

Pakenham Spiritualist Centre Newsletter

Welcome...

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

As Autumn is coming closer to a close, Winter will be just around the corner. As we move through our changes of Seasons, gathering food, stocking up our pantries and wood for our fires, organising our warm clothes preparing for our Wintertime of Hibernation and contemplation, it can be a lonely time for some and a very busy one for many, it's been mindful for everyone's Soul Journey of the process of life.

Be kind to one another, Remember you are loved and not forgotten dear friends of light.

The Federation of light is with you and the Sanctuary is lovely and warm for the start of the Service of Healing love and light, then the Service begins with Songs, Prayers and Enlightenment, teachings from each member who shares their essence of Uniqueness.

May you enjoy the April, May and June of Psychic Mediumship, togetherness and blessings to each member who enters our wonderful fellowship of One.

Blessings

Rev. Pananda



N.B. Please note that for the times for:
healings is 1:15pm—1:55pm and the service is 2:00pm—4:00pm.



Inside this issue

| | |
|---------------------|-------|
| Welcome | 1 |
| Teachings | 2-3 |
| April..... | 4-7 |
| May | 6-7 |
| Teachings | 8 |
| Jun | 9-11 |
| Teachings | 12-14 |
| The Last Word | 15 |
| Schedule..... | 16 |





BUILD UP YOUR OWN PHYLOSPHY

Be a light unto yourself.

Be your own confidence.

~Budha~

Put your life switch on...

Stay loose; Learn to watch snails. Plant impossible gardens.
Invite someone dangerous to tea.

Make little signs that say "YES" and plant them all over the house.

Make friends with freedom and uncertainty.

Look forward to dreams. Cry during movies.

Swing as high as you can on a swing set by moon light.

Cultivate moods. Refuse to be responsible.

Do it for love. Take lots of naps.

Give away money, do it now.... The money will follow.

Believe in magic. Laugh a lot. Celebrate every joyous moment.

Take moon baths. Have wild imaginings, transformative dreams
and perfect calm.

Draw on the walls. Read every day. Imagine yourself magic.

Giggle with small children. Listen to old people. Open up. Dive in,
be free.

Bless yourself. Drive away fear.

Play with everything. Entertain your inner child. You are
innocent.

Build a fort with blankets. Get wet. Hug a tree. Write love letters.

How to live forever, love, live, be alive, put your life switch on.



WORDS OF WISDOM FROM SPIRIT...



"The power of the spirit is here to stay in your world. Every centre, every group, every individual who is aware of these truths and has become a repository (storage) for them, spreading them wherever they can, is a lighthouse of the spirit.

Its rays will enable pilgrims who have lost their way to find the truth that has brought you spiritual and mental freedom."

"More Philosophy of Silver Birch" p.141

~ ~ ~

"I dream of a world filled with light and truth; where darkness is vanquished and lies are no longer rewarded, where true power rests safely in the hands of the wise and selfless whose only desire is to help others".

White Feather Guide to Rob Goodwin.

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 your needs to be cherished, loved, honoured and respected.

Without care and attention, these aspects of self can fall onto 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.



There is a Right Time for Everything...

Life is simple! Why make it complicated for yourself? Why choose the devious path when the straight path lies before you? Let life unfold for you, and do not try to force its unfolding. You cannot force the unfolding of a flower, for if you try to do so, you will destroy the beauty and perfection of that flower by your impatience.

There is a right time for everything, so why not get into rhythm with life, flow with it and behold My wonders and glories unfold in true perfection? When something is done out of timing, it holds up so much, instead of speeding it along, as may be imagined.

Therefore wait upon Me in quietness and confidence, and never try to rush ahead and do something out of timing. At the same time never drag your feet and waste precious time. Realise that there is a glorious pattern and plan running through everything you do and give eternal thanks.

~ guidance received by Eileen Caddy

7th April...

Sunday Service 7th April was a wonderful afternoon with healings, music, sounds of the music bowl and bells, prayer, Meditation, story and Joke, and a wonderful proof of survival between the two worlds.

I had a smile on my face, for spirit had been busy, the whole afternoon was a theme, through everything that had been said, read, sung, the flow of messages was a intent to heal and assist one's to move forward in their life and reminded we all have choice. With mediums Suzzane Hatcher and Brian Cuskrin.

I felt compelled to read the "The Train" poem. It was perfect

Feeling so blessed to be part of this experience of life and know I'm on the right path for me, feel so much love.

Thank you, PSC Team, Congregation, Mediums and of course, Spirit of Light

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 eternal realities. It is these eternal truths to which you must cling.

There is nothing else in the whole world of matter which can provide you with a foundation on which to build your lives.

Spirit, not matter, is the reality. You may not be able to see it, or touch it, or feel it.

You may not be able to experience its reality in the manner in which you obtain material sensations, but it is still the master of all.

Realize that you belong to eternity, you are but travelers treading a temporary passage through life



Suzanne, Brian, and Rev Pananda



21st April...

Sunday 21st April Service, we had for the first time Mandy (Amanda) Harrison giving us a beautiful teaching of taking responsibility of our selves with our energy, sharing the wisdom of commonsense.

Many are not aware of, so impressed with her simplistic knowledge and unfolding for all to understand,

Thank you, Mandy, we look forward in having you back again to speak to our PSC family.

All were very busy, so Rev Pan walked the floor, working with Spirit.

8 readings, 5 were taken, the other 3 left were recognized afterwards in the buzzing kitchen lol.

You know spirit work so hard to find their loved ones, for them to be recognized it was such a joy for the acknowledgement given by the sitters.

It can be confronting to put your hand up to take the reading, we understand.

So thank you, for coming up later, for healings do take place between the two worlds.

Another lovely service with 28 people, the theme flowed as if the Medium and Rev. Pan had got together lol Spirit had been very busy.

We celebrated Celeste's birthday with singing happy birthday, flowers and a card signed by all.

Ali taking the meditation.

And Celeste, the story and joke.

Our music man Ronald and thank you to our healers who were very busy, and of course Spirit, you rock.

Blessings, Rev Pan and the PSC crew



Rev. Pananda and Mandy

A New Day Dawns

Today is a new day. With the dawn comes an opportunity to begin again or to embrace something new.

Create what you wish to create.

Become the person who you dream of being.

Do not allow your doubts or fears to hold you back, for this day is bright with hope and good fortune.

Go forth and greet it with a smile upon your lips and joy in your heart.

Messages by Ravynne Phelan

~*~

Be a light unto yourself.
Be your own confidence.

~Budha~



5th May...

Sunday 5th of May was another gifted Service with Spirit, healing , love and light .



Danita, Rev. Pananda, and Brian



Rev. Pananda presenting Life membership to Celeste

Our Lecturer, Ronald Kohlman gave a talk on Shamanism and how to set up an altar, and the meaning of different types.

The congregation was asked to share their ideas of a Altar.

With beautiful music played for the congregation to contemplate about their loved ones that had passed, and preparing for the medium.

Wow, our Medium for the day, Annie Desborough, did six wonderful proof of survival deliveries.

Spirit had worked hard to get to their loved ones, amazing with tears.

Thank you.

We celebrated the 14th Anniversary of Pakenham Spiritualist Centre, which first opened on the 1st May 2010.

There was the joy of giving Celeste Rex a Life Membership, she has been a loyal member for 13 years congratulations Celeste and thank you from the PSC team and fellowship.

The afternoon tea you could feel the love, healing, joy and trust, much chitter chatter and food and laughter.

Was a wonderful day, thank you everyone, with love from the PSC team and Rev Pan.



Time & Love...

Once upon a time, there was a secluded island where all the feelings lived.

Happiness, Sadness, Knowledge, Anger, Trust and all the other feelings including Love.

One day it was announced to the feelings that the island was going to sink, so they all had to vacate the island as soon as possible or die. All the feelings and company quickly began to prepare their boats to leave as soon as possible.



Love was the only one who decided to stay and hold out until the last possible moment. When the island had almost sunk, and Love wanted to leave, it found itself without a boat. Someone else must have taken it.

Love, worried, decided to ask for help.

Richness was passing by in its most beautiful boat, and Love asked, "Richness, can you take me with you?" Richness answered, "No, I can't. There is a lot of gold and silver in my boat and sadly there is no place here for you."

Next, Love saw Vanity who was also passing by in a beautiful vessel.

"Vanity, please help me!" pleaded Love.

"I can't help you, Love. You are all wet and would damage my boat if I take you in," Vanity answered.

Sadness was close by, and Love asked for help once again, "Sadness, let me go with you."

Sadness unwillingly responded, "Oh...Love, I am so sad that I prefer to go alone!"

Happiness passed by Love too, but she was so happy and cheerful that she did not even hear anything when Love called her!

Love was in disbelief.

It was doomed to go down with the island, but then suddenly there was an elderly voice, "Come, Love, I will take you."

When they arrived at dry land, the elder went on her own way. Love, now blessed and overjoyed, forgot to ask the elder her name.

Realizing how much she owed to the elder, Love asked Wisdom, another elder, "Who was that who stopped to offer me a ride?"

"It was Time," answered Wisdom. "Time? But why did Time help me?" asked Love.

Wisdom smiled and with compassion answered, "Because only Time is capable of understanding how valuable Love is."

EGO

It's easy for an ego to complain and criticize; it takes awareness and intelligence to stand above the ego.

Ego's favourite pastime is judging because when it judges, it gets to ride off the energy of criticism, blaming, and complaining!

The problem is that this pastime hurts your life! You must be aware and stay aware, so you don't fall for its mind traps, and stop ego's menacing ways in its tracks.

— Rhonda Byrne

2nd June...

Sunday Service, 2nd June with 35 people was a wonderful afternoon with healing, laughter, friendship, sharing, teachings, meditation, story time, a funny joke, songs, contemplation music remembering our loved ones who have passed and our lovely two Mediums, Suzanne Hatcher and Brian Cuskrin giving proof of survival between the two worlds.

As each medium walked the floor reaching out to each sitter, giving information only they would know, you could feel the love and healing taking place.

What a wonderful afternoon, it felt complete and to hear the kitchen was abuzz

With gratitude, love and light we give thanks to everyone, for if it wasn't for you, it wouldn't of been such a glorious day with Spirit from the Pakenham Spiritualist Team, Celeste, Ali, Ronald, Pam, Nat, Joan

And your beloved Rev Pan



Suzzane, Rev. Pananda, and Brian



Why do people dance in the rain?

If you can Dance in the Rain, you can stand in any storm.

Don't wait until all the storms are over, just dance right in the middle of them. It's always darkest before dawn so remember: no matter how hard it gets-keep going.

If you want to dance in the rain forget your umbrella. Dancing in the Rain can help you to see that it's wise to let the negativity roll off your shoulders and just go with the flow.

Life is not about waiting for the storm to pass. It's about learning to dance in the rain.

By Vivien Green.

QUOTES

We dance for laughter, we dance for tears, we dance for sadness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams. Albert Einstein



A Hindu Prayer for the Unity of All Life

May the winds, the oceans, the herbs, and the night and days, the mother earth, and the father heaven, all vegetation, and the sun, be all sweet to us.

Let us follow the path of goodness for all times, like the sun and the moon moving eternally in the sky.

Let us be charitable to one another.

Let us not kill or be violent with one another.

Let us know and appreciate the points of view of others.



30th June...

I'm sitting here in contemplation with how to explain the amazing Sunday afternoon Service we had on the 30th June.

Naturally every Service is special

Started with healing.

Then Service started, Medium Jordie Janes shared her intimate talk on grief/loss/life/seasons

The theme through the day was Seasons of life

Then contemplation time came and we had a guest Medium/singer/guitarist

Medium Lee Bugat, an Angel from spirit

Then our Medium Jordie Janes started her proof of survival, like sliding doors, what a special afternoon.

Music, Meditation, Stories, Prayer, Joke.

Togetherness, Sharing.

What a team

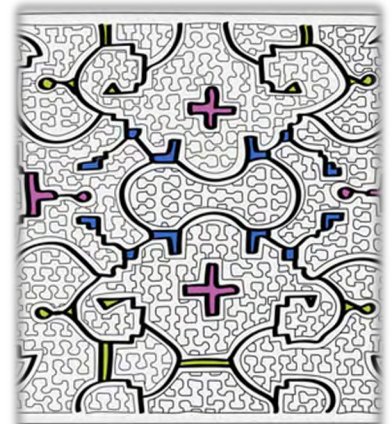
Thank you

Blessings in love and light

Rev Pananda DonnaRae and the PSC team



Lee, Jordie, Rev. Pananda, and Ronald



PARENTS TAKE NOTE...



A teacher started checking homework done by her students.

Her husband is strolling around with a smart phone playing his favourite game.

When reading the last homework notes, the wife starts crying with silent tears.

Her husband asked, 'What happened?'

Wife: 'Yesterday I gave homework to my students, to write something on the topic, 'MY WISH'.

Husband: 'OK, but why are you crying?'

Wife: 'While checking the last notes, it made me cry.'

Husband curiously: 'What's written in the notes that makes you cry?'

Wife: LISTEN.....

My wish is to become a smart phone.

My parents love their smart phone very much.

They care about their smart phone so much that sometimes they forget to care for me.

When my father comes from the office tired, he has time for his smart phone but not for me.

When my parents are doing some important work and smartphone is ringing, within single ring they attend the phone, but not to me...

even if I am crying.

They play games on their smartphones, not with me.

When they are talking to someone on their smartphone, they never listen to me even if I am telling them something important.

So, MY WISH is to become a smartphone.

After listening to the note my husband got emotional and asked the wife, 'Who wrote this??'.

Wife: 'OUR SON'.

PEOPLE / PARENTS, remember,

Gadgets are beneficial, but they are for our ease not to cease the love amongst family and loved ones.

Children see and feel everything that happens with and around them.

Things get imprinted on their mind with an everlasting effect.

Let's take due care, so that they do not grow with any false impressions.

When tomorrow starts without me...

When tomorrow starts without me, please try to understand.

That an angel came and called my name and took me by the hand!

The angel said my place was ready, In Heaven far above, And that I'd have to leave behind all those I dearly love.

But when I walked through Heaven's Gates, I felt so much at home, for God looked down, smiled at me, And told me "Welcome Home."

So, when tomorrow starts without me, Don't think we're far apart, for every time you think of me, I'm right there in your heart."



“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 your needs to be cherished, loved, honored 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 round you.

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

A joke for you...

Little Johnny

It was a regular day at first grade, and the teacher asked all the students to tell her something about what their parents do for a living.

Some kids knew and gave a good description, while others didn't really understand their parents' jobs and gave vague descriptions or none at all.

When they got to little Johnny, he stood up and said: "My dad cuts people in half."

"Oh, really?" asked the teacher with a smile,

"You mean he's a magician?"

"I don't know." Said Johnny.

"A surgeon, maybe?" asked the teacher.

"I don't know." repeated Johnny.

"Then why do you think he cuts people in half?" asked the confused teacher.

"Because I have two half-brothers and three half-sisters."

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"It doesn't matter where you are, the thing is, you need to learn to be still and listen.

And that's the difficult part, believe it or not.

Everybody is so busy being busy that they find it very difficult to be still."

Eileen Caddy

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**REMEMBER YOU ARE A SOUL,
HAVING A HUMAN EXPERIENCE.**

**YOU ARE BODY, MIND, AND
SPIRIT.**

Self-Worth

Never confuse self-worth with ego, the two are entirely different.

A big ego requires a person to think they are better than others and will put others down in order to keep that perception.

Self-love means you are your own best friend and that you love, accept, consider, encourage, care for, and believe in yourself.

Through that, you are able to do that for others even indirectly by inspiring them to do the same.

To be grateful for the gift of a lifetime means to love it...

To love you.

-Doe Zentamata-

Love Knows No Limitation ...

The primary lesson to learn in life is to love.

Love is so strong that it is unbreakable, and yet it is intangible. You can know it; you can feel it; and yet you cannot hold onto it; for as soon as you try, it will slip away like quicksilver.

Love cannot be possessed; it is as free as the wind and moves where it will.

Move with it. Love is unity and wholeness. Love knows no limitation, no barriers.

With love comes freedom.

It is fear that binds and limits a soul; it is love that frees and cuts away all bonds.

Love opens all doors, changes lives, and melts the hardest of hearts.

Love is creative, it builds up, creating beauty, harmony and oneness.

It works for, not against, anything.


Love brings such joy that it cannot be repressed.

It dances and sings through life.

Is there love in your heart? Love for each other?

It starts in you and works out and out.

~ guidance received by Eileen Caddy~



A big thank you to our team of Helpers, Healers, and others who have assist us with our services.

To all the members of this Sanctuary who unconditionally assist us and help with the packing up. **Your help is enormously 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.

Let Your Emotions Flow

Emotions flow like water. They can be joyous like a babbling brook, as deep and strong as a river. Give yourself permission to feel and experience them without judgement or blame. Do not try to deny them for that can only lead to harm and dis-ease. Do not dam them within you. Release them. Let them flow and go. Allow yourself to feel them, and learn from them, as you embrace them for what they are – a natural response to the moment that you exist in that will pass as the moment passes.

What an amazing three months with such talented Souls, we hope you have enjoyed our sharing, with teamwork, together with like minded people and proof of survival between the two worlds.

Gratitude to all, thank you spirit

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



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

Spiritual Healing services are from **1:15pm to 1:55pm**

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 organised.

2024 Schedule for Pakenham Spiritualist Centre

*Reverend Pananda DonnaRae Kohlman Minister of One Light
Federation 0417 714 093, revpanandakohlman@gmail.com*

PAKENHAM SPIRITUALIST CENTRE, SANCTUARY OF LIGHT

“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 | Annie Desborough & Debbie Warburton |
| 25 th Feb | Ronald Kohlman | Margaret Percy and Friends |
| 10 th Mar | Michael Withington | Michael Withington & Janelle Carter |
| 24 th Mar | Andrew Glen | Maureen Ockenden & Andrew Glen |
| 7 th Apr | Suzanne Hatcher & Brian Cuskrin | Suzanne Hatcher & Brian Cuskrin |
| 21 st Apr | Mandy Harrison | Rev Pananda D Kohlman |
| 5 th May | Ronald Kohlman | Annie Desborough |
| 19 th May | Jan Hunneybell | Adrian Walter Dems & Jan |
| 2 nd Jun | Suzanne Hatcher | Suzanne Hatcher & Brian Cuskrin |
| 16 th Jun | Donita Duggan | Brian Smith Dems |
| 30 th Jun | Jordie Jane | Jordie Jane |
| 14 th Jul | Ronnie Robertson | Ronnie Robertson |
| 28 th Jul | Debbie Warburton | Debs & Tracey Newton & Lee Bugat |
| 11 th Aug | Michael Withington | Michael & Janelle Carter |
| 25 th Aug | Mandy Harrison | Morrie Occlshaw |
| 8 th Sep | Annie Desborough | Michelle Bell & Annie Desborough |
| 22 nd Sep | Janice Hunneybell | Danita and Janice |
| 6 th Oct | Suzanne Hatcher & Brian Cuskrin | Suzanne Hatcher & Brian Cuskrin |
| 20 th Oct | Jordie Jane | Jordie Janes |
| 3 rd Nov | Ronald Kohlman | Annie Desborough |
| 17 th Nov | Debbie Warburton | Janelle Carter & Debbie Warburton |
| 1 st Dec XMAS | Sue Bowen - XMAS CELEBRATION | Sue Bowen, Katie, Robyn (Team) |

www.pakenhamspiritualistcentre.com