

# Pakenham Spiritualist Centre Newsletter

## Welcome...

*Hello everyone, this is your friendly Rev. Pananda DonnaRae.*

*The past three months have been filled with wonderful teachings from our Mediums, Spirit, and our congregation. The ever-changing energy of our PSC Team keeps us on our toes, bringing laughter, friendship, and joy. We are truly a great team, and it shows in the way everyone feels welcome and part of our community.*

*I hope you enjoy this vibrant newsletter, filled with cherished moments from our services. I love writing and sharing insights that encourage you to expand, embrace growth, and give yourselves permission to move forward. Watching each of you grow in confidence is truly inspiring!*

*There's plenty to read, so grab a cuppa, sit back, and enjoy reflecting on the beautiful journey of the past three months.*

*With love and light,*

*Your loving Reverend Pananda.*



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## Love that you are different

You have strengths and weaknesses, and both are worthy of love, know them, honour them, and do not heed those who tell you that you must change in order to fulfil their expectation of you.

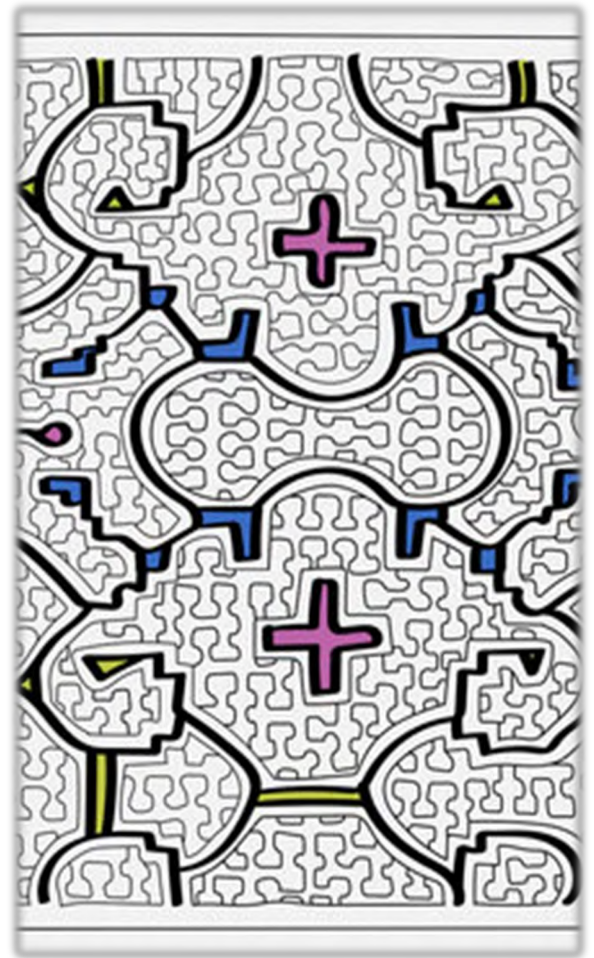
You will never be who others expect you to be.  
You can only be the unique individual you are meant to be.

Love that you are different for it is your differences, and loving those differences, that make you truly beautiful.

### Closing Thought

"A wise soul does not seek to control others but to master themselves. A loving soul does not destroy but uplifts. And a free soul does not need followers, for they walk in their own light."

May we all choose wisdom over control, truth over deception, and love over fear.



## One Light, One Love, One Truth

May the Eternal Light guide us,  
may unity be our purpose,  
and may we walk in peace as channels of love and grace.

## **You are not your thoughts, your emotions, or your circumstances. You are the awareness observing them.**

This teaching encourages mindfulness and inner peace by reminding us to step back from identifying with transient experiences. When you practice observing your thoughts and emotions without judgment, you can connect with a deeper sense of self — one that is untouched by external chaos.

Through this perspective, challenges become opportunities for growth, and life unfolds as a journey of discovery, anchored in the present moment.

### **Know your Power**

You have choice in all things. Your power is born of that freedom to choose, but with that freedom comes the burden of responsibility. To know your power, you must accept responsibility for your part in all you experience even when you allow another to impose their choice or will upon you. You have the power to choose if you wear a saddle or bridle, or if another will ride upon your back. Own your power. Know it and see it, in all of your choices and actions.

You are not your thoughts, your emotions, or your circumstances, you are the awareness observing them.

This passage beautifully conveys two powerful spiritual teachings: the recognition of your true self as awareness and the understanding of your inherent power to choose.

You are the awareness that observes, and the architect of your path. By embracing both, you align with a life of peace, purpose, and power.



26th January..

What a beautiful and heart felt reflection on the start of the year's journey in the Sanctuary! You could feel the energy, connection and love shared during the gathering, was truly profound and uplifting for everyone involved.

The Sanctuary came alive with healing, prayer, contemplation, meditation, laughter, songs, and tears as we celebrated our connection to One Love, One Light and One Truth, Unity.

A Heart felt Thank you to Our Presenters. We extend our gratitude to Medium Rev Trish Roche for her enlightening presentation on Orbs.

Her knowledge and ability to encourage us to look "outside the box" inspired everyone to see beyond the physical realm - so fascinating and thought provoking. Thank you also to Medium Sharon Lee-Gaine, for her outstanding mediumship. Her unconditional connections with the Spirit world and the sitters who receive, wonderful healings between the two worlds. Brought forth profound proof of survival, leaving all of us moved.



Sharon, Rev. Pananda, and Rev. Trish.

What an extraordinary experience we had - blessings to Trish and Sharon and an extended gratitude to you both from PSC congregation and team. Acknowledging Our Amazing Team. A special thank you to the PSC for their unconditional love and loyalty. Your dedication is the heart of this beautiful sanctuary, and we are so grateful for everything you do to make the centre run smoothly, you know who you are and to the congregation for helping in the packing up, you all rock.

The teachings shared by each speaker resonated deeply, and the bond of trust and togetherness was truly inspiring.

A special thank you to Rev Lakis and Mara, what an overwhelming surprise to visit us, brought tears to my eyes, you are very special in my heart, without you, I would not be here doing this beloved service with spirit, Rev Lakis's open heart approach in service, inspired the cheeky connection I have with Spirit, and of course Rev Cara asking me to be Rev Spirit had a plan lol.

Blessings from all of us at Pakenham Spiritualist Centre. Oh by the way, the kitchen was a buzz



**One Light, One Love, One Truth  
May the Eternal Light guide us,  
may unity be our purpose, and  
may we walk in peace as channels of love and grace.  
Amen.**

9th February...

Spiritual teachings, guidance, healing and laughter with spirit playing with music lol.

Thank you Mediums Jordie Janes, Annie Desborough and Lee Bugat, wow what a team.

Oh the kitchen was a big buzz

Blessings

Rev Pan, Ronald and the PSC team



Leanne, Rev Pananda, and Jordie



## Prayer of Universal Light & Love

*Divine Source of all creation,  
From whom all paths of wisdom flow,  
We call upon the guidance of the great  
masters—*

*The bearers of light, the keepers of truth,  
The voices of peace from every time and  
tradition.*

*Grant us the clarity to walk the path of love,  
The strength to embody compassion in every  
action, And the courage to forgive, heal, and  
grow.*

*May the teachings of wisdom flow through us,  
Uniting hearts, transcending borders,  
And reminding us of our shared divinity.*

*From the Buddha's stillness to Christ's  
boundless love,  
From the Prophet's mercy to Krishna's joy,  
From the wisdom of the sages to the songs of  
the ancestors, May, their essence, guides our  
steps, And their light illuminates the world.*

*We honor the oneness of all creation,  
The sacred flame within every soul.*

*May we act as vessels of peace,  
Bringing harmony to the earth,  
Healing to the wounded,  
And hope to the weary.*

*In the spirit of unity,  
We offer gratitude for this moment,  
For the breath that sustains us,  
And for the love that connects us all.*

*May this prayer rise to the heavens,  
A beacon of light and intention.  
May it ripple outward, touching every life,  
And returning to the source,  
Whole, eternal, and infinite.*

*Amen.*

*Om Shanti. Salaam. Peace.*

## The Lantern Keeper

There was once a humble traveller named Eli, who wandered from village to village, carrying a single lantern. This lantern, however, was unlike any other—it did not merely light the path ahead but also revealed hidden truths to those who gazed into its glow.

One evening, Eli arrived at a town where the people lived under strict rules set by a powerful leader. The leader claimed to speak for the Divine and insisted that only through obedience to him could the people find enlightenment. Many obeyed out of fear, never questioning if they truly walked their own path.

Eli sat in the town square, quietly lighting his lantern. One by one, people approached, curious about the gentle glow. As they peered into the light, something stirred within them—memories of forgotten dreams, desires long buried, and a whisper of a truth deeper than the leader’s words.

A young woman named Mara was the first to speak. “I feel as though I have been asleep my whole life,” she said, her voice trembling. “I have followed every rule, yet my heart aches for something more.”

Eli smiled. “You were never asleep, only waiting to awaken. The path was always yours to choose.” Others came forward, each seeing reflections of their own souls in the lantern’s glow. Some were fearful, clinging to the comfort of their leader’s rules. Others, like Mara, felt an undeniable pull toward the unknown—their own truth.

Word reached the leader, who stormed into the square. “Put out that light!” he commanded. “It fills people’s minds with dangerous ideas!” Eli met his gaze calmly. “Is it the light that is dangerous, or the truth it reveals?”

The leader hesitated, but the people did not. One by one, they stepped forward, realizing they no longer needed permission to seek their own way.

Some left the town to explore new paths, while others stayed, transforming the village into a place where questions were welcomed, and choices honoured.

As for Eli, he simply smiled, picked up his lantern, and continued on his journey—because the light was never his to keep, only to share.

~

*This story reflects the process of awakening—how truth can stir something within, but the choice to walk forward is always personal. What did it spark for you?*

## 23rd February...

*What a great day with our Mediums Suzanne Hatcher giving a wonderful talk and with shared demonstrations William (Billy) McIlvaney, proof of survival, each working with spirit different ways.*

*Watching their natural communication was something to see and feel.*

*Blessings*

*Reverend Pananda.*



*Suzanne's Mum—"Doodie", Suzanne, Rev. Pananda, and William*

## 9th February...

It was Rev Dorothy McCleans Birthday, we wish her a fantastic day with your Family and friends today, beautiful lady of light, we will miss you at service, yet plenty of best wishes, love is sent your way.

With love, light

Rev Pan, Ronald, and the PSC team and congregation



## QUOTES

*"Life is eternal; and love is immortal; and death is only a horizon; and a horizon is nothing save the limit of our sight".*

*By Rossiter Raymond  
(1840-1918)*



## THE OLD MAN AND THE PUDDLE

*It was a long day at work, and George decided to leave his London office and walk to the pub across the street, to get a few drinks.*

*The rain was pouring as he stepped out, and there was a big puddle in front of the pub.*

*As he crossed the street, he noticed a ragged old man was standing there with a rod and hanging a string into the puddle.*

*His curiosity piqued, he stopped next to the old man and asked what he was doing. "Fishing." The old man said simply without looking at George. "Poor old fool." George thought, and he invited the ragged old man to a drink in the pub.*

*He felt he should start some conversation while they were sipping their whiskey, so he thought he'd humour the old man and asked, "Well... how many have you caught?"*

*"You're the eighth."*

### 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.

## 9th March...

What a lovely day we had with Ronald, speaker, thank you

Leanne singer her beautiful Angel song.

Pananda & Josie Ruberto walking the floor of demonstrations of proof of survival.

Was a great afternoon of laughter, and some tears.

Kitchen was busy.

Thank you everyone for today,

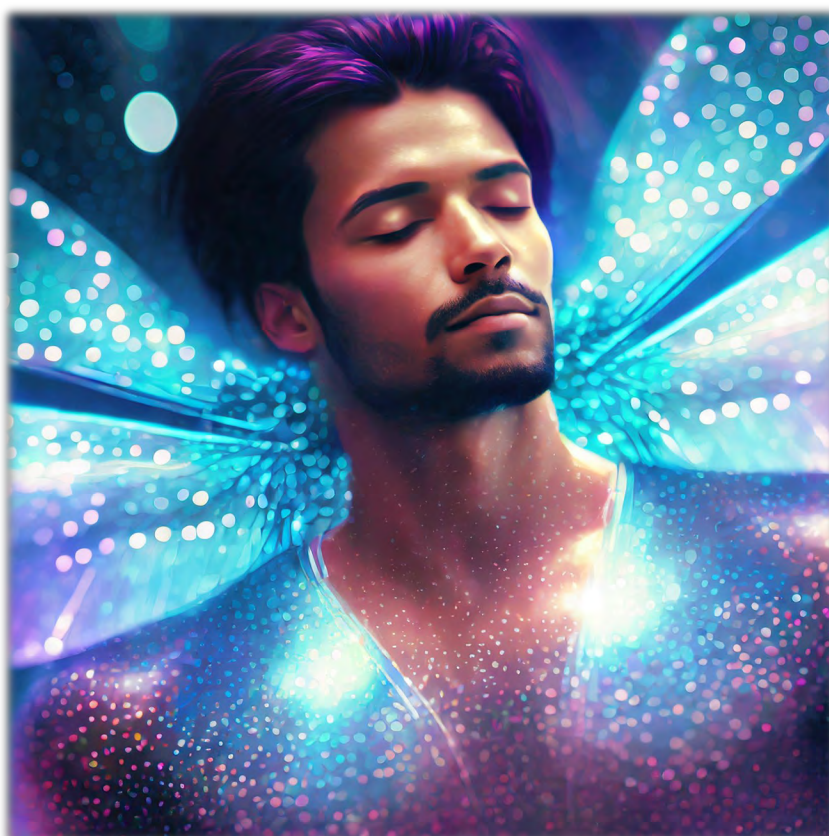
Blessings

Rev Pan xoxoxox

And blessings to our Rev Dorothy, Bless you darling heart



*Leanne, Jose, Rev. Pananda, Rev Dorothy, and Ronald*





## 23rd March...

We had the pleasure of welcoming Medium Andrew Glen, who shared a wonderful teaching and meditation inspired by his American Indian guide's culture. He also graced us with the beautiful sounds of his flute. At my request, Andrew shared the sacred story of his journey with trance and his deep connection with his guide - an experience that captivated us all. Many spiritual seekers gained valuable insights from his sharing.

We also were blessed to have Leonie Adamson join Andrew for demonstration, they delivered incredible communication between the two worlds. A special mention to Maria Fodor (fledgling), who took the platform for the first time - what a team!

The room was filled with spirit

A heartfelt thank you to the wonderful PSC team for their contributions to a beautiful gathering.

The healing team.

Celeste for the opening prayer, Ali for the meditation, and Chelsea for sharing both the story and the joke that lifted our spirits.

A special thanks to Ronald, our music man, and to the lovely Leanne Bugat for her beautiful songs from spirit. Your dedication and energy are truly appreciated.

After Service we all gathered to the kitchen for afternoon tea, thank you to all the team, mediums and spirit and the congregation, a great afternoon. Blessings to all, Rev. Pananda.



*Leonie, Andrew, Leanne, and Rev. Pananda (missing from photo was Maria Fodor)*

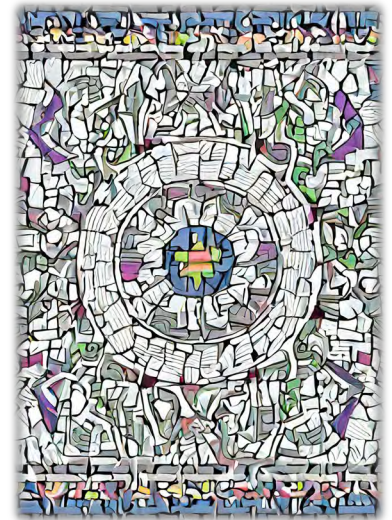
### ~ Love Lives Forever in the Heart ~

Those we love are never more than a thought away...

For as long as we hold their memory,

They remain forever in our hearts.

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





## The Four Trees...

Once upon a time in a land not too far away, four trees started to grow on top of a small hill. Three of the trees are very selfish, arrogant and proud trees always boasting how big and tall they will become, teasing each other how they will live forever. The fourth tree is all happy and content, just to be a tree.

As time passes the three proud and selfish trees spend all their days growing as tall and impressive as they can, boasting each and every day how wonderful they will be. The fourth tree listens but is all happy and content, just to be a tree.

Many years pass and the three trees all look impressive and have grown straight and tall, but they have grown ever more arrogant, selfish and proud, boasting and teasing constantly how they are better than the other and how surly they will now live forever. The fourth tree isn't the best looking or the tallest but is all happy and content, just to be a tree.

The woodcutter comes along and cuts the three proud, arrogant trees down to the ground. The first tree is made into the City Gates the second tree a Great Warship and the third tree into a Great Place of Worship. Each of the three trees is proud and happy of their new position in society, boasting that they are better than the other and how they really will live forever. The fourth tree is all happy and content, just to be a tree.

A great army comes to attack, the City Gates are destroyed, the great Warship is sunk in the harbor and the Great Place of Worship burnt to the ground. Only the fourth tree survives growing on the hill all happy and content, just to be a tree.

The fourth tree knows that it cannot live forever. That the day must come when the fourth tree will too pass away, but not before it sets seed to Four little Trees growing on that hill, all Happy and Content, Just To Be a tree!

*(Author: Dhamma Tapasa\* Andrew Hallas)*

### **Moral of Story:**

True greatness lies not in the pursuit of self-importance and pride, but in the humility to embrace one's unique place in the world, the wisdom to appreciate life's simple joys, and the kindness to leave a legacy of positive influence. kindness, and the beauty of the present moment.



## Religion vs Spirituality...

Religion: worships God.

Spirituality: encourages oneness with God.

Religion: God is outside of you.

Spirituality: God is within you.

Religion: separates people who have different beliefs.

Spirituality: unites people regardless of their beliefs.

Religion: teaches people to be afraid of hell.

Spirituality: teaches people to create Heaven on Earth.

Religion: based on fear and restriction.

Spirituality: based on love and freedom.

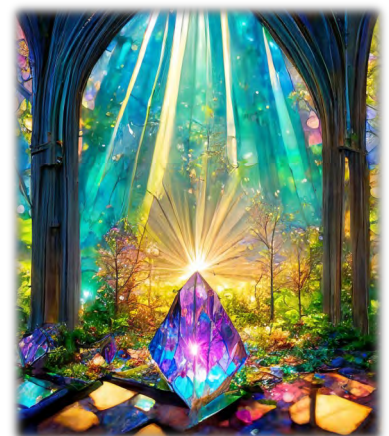
Religion: feels like being a single drop in the ocean.

Spirituality: feels like being the entire ocean in a single drop.

Religion: based on others' experience.

Spirituality: based on your personal experience.

**It's all about Freedom of choice**



## Nourish the Soul, Drink in Life...

### The Sacred Dance of Friendship

Friendship is one of the most profound connections we experience in life. It is a dance of giving and receiving, of trust and growth. But within friendship, there are guiding principles that determine its depth and endurance—loyalty, boundaries, integrity, wisdom, and spirituality.

- ◇ Loyalty: The Foundation of Trust
- ◇ Boundaries: The Space Where Respect Grows
- ◇ Integrity: Walking in Truth
- ◇ Wisdom: The Art of Discernment
- ◇ Spirituality: The Soul's Connection Beyond Words

## Nourish the Soul, Drink in life...

Use your senses to explore your world-to see, touch, taste, smell, hear and experience all that is within you and around you.

Your life is meant to be a rainbow of colour, full of motion and sound. It is not meant to be a bland, tasteless existence of simply black and white.

Be sensual. Explore yourself and your world every day and nourish your soul with every moment.

This is a beautiful and inspiring message! Life is indeed meant to be fully experienced, with all its colours, textures, and sensations.

When we embrace the world through our senses, we connect more deeply with ourselves, the present moment, and the divine flow of life.



## Password...

One day a mom noticed that when her son was logging onto a favourite website, he typed a very long password.

She asked him what it was, and he replied, "MickeyMinnieGoofyPluto."

She asked him why he would use such a password. "Because" he explained, "it says your password has to have at least four characters."

## Gambling...

A priest, a rabbi and a Buddhist monk get arrested for illegal gambling.

They get in front of the judge.

He starts questioning the priest first, "Did you play poker yesterday?"

The priest mumbles a quick 'Lord forgive me' and answered "No."

The judge turns to the rabbi and asks him, "Did you play poker yesterday?"

The rabbi crosses his fingers behind his back and answers a clear "No."

Finally, the judge turns to the Buddhist monk and tells him, "So you are a Buddhist monk, I know for a fact that you are absolutely forbidden to lie to me!

Did YOU play poker yesterday?"

The monk looks at the priest, then at the rabbi.

He smiles at the judge and asks, "**How could I possibly play poker all by myself?**"



## The Tale of the Two Gardens...

In a small village, two gardens were tended—one by the Wise Gardener, the other by a young teacher. Both aimed to teach villagers how to grow food, but their approaches differed greatly.

The Wise Gardener nurtured both the land and the learners, guiding them to listen to the soil and trust their instincts. She encouraged patience, allowing them to make mistakes and grow through experience. "A garden," she said, "is a partnership, not something to control."

The young teacher, however, insisted on strict instructions. "Follow my steps exactly, and your crops will flourish," he claimed, discouraging questions or independent thinking.

That spring, the villagers worked in both gardens. In the Wise Gardener's plot, plants thrived slowly but steadily, and the villager's gained confidence in their learning. In the young teacher's garden, plants grew quickly but soon wilted—the soil, uncared for, could not sustain them.

When the young teacher saw the failure, he blamed the villagers. But they replied, "We followed your steps, but we didn't listen to the soil." Realizing his mistake, the teacher saw that true learning isn't about rigid instructions—it's about understanding, questioning, and growing through experience.

**Moral of the Story:** *The best teaching nurtures curiosity, trust, and self-discovery. A true teacher guides, rather than controls, allowing students to learn from the wisdom within themselves.*

## The Web of Life...

*We are not separate from the world around us—we are woven into the very fabric of existence.*

*Every breath we take is a gift from the trees, every drop of water a reminder of the Earth's nourishment.*

*When we harm the natural world, we harm ourselves, for we are sustained by the same life force that flows through all creation.*

*You are not just one among many; you are a living expression of Gaia, deeply connected to every creature, every leaf, every wave upon the shore.*

*Honor this connection.*

*Care for the Earth as you would care for your own body and cherish all life, as you would your own family.*

*In love and respect, we find true harmony.*



## The Light Within...

Everyone is born with a light inside them. At first, we may not realize it's there, like a lamp that hasn't yet been switched on. As children, we often look to others for guidance, love, and approval, unaware that we already carry something just as valuable within ourselves.

As we grow, we begin to notice the light in others. People who shine brightly in their own unique way. Some may be kind and wise, others confident and strong, and we may find ourselves admiring them, even wishing we could be like them.

But what we often don't realise is that their light is not meant to outshine us; it is meant to remind us of the light we carry within. This light—our inner wisdom, love, and truth—has always been with us. It does not belong only to a select few. It is within each of us, waiting to be recognised.

The moment we awaken to it, the moment we understand our own worth and beauty, our light turns on. There is no set time for this to happen. Some discover their light early in life; others take longer.

But no matter when it happens, the important thing is that it does.

And when it does, we no longer feel the need to compare ourselves to others or seek approval—we simply shine as we are, knowing that our light is just as valuable as anyone else's.

So, the next time you find yourself drawn to the light of another, let it be a reminder, not a distraction.

Let it inspire you to turn inward and recognise that the same light exists within you. For while we may each express it in our own way, it is the same light that connects us all. May you awaken to the brilliance that has always been within you.



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.

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 Autumn 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

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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<sup>th</sup> Jan

9<sup>th</sup> Feb

23<sup>rd</sup> Feb

9<sup>th</sup> Mar

23<sup>rd</sup> Mar

6<sup>th</sup> Apr

20<sup>th</sup> Apr

4<sup>th</sup> May

18<sup>th</sup> May

1<sup>st</sup> Jun

15<sup>th</sup> Jun

29<sup>th</sup> Jun

13<sup>th</sup> Jul

27<sup>th</sup> Jul

10<sup>th</sup> Aug

24<sup>th</sup> Aug

7<sup>th</sup> Sep

21<sup>st</sup> Sep

5<sup>th</sup> Oct

19<sup>th</sup> Oct

2<sup>nd</sup> Nov

16<sup>th</sup> Nov

30<sup>th</sup> Nov

14<sup>th</sup> Dec XMAS

