

Pakenham Spiritualist Centre Newsletter

Welcome...

Hello everyone,

This is your friendly Rev. Pananda DonnaRae!

Wow—October, November, and December bring the beauty of Spring and Summer. Thankfully, our Sanctuary is well-equipped with heating and cooling, keeping us comfortable no matter what Melbourne’s ever-changing weather throws our way!

We invite you to enjoy this lovely newsletter, lovingly compiled by Ronald. Within these pages, you’ll find stories of our talented Mediums, inspiring speakers, special guests, heartfelt prayers, and teachings to uplift and inspire. And of course, a little laughter sprinkled in with a joke or two!

There’s plenty to read—perhaps even something new that sparks your curiosity. I truly love discovering and sharing teachings that help each of us move forward with trust, confidence, and a deeper sense of self-love and hope.

You are enough.

So, grab a cuppa, sit back, and enjoy the read.

Blessings,

Rev. Pananda



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The acts of kindness make the world a better place:

They say nobody is coming to save you, but many people have saved me, even if they didn't intend to.

It can be as small as a smile from a stranger,
A nudge from an animal.
Words from a writer.
The lyrics to a song.
An observant friend.

We are all saving each other every single day, in tiny seemingly insignificant ways.

“When nothing is expected, and everything is appreciated, all becomes magical”



Simply Accept

Every soul longs for the very best in life.
The very best is there waiting for you when you are ready to accept it.
But you must be willing to accept it wholeheartedly with real joy and
without any feeling of being unworthy or not being ready for it.
If that is your attitude, you block that which is your true heritage,
and it cannot flow to you.
Therefore, see that there is nothing in you which is holding it up.

Sharing's by Rev. Pan

Patience visited me
And it reminded me
That good things take time to come to fruition
And grow slowly with stability

Peace visited me
And it reminded me
That I may remain calm through the storms of life
Regardless of the chaos surrounding me

Hope visited me
And it reminded me
That better times lay ahead
And it would always be there to guide and uplift me

Humility visited me
And it reminded me
That I may achieve it
Not by trying to shrink myself and make myself less
But by focusing on serving the world and uplifting those
around me

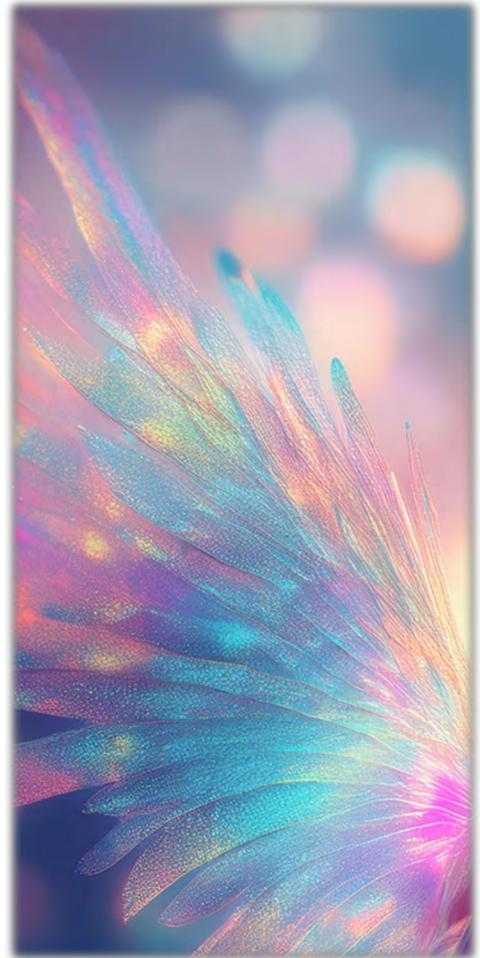
Kindness visited me
And it reminded me
To be more gentle, forgiving and compassionate toward myself
And those surrounding me

Confidence visited me
And it reminded me
To not conceal or suppress my gifts and talents
In order to make others feel more comfortable
But to embrace what makes me, me.

Focus visited me
And it reminded me
That other people's insecurities and judgements about me
Are not my problem
And I should redirect my attention
From others back to me

Freedom visited me
And it reminded me
That no one has control over my mindset, thoughts and
wellbeing
But me

And love visited me
And it reminded me
That I need not search for it in others
As it lies within me ... Tahlia Hunter .



6th October..

We had an interesting service with energy, maybe with daylight savings had thrown us all

We had Mediums Suzanne Hatcher, who gave a talk on so many teachings, I wish we had recorded it, Spiritualism, responsibility, boundaries and it went on.

Thank you, Suzanne, amazing Mentor.

Also, Brian Cuskrin with Suzanne gave proof of survival from loved ones in the spirit world, I love watching how each medium works, amazing, thank you.

With contemplation meditation we had Lee Bugat bless us with her angel voice, her own music and words, spirit was busy,

Thank you

We are so grateful for a wonderful afternoon with likeminded people in a safe environment of friendship and trust

Thank you to the PSC team, who did so well with some missing crew, you rock.

Blessings to all, see you at our next service 20th Oct with Mediums Jordie Jane and team.

As you can see, we had a great day of been in the presence of Spirit, love and light with Brian Cuskrin, Suzanne Hatcher, Rev Pananda, Lee Bugat.



Brian Cuskrin, Suzanne Hatcher, Rev Pananda, Lee Bugat.



Great White Spirit

I AM holding out life, life more abundant.

I AM holding out beauty, harmony, peace, love.

The ways of the Spirit are yours.

Walk in those ways, live in perfect harmony with Creators laws and watch everything fall into place, in true perfection.

Let there be no stress or strain in you.

Simply accept that which is yours, with a full and grateful heart, and never forget to express your love and appreciation for all that is being poured down upon you.

~ guidance received by Eileen Caddy

20th October...

Sunday 20th Oct Sunday afternoon was a blast with the PSC team, starting with the healing.

Music starts, sets the scene of healing with Spirit.

The Sanctuary seats are filling up, looking forward to the coming service with teachings, sharing's, trust, friendship

We had the pleasure of Medium Jordie Janes, sharing her story, with what we all will deal with one day or have, de-cluttering and making room for ancestry furniture etc.

It was spoken with humour, love and compassion, had us all involved, was great to listen to and related.

The beauty as an observer, having mediums in the room learning. I always encourage my students to go to watch and learn, brilliant.

We enjoyed our contemplation time with Medium Leanne Bugat, singing calling in Spirit thank you Leanne.

Meditation, Story time and Joke was a lovely calming healing day.

Oh, and the afternoon tearoom was a buzz.

Rev Pan with gratitude, what a team.



Leanne, Rev Pananda, and Jordie



Prayer For Today For The World

Let the rain come and wash away the ancient grudges, the bitter hatreds held and nurtured over generations.

Let the rain wash away the memory of the hurt, the neglect.

Then let the sun come out and fill the sky with rainbows.

Let the warmth of the sun heal us wherever we are broken.

Let it burn away the fog so that we can see each other clearly.

So that we can see beyond labels,

Beyond accents, gender or skin colour.

Let the warmth and brightness of the sun melt our selfishness.

So that we can share the joys and feel the sorrows of our neighbours.

And let the light of the sun be so strong that we will see all people as our neighbours.

Let the earth, nourished by rain, bring forth flowers to surround us with beauty and let the mountains teach our hearts to reach upward to heaven.

Amen.

Harlod S. Kushner

Look on the Bright Side ...

Spread Light wherever you go. You are not here to sit in darkness and gloom.

Look for the silver lining.

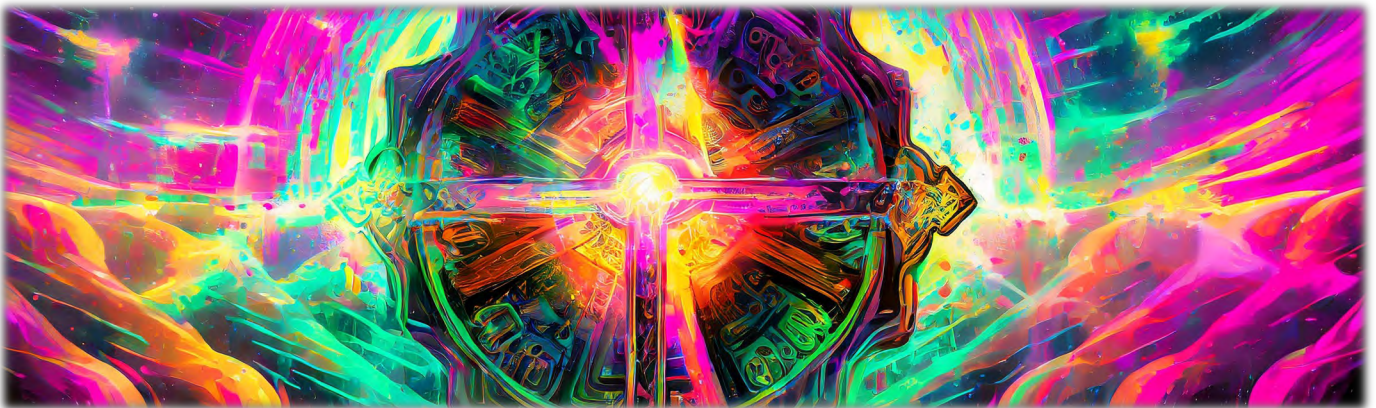
Why accept defeat when victory is yours if you will only claim it?

If you allow things to get on top of you, if you allow yourselves to look at the gloomy, depressing side of life, it will be yours, because you draw it to you.

Start right now looking for the bright side, looking for all the things you can be grateful for, for all the wonderful things which are happening to you, for the changes which are taking place within you, for the obstacles in your life which you are learning to overcome, for the daily contacts you make. When you can learn to think of others and forget the..... self, your whole attitude will change.



~ guidance received by Eileen Caddy ~



Honour Gaia

The earth upon which you dwell is more than just a rock covered in water, stone and dirt.

The earth beneath your feet, the mountains, the forests, the rivers, lakes, oceans, and the air that you breathe are all part of the magical living entity that is Gaia.

She is our eternal mother, our provider, and our home.

Gaia gives you, life.

Without her, we would not be.

Honour Gaia by seeing the truth of what she is.

Honour Gaia by loving her as you love yourself.

3rd November..

The 3rd Nov Service was a wonderful time of get together, friendship, sharing, teaching, meditation, story and joke time, singing and contemplation.

Ronald Kohlman our speaker for the day, shared his story of travels of Peru, Shamanic, healing, music, making us aware of knowledge, thank you it was so interesting.

With our contemplation time, we had our lovely Medium Leanne Bugat singing with angel voice and accompanied with her friend Neicy.

Followed with Medium Annie Desborough walking the floor with proof of survival, wow what an afternoon, the Sanctuary was full with love and light.

Thank you to all, Spirit was very busy.

It's always amazing, how the theme through the whole afternoon took place lots of healing taking, we are blessed with gratitude.

Rev Pan and the PSC team.

Oh by the way, we need a bigger kitchen lol, such a buzz with sharing, laughter, healing and of course eating.

QUOTES

~Love Lives Forever in the Heart~

Those we love can never be more than a thought away.....

For as long as there's a memory, they live in our hearts to stay.

~May you find some comfort in your memories and all that you shared~.



Friendship...

"True friendship is a sacred bond, where souls meet, hearts open, and the light of love and understanding guides the way. In friendship, we find a reflection of ourselves and the divine."

~Ronald Kohlman



Neicy,..Annie, Rev. Pan, and Leanne



17th November..

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.

What a great afternoon of friendship last Sunday 17th Nov, togetherness with our Mediums Debbie Warburton, Leonie Adamson and Leanne Bugat, Spirit was very busy with proof of survival, beautiful talk on gratitude and contemplation time, a Spiritual song with Leanne to connect with spirit for proof of survival for our two mediums

Our PSC team members participated in prayer, story time and joke and a lovely meditation. Smiles and laughter all round, our songs for the day suited the weather, our togetherness of trust and family fun.

Spirit was very happy.

And so was the kitchen, yep it was a buzz.

Thank you all for a wonderful day of been in service.

With love and light

Rev Pan and PSC team



Debbie, Leonie, Leanne, and Rev. Pananda



1st December...

What a heartwarming Sunday Service at the Sanctuary on 1st Dec.

It was truly a special event, filled with love, laughter, and the true spirit of the season.

The mix of Australian humour, uplifting carols, and the Sanctuary's festive decorations created a magical atmosphere.

Having mediums Sue Bowen and Robyn Bartly shared their gifts was both enlightening and comforting, and the beautiful music by Medium Leanne Bugat certainly added an angelic touch.

It's wonderful to hear how the community came together in friendship and joy.

What a delightful continuation of the day!

It's wonderful to hear how the kitchen became a hub of joy, trust, and togetherness, with laughter and singing spilling over.

Sharing a meal afterwards was a perfect way to deepen those connections and extend the festive spirit.

Wishing everyone in our community a joyous Christmas and a prosperous New Year!

It sounds like there's already great anticipation for the next gathering on January 26th, 2025 - no doubt it will be just as uplifting and memorable.

Thank you to all Mediums who shared their time with us this year.

And gratitude to all the PSC team and members.

Blessings

Reverend Pananda DonnaRae



Robyn, Sue, Rev. Pananda, and Leanne

If you do a good deed for other people, you will end up healing yourself too.

Because a dose of love is the best spiritual cure.

18th December..



Christmas Message

A Christmas Message from Reverend Pananda & The Pakenham Spiritualist Centre

As we come together in the spirit of the season, we are reminded of the true meaning of Christmas— not in the gifts we exchange, but in the love, peace, and connection we share with one another. It is a time for reflection, gratitude, and the celebration of the divine spark within each of us.

This Christmas, we invite you to pause and reflect on the beauty of life's journey, the wisdom of spirit, and the compassion that unites us all. May you find comfort in the quiet moments, joy in the connections you make, and strength in the knowledge that love and light are always present, guiding us through each day.

At the Pakenham Spiritualist Centre, we stand together in love and unity, extending blessings of peace, healing, and joy to you and your loved ones. May the New Year bring you further growth, deeper understanding, and an abundance of blessings from the spirit world.

With love and light,

Reverend Pananda & The Pakenham Spiritualist Centre

Simply Accept ...

Every soul longs for the very best in life.

The very best is there waiting for you when you are ready to accept it.

But you must be willing to accept it wholeheartedly with real joy and without any feeling of being unworthy or not being ready for it.

If that is your attitude, you block that which is your true heritage, and it cannot flow to you. Therefore, see that there is nothing in you which is holding it up.

I AM holding out life, life more abundant.

I AM holding out beauty, harmony, peace, love.

The ways of the Spirit are yours.

Walk in those ways, live in perfect harmony with My laws and watch everything fall into place in true perfection.

Let there be no stress or strain in you.

Simply accept that which is yours with a full and grateful heart, and never forget to express your love and appreciation for all that is being poured down upon you. *~Guidance received by Eileen Caddy~*



Life Should Be Effortless

Nothing is by chance.

There is a perfect pattern and plan running through the whole of life, and you are part of that wholeness and therefore part of that perfect pattern and plan. When you see strange things happening in your life and wonder why they should happen to you, take time to see how it all fits in, and you will see a reason for everything.

The reasons may not always be what you expected, but nevertheless be willing to accept them and to learn by them, and do not fight against them.

Life should be effortless. A flower does not struggle to unfold in the rays of the sun, so why should you struggle to unfold in the rays of My limitless love? If you do, it is of your own doing, and it is not part of My perfect pattern and plan for you. Simplicity is My hallmark, so keep life simple. Keep in constant contact with Me and watch yourself unfold in My love.

~ guidance received by Eileen Caddy~

Let Your Learning Come From Within...

Never at any time close your heart and mind.

Never be afraid of the new, of the strange, of the unconventional.

Be ready and prepared to listen to the intuition, to inspiration which may reveal something so completely new to you that it may not even have form or substance, and you may have to clothe it in words.

Intellectual pride can be a handicap along this spiritual path and can be a real stumbling block to the truth. It is not the intellect you need.

It is inspiration and intuition. The intellect comes from without, whereas inspiration and intuition come from within and cannot be influenced by anything without. Let your learning come from within.

Draw from all that you have within you.

You will be amazed at what you contain.

It is limitless because it comes from Me and I AM limitless, and all that is of Me is limitless and eternal.

~ guidance received by Eileen Caddy ~



We are here...

"I have come to share this with you. We are here. Alive. And we bring you that gift -- to know that you do not die.

Your passing is a transition. You are energy passing through an electrical field (like a transmission cable) going from one point to another and reproduced in another form.

The energy is Spirit manifesting itself in the form of human shape then transitioning into another form once it arrives at its next destination. You do not die. You transition."

Engineer Edith Clarke through Regina Ochoa (Cosmic Voices Network)

Communication

"I tell you we do persist. Communication is possible. I have proved that the people who communicate are who and what they say they are.

The conclusion is that survival is scientifically proved by scientific investigation."

Physicist Sir Oliver Lodge.

Universe of life ...

"The busy world is ever averse from the things of spirit life. Men/Women become so absorbed in the material, that which they can see and grasp, and hoard up, and they forget that there is a future and spirit life.

They become so earthly that they are immune to our influence; so, material that we cannot come near them.

So full of earthly interests that there is no room for that which shall endure when they have passed away."

"Spirit Teachings: Through the Mediumship of William Stainton Moses" in 1873.



Silver Birch...

"Death is not extinction; death is merely the means by which the spirit is released to carry on elsewhere. It is the antithesis of birth.

Birth the means by which the spirit makes its entrance, and death the means by which it makes its exit.

But you, you are not your body, you are not your head, eyes, nose, limbs, muscles or your chemical assembly; that is not you.

All these are merely the means by which you, the spirit, express yourself in a physical world.

But apart from the physical world you continue to exist."



A joke for you...

A Difference in Prizes

Bubba and Billy Bob were known for having quite a bit below the average smarts around Little Rock.

One day, in the Little Rock Walmart, they decided to get in on the weekly charity raffle.

They each bought five tickets at a dollar a pop.

The following week, when the raffle was drawn, each had won a prize.

Billy Bob won 1st place - a year's supply of gourmet spaghetti sauce and extra-long spaghetti.

Bubba won 6th prize - a toilet brush.

About a week or so had passed when the men met back at Walmart.

Bubba asked Billy Bob how he liked his prize, to which Billy Bob replied, "Great! I love spaghetti!"

Billy Bob asked Bubba, "How 'bout you, how's the toilet brush?"

"Not so good," replied Bubba,

"I reckon I'm gonna switch back to paper."

JOKE... The Prize Bull

A big-city lawyer was representing the railroad in a lawsuit filed by an old rancher.

The rancher's prize bull was missing from the section through which the railroad passed.

The rancher only wanted to be paid the fair value of the bull. The case was scheduled to be tried before the justice of the peace in the back room of the general store.

The attorney for the railroad immediately cornered the rancher and tried to get him to settle out of court.

The lawyer did his best-selling job, and finally the rancher agreed to take half of what he was asking.

After the rancher had signed the release and took the check, the young lawyer couldn't resist gloating a little over his success, telling the rancher, "You know, I hate to tell you this, old man, but I put one over on you in there.

I couldn't have won the case.

The engineer was asleep, and the fireman was in the caboose when the train went through your ranch that morning.

I didn't have one witness to put on the stand. I bluffed you!"

The old rancher replied, "Well, I'll tell you, young feller, I was a little worried about winning that case myself, because that bull came home this morning."

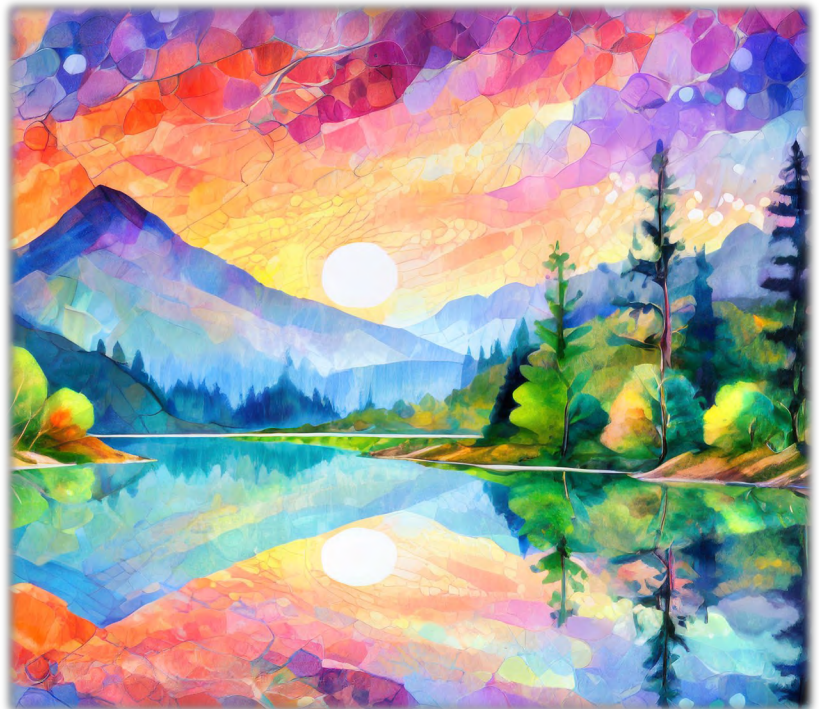
NUTURE ALL YOU LOVE...

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, 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.



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

To all the members of this Sanctuary who unconditionally assist us and that help with 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.

An Honor to Serve

It is such a deep honor to serve unconditionally as your Reverend. The Sanctuary continues to grow, filled with love, companionship, trust, and laughter. The healing I witness warms my heart, and I know Spirit rejoices in what is unfolding here.

I treasure the trust from the loving team, their unconditional love, dedication, can see them grow and they see the congregation and their Reverend grow with excitement, knowing that we are all teachers and students.

With immense gratitude, we acknowledge all who have participated over these past three months. Your presence and dedication keep the Sanctuary vibrant and full of warmth, even as the season of Spring/Summer begins to show its face.

May you find joy in this beautiful newsletter, sharing the journey.

With love and blessings,
Reverend Pananda and the Pakenham Spiritualist Team
Ronald, Ali, Celeste, Pam, Irene, Natalie, Joan, and many more...



Pakenham Spiritualist Centre

Minister: Rev. Pananda Kohlman

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

Phone: 0417 714 093

E-mail: revpanandakohlman@gmail.com

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.

2025 Schedule for Pakenham Spiritualist Centre

Pakenham Spiritualist Centre

2025 SERVICE DATES

26 th Jan	9 th Feb	23 rd Feb	9 th Mar
23 rd Mar	6 th Apr	20 th Apr	4 th May
18 th May	1 st Jun	15 th Jun	29 th Jun
13 th Jul	27 th Jul	10 th Aug	24 th Aug
7 th Sep	21 st Sep	5 th Oct	19 th Oct
2 nd Nov	16 th Nov	30 th Nov	14 th Dec XMAS

