



# karuna



## Welcome

I cannot believe it has been a year since our last newsletter but here we are in 2014 reflecting on the clients and their families who touched our hearts this past year and those who joined the Karuna community through our events, our education or as part of our volunteer groups.

I believe that Karuna's success over the past 20 years is based on the foundation of specific core principles that have been drawn from the natural empathy and compassion of our founding staff and volunteers and is now embodied in our specialist nurses, counsellors, social workers, spiritual care workers, educators and family support volunteers.

Last year we captured and recorded the knowledge we have gained through our 20 years of service and combined this with the wisdom of our spiritual tradition and our unique Karuna culture.

While this continues to be the foundation of our Brisbane based home care service we have begun sharing this information with the broader community through our education services. In addition to the courses we run here at Karuna our team have delivered training for community organisations and presented at conferences over the past few months including:

- The Mind and Its Potential Roadshow in Brisbane
- The Centre for Palliative Care Research and Education Conference on Spiritual Perspectives at the end of life
- The Spiritual Care Australia Conference in Adelaide

Later this year we will be launching our free online information which will offer guidance for individuals and families who are coping with life limiting illness and end of life.

I thank each and every one of you for your continued support of Karuna and the community we care for.

**Yeshe Khadro**  
*Karuna Spiritual Leader*

## Paying it Forward

For years after the death of her husband Terry Gwynn-Jones in 2001, Susan Davies repaid the debt of compassion she'd received from Karuna in every way possible.

She worked for almost two years as Karuna's marketing manager, she served for five years on the board and became a long-standing, hard-working volunteer. In 2003, she and a friend initiated the hugely successful Karuna cocktail evenings, raising both funds and awareness, which had a potent multiplier effect for the hospice. She also founded the now-iconic Art & Jewellery Market, a pillar of Karuna's fundraising efforts.

**Reflecting on other ways she could help, Susan realised there was a far "less painful" way to make a tangible difference.** "It dawned on me that putting an amount in my will was going to be the easiest way of all of giving to Karuna," she says.

Since deciding on a bequest, Susan is convinced it is the most significant and easiest way to benefit an organisation for which there are inherent difficulties in seeking bequests.

"I find it amazing that people don't see the ease with which they can make a difference - by writing a single line to benefit the organisation of their choice when they are revising their will. For people who have cashflow issues and feel they're not able to directly support charities at any substantial level... this enables them to make a real difference. Their bequest could be enough to support a person's entire care with Karuna, or pay the wages of a nurse or counsellor." It's not paying back, she says, but "paying forward" to ensure Karuna's survival.

"I want to make sure Karuna is still around for other people and for me down the track. I hear people say 'I hope I never need Karuna's services', but I say, 'I hope I do! I hope they are there when I need them.'"

**Special thanks to Mike Bruce, Senior Writer News Queensland, who kindly volunteered to interview Susan.**



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community

## Karuna Celebrity

Congratulations to our very own "celeb" Marilyn Bowers!

Marilyn may appear like a mild mannered social worker, but by night she and the rest of the band *Diddly Squat* perform at gigs around Brisbane. Now they're in the ranks of the famous having made it to the grand final of the ABC's national band competition *Exhumed*.



See them live at Karuna on Sat 2 August at the Art and Jewellery market where they are very generously donating their talents to support the day.

For more about them see:  
<https://www.facebook.com/diddlysquataband>

## There are many ways you can help Karuna...

- Donate to us by completing the form below
- Make a provision for Karuna in your Will
- Donate pre-loved art, jewellery or bric-a-brac
- Offer pro bono contributions
- Host a fundraising event for Karuna
- Attend Karuna fundraisers
- Volunteer your time and expertise: perhaps join our craft or cooking group

Contact us for more information.

## New look Christmas Market a great success

A total of 900 people enjoyed the balmy evening, making the new look Friday afternoon and evening event a winner.

Thank you to all who created Christmas fare and unique hand crafted gifts and to all those who happily purchased them to put under their trees.

Thanks also to our carol singers from Windsor State School and the special sounds of *Diddly Squat*.



## Another year, another Art and Jewellery Market!

Our 2013 Art and Jewellery market set a new high for quality and quantity of items donated and sold. Record numbers of people purchased pre loved treasures so we need more stock for 2014.

If you, your friends or neighbours are looking to re-decorate or downsize, let them know we would love any pre loved or new art, jewellery and bric- a- brac generating much needed funds to help us care for more families.

Just call 3632 8300 to discuss pick up or drop off to us.

## Kindness to Karuna

Our sincere appreciation to Fuji Xerox who kindly donated a professional colour printer. This generous donation enables us to print high quality material in-house and save on costs. Thank you Fuji Xerox.

**FUJI xerox** 