point of that journey at which the soul is finally released to take flight and soar to the higher station that it was intended for.



Angels...

Angels are the guardians of hope and wonder, the keepers of magic and dreams. Wherever there is love, an angel is flying by.

Your guardian angel knows you inside and out and loves you just the way you are. Angels keep it simple and always travel light.



Remember to leave space in your relationships so the angels have room to play. Your guardian angel helps you find a place when you feel there is no place to go.

Whenever you feel lonely, a special angel drops in for tea.

Angels are with you every step of the way and help you soar with amazing grace.

After all, we are angels in training, all we have to do is spread our wings and fly.

Intellect...

The intellect has little to do on the road to discovery.

There comes a leap in consciousness, call it intuition or what you will, and the solution comes to you and you don't know how or why!

Albert Einstein.

Season's Greetings to all...

The best people possess a feeling for beauty, the courage to take risks, the discipline to tell the truth, the capacity for sacrifice. Ironically, their virtues make them vulnerable; they are often wounded, sometimes destroyed.
~Ernest Hemingway

May the blessings of joy abide within you.
May the blessing of peace rest upon you.
May the blessing of love flow out through you.
May all the blessings of the Great Universal Architect, Great Spirit, be yours at Christmas, and in the New Year.
May all your family members and friends who need a miracle be blessed.
May whoever be feeling unwell and weak be given strength.
May all of those who have heavy burdens have their load lightened.
May your Christmas be one filled with happiness and joy.



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

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 hope you have enjoyed this edition of the Pakenham Spiritualist Centre's newsletter. Our very warmest wishes to you all and your family for Christmas, Hanukkah, Winter Solstice, with all the celebrations of family, community, and culture that take place at this special time of the year. May you experience the peace and certainty of knowing that life and love are eternal, and death is only a horizon.

Many of us will enjoy reunions with family and friends. Those on the spiritual path know full well that these are just a preview of the reunions that we will experience when we reunite with our loved ones who have already crossed over. Our special wishes also go out to those for whom the holidays are challenging and to those who are working for the good of others. But whatever your situation, at this time of year and always, we still have reason to express gratefulness. WHY? Because we are part of an extraordinary ongoing evolutionary adventure, our Souls Journey of Life with Love.

As Silver Birch puts it so well: *"Realise that you belong to eternity. You are but travelers treading a temporary passage through life"*.

We are assured that however difficult; the opportunity of a physical life is an enormous spiritual gift. And those in spirit are applauding us for having the courage to be here and are always cheering us on.

We wish you a very Happy Christmas and Prosperous New Year. Please come visit again, we look forward to seeing you at our first Service on the 28th of January 2024. We already have our schedule planned out and are ready for next year's services. Wow, I know, how cool is that to a different approach and new beginnings. We will continue to evolve what we bring to you.

With gratitude to all who have assisted us throughout this year, we are so blessed, and your support is received with appreciation.

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

Pakenham Spiritualist Centre

Minister: Rev. Pananda Kohlman

Officer Public Hall,
16-18 Tivendale Road,
Officer, Vic 3809

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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.

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

Current 2024 Schedule for Pakenham Spiritualist Centre

Reverend Pananda DonnaRae Kohlman 0417 714 093, 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 th Jan	Rev Trish Roche	Sharon Lee-Gaine
11 th Feb	Debbie Warburton	Debbie W & Marlene Mills
25 th Feb	Ronnie Robertson & Singing	Ronnie Robertson
10 th Mar	Michael Withington	Michael Withington & Team
24 th Mar	Ronald Kohlman (TBA)	Andrew Glen
7 th Apr	Suzanne Hatcher & Brian Cuskrin	Suzanne Hatcher & Brian Cuskrin
21 st Apr	Bec Campbell	Bec Campbell & Annie Desborough
5 th May	Sue Bowen	Sue Bowen, Katie & Robyn (team)
19 th May	Jan Hunneybell	Donita Duggan
2 nd Jun	Bec Campbell	Bec Campbell & William McIlvaine
16 th Jun	Donita Duggan	Brian Smith Dems
30 th Jun	Jordie Jane	Jordie Jane and team
14 th Jul	Ronnie Robertson	Ronnie Robertson & guest
28 th Jul	Debbie Warburton	Debs & Guest
11 th Aug	Michael Withington	Michael & Team
25 th Aug	Bec Campbell	Students
8 th Sep	Annie Desborough	Margaret P* & Marlene Mills
22 nd Sep	Bec Campbell	Students
6 th Oct	Suzanne Hatcher & Brian Cuskrin	Suzanne Hatcher & Brian Cuskrin
20 th Oct	Jordie Jane	Team
3 rd Nov	Bec Campbell	Bec Campbell & Annie Desborough
17 th Nov	Michael Withington	Michael Withington & Friend
1 st Dec XMAS	Sue Bowen - XMAS CELEBRATION	Sue Bowen, Katie, Robyn (Team)

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