karuna
dedicated holistic support

the kindest care

karuna news **june edition**

20 year Celebration

This year Karuna is celebrating 20 years of care

We hope you will be able to join us on **October 19** when we reconnect with and thank the many people who have been a part of Karuna including those who started the service, our supporters, staff and volunteers and most importantly the families we have had the privilege to support. We invite people to share their story on the day, reminding us of the many milestones and achievements Karuna has reached.

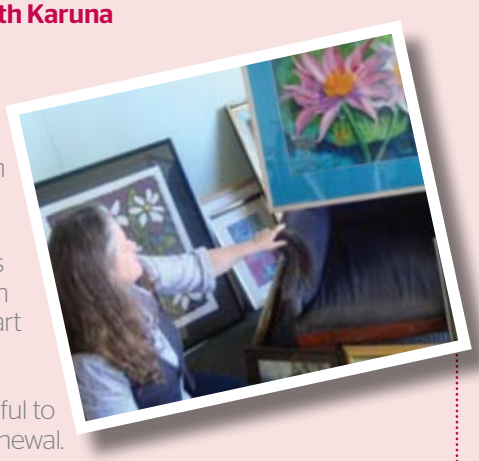
I think one of these will be that every day for 20 years someone from Karuna has been out there giving the kindest care.

We will have more details about the event in our next newsletter due out by September.

Best wishes
Yeshe Khadro

Karuna Art & Jewellery Market volunteers... *two stories*

I've been volunteering with Karuna for a couple of years now.



I wanted to offer my time to do something useful, and am glad to support an organisation that does such valuable work.

It was the chance mention that I was doing an art class that prompted the invitation to help with the art for the art market. It's great watching pieces of art go home with someone new, and wonderful to be part of the process of renewal.

Last year we raised over thirty thousand dollars, and we're hoping we can do the same again this year. We've had lots in already, but the more there is the more we can sell. So if you've got Art that is sitting around while you wonder what to do with it, or has lost its sparkle on the wall, why not give it to us? Then come take a look at the Art & Jewellery Market in August, and maybe find something else that you love for just that right spot.

There are other ways to help. Closer to the time there's cleaning and pricing, and on the day itself there's a lot of moving to do – very early in the morning. Contact Sharon at sharon@karuna.org.au if you can contribute with these tasks.

Ann Carrick

I have been a volunteer for Karuna for 7or 8 years now, I can't remember!

Maybe that is because I enjoy it so much! The people I have worked with over the years, both the Karuna staff and the other volunteers, have always been so friendly and happy. It was over 7 years ago now when my very good friends husband was ill and I witnessed first hand the wonderful and generous support the staff from Karuna provide.

This applies not only to the person who is sick but to their loved ones too. The value of the emotional, spiritual and physical help provided is immeasurable. Although I cannot provide this assistance myself, I can help by raising much needed funds.

The actual market day is always great fun! After all the hard work setting up, to see everything come together and look great is a real buzz! Also the excitement of the buyers looking for a bargain, and there are always plenty to be found.

The thing is "one man's trash really is another man's treasure", and by donating your outdated or unworn jewellery, you give a gift that can really make a difference.

Volunteers are always welcomed at Karuna as there are a lot of hands needed to help on the day and also for cleaning and setting up before the big day.

Sue Blake

Karuna's Art & Jewellery Market

Saturday August 4, 8am to 3pm
27 Cartwright Street Windsor

New & Pre-loved Art & Jewellery • Free entertainment for the whole family • Homemade sweets, cakes, yummy food, coffee & cold drinks • Bric a Brac • Silent Auctions for high end art • Donate your art & jewellery now!

Phone: +61 7 3632 8300 • www.karuna.org.au • Email address: karuna@karuna.org.au
27 Cartwright Street, Windsor Q 4030 • PO Box 2020 Windsor Q 4030 • ABN 28 055 211 473
Palliative Care Help Line Phone: 1800 772 273 • www.palliativecarehelpline.org.au • Email: info@palliativecarehelpline.org.au

karuna CARE EDUCATION

Karuna's Care Education program is designed to help people

- transform unavoidable suffering
- enrich their lives through meaning
- and discover ways to lead a happier life.

To book a course, phone 07 3632 8300 or register on the website www.karuna.org.au

For a full description including presenters go to www.karuna.org.au/education

Meditation 202

Have you tried meditating before? Do you want to re-establish a regular practice? Are you interested in deepening your meditation experience? Meditation 202 is the perfect opportunity to do this.

Time: 10am - 4pm **Date:** Sunday 15th July 2012 **Place:** Karuna House, 27 Cartwright Street, Windsor, Brisbane, Qld **Cost:** $85

Spiritual Care with the Dying Level 1

An intensive three-weekend course focusing on understanding death & dying from a spiritual perspective, using the Tibetan Buddhist tradition & its application to end of life care. Go to www.karuna.org.au/education for specific dates.

Time: 10am - 4pm **Date:** From 28th September to 28th October **Place:** Karuna House, 27 Cartwright Street, Windsor, Brisbane, Qld **Cost:** $450

Meditation on Mondays

Each session begins with relaxation followed by Tibetan Buddhist meditation suitable for everyone.

Time: 4pm - 5pm **Date:** Every Monday **Place:** Karuna House, 27 Cartwright Street, Windsor, Brisbane, Qld

When the Chocolate Runs Out

- What happens when our usual props don't work?
- Discover the real reasons our buttons get pressed!
- Explore the role feelings play in our world & learn how to bypass life's dramas, freeing you to enjoy each moment.

Time: 10am - 4pm **Date:** Sunday 17th June **Place:** Karuna House, 27 Cartwright Street, Windsor, Brisbane, Qld **Cost:** $85

Karuna Bereavement

Bereavement is an experience that can leave you feeling confused and exhausted. Karuna offers a structured program thats helps you understand what you are feeling. A 6 week program, held every Thursday morning.

Time: Every Thursday 10am-2.30pm **Date:** Commences Thursday 4th October **Place:** Karuna House, 27 Cartwright Street, Windsor, Brisbane, Qld

Chat 'n' Chino

Come along and join our special blend of social connections and bereavement support. These afternoons are an opportunity for you to share or simply relax and mix with others in similar situations.

Time: 2pm - 4pm **Date:** Last Thursday of each month. No RSVP required. **Place:** Karuna House, 27 Cartwright Street, Windsor, Brisbane, Qld

Children's Bereavement Program

The "*Keeping Our Children Strong*" program provides a safe, supportive place where they can explore their grief through play and other activities.

Time: 10am - 2.30pm **Date:** Tuesday 26th June and again Tuesday 25th September **Place:** Karuna House, 27 Cartwright Street, Windsor, Brisbane, Qld

Meditation 101

Meditation 101 is an introductory course, suitable for complete beginners, on basic Buddhist meditation techniques. It teaches simple Buddhist meditations anyone can use to create more peace and happiness in daily life.

Time: 10am - 4pm **Date:** Sunday 7th October 2012 **Place:** Karuna House, 27 Cartwright Street, Windsor, Brisbane, Qld **Cost:** $85

Our office and support services are available Monday to Friday 9am - 5pm

Phone 07 3632 8300

www.karuna.org.au | email: karuna@karuna.org.au

or call the Palliative Care Helpline

Phone 1800 772 273

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www.karuna.org.au

Karuna is affiliated with The Foundation for the Preservation of the Mahayana Tradition www.fpmt.org

Spiritual Patron: His Holiness the 14th Dalai Lama

Kindness to Karuna

TAA Connect who have freely provided us with IT & communications technical support over the past months – we thank you very much for your continuing support.

TAACONNECT