



"We can never obtain
peace in the outer world
until we make peace with
ourselves."

Karuna's Circle of Kindness

MESSAGE FROM THE BOARD

Karuna is truly like a close knit family. We have donors, volunteers and staff who have given their time, money and experience to our organisation over many years and become like family.

Many are celebrating 25 years with us. Like Hilary Clarke who began as a founding staff member in 1992, working as volunteer co-ordinator and counsellor. Hilary's career moved on in 2007, but she has spent many hours volunteering for Karuna and has remained an integral part of our organisation.

We're also grateful for our wide ranging support base which includes corporate organisations, community groups, philanthropists and our mum and dad donors. Some of our supporters have been annually donating for more than twenty years. Others donate their time to create fundraising opportunities in their communities like regular craft stalls, golf days, concerts and fun runs.

Along the way, our valued community have invited friends

and family to get involved or donate to Karuna. Some have encouraged loved ones to seek our support as they approach the end of their life. Karuna has grown from a small organisation supporting about 25 clients in 1992 to a charity that will care for about 500 families in 2017.

Giving, receiving and then giving back is what the Karuna family is all about. We know that giving back improves mental and physical well-being but it also gives us a powerful sense of connection with others. In all that we do, we endeavour to live well and die peacefully.

We thank and celebrate our Karuna family.

Yours in kindness and care,

Catherine Mickel

Catherine Mickel
Karuna Board Chair



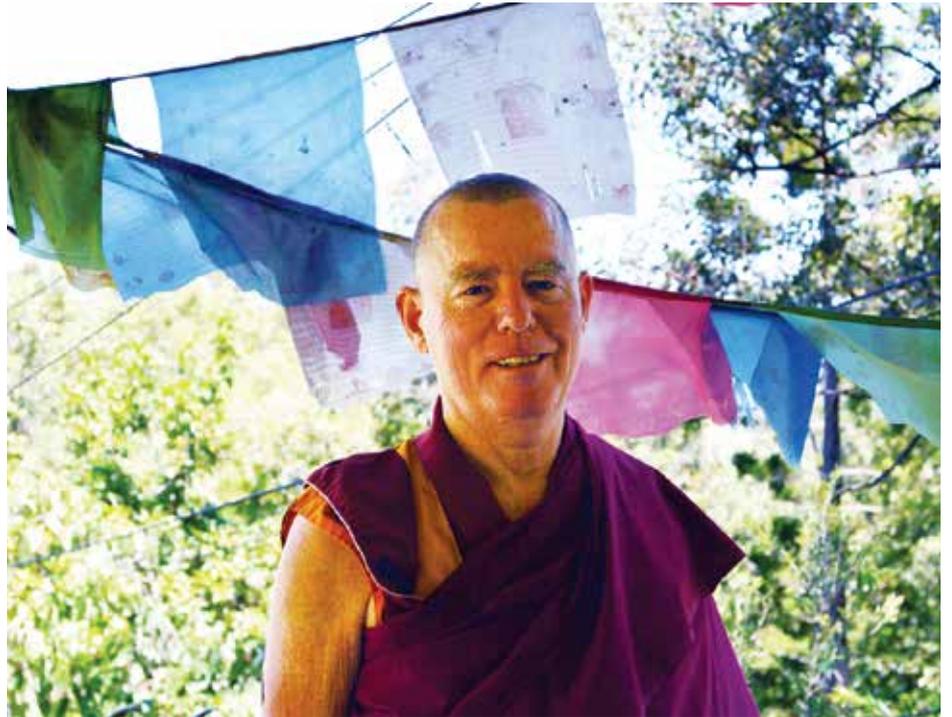
The Morgans Foundation

Nearly twenty years ago, Karuna received a cheque from Morgans for \$500. It was to be the beginning of a long friendship with the stockbroking and wealth management firm.

The firm has regularly provided volunteers to work at our fundraising events, in particular our popular art market, and provided advice on IT and other professional services. Morgans have donated \$297,000 to Karuna since 1998, enabling our charity to grow.

The Morgans Foundation was officially established in 2005, with a view to helping smaller charities championed by staff members. Chairman Bruce Wallis says Karuna came to the attention of Morgans via a staff member whose wife was working for Karuna as a grief counsellor. More recently, the spouse of a staff member was cared for by Karuna and Bruce says their experience was very positive and 'admired by all'.

"We are so pleased to be able to support charities like Karuna in a practical and financial way. The charities we support reflect the wide ranging community support and involvement of our staff. That personal connection is important as we believe that it helps us to raise awareness of the group's social responsibility and commitment to helping those in need."



From little things, big things grow

Karuna founder and Brisbane based Buddhist monk Venerable Pende Hawter never imagined that the tiny service he and others established back in 1991 would grow into the service it is today.

Ven. Pende was working with the dying, offering spiritual care and guidance, when his teacher Kyabje Lama Zopa Rinpoche advised him to further his work to help people die with a calm and positive state of mind to gain the best possible rebirth. That was the impetus for Ven. Pende, along with palliative care nurse Marg Gulley and others, to start Karuna. Volunteer co-ordinator Hilary Clarke came on board soon after.

"We initially worked from a private home. These were humble beginnings because when we had heavy rain it used to flood downstairs where Marg had her office and she had to take her shoes off to get to her desk!" says Ven. Pende.

But the damp floor was the least of their worries. While Karuna had the volunteer support of many wonderful people, securing funding for the service and the establishment of Karuna as a tax deductible charity was a challenge.

"We were very short of money in the early times before we got government funding and we came very close to shutting the doors at one stage. Marg put in a huge amount of hours for little or no payment and many other people helped with money, equipment, training or time," he says.

Karuna was grateful for the expertise of a top not-for-profit lawyer, Myles McGregor-Lowndes, who set up its constitution for free. The input of a respected palliative care physician was also critical at this time. Other highly skilled and dedicated people also came on board and helped in a variety of ways.

Karuna cared for approximately 25 families in its first year. Twenty-five years later, we now care for about 500 families in a year. Ven. Pende says he never expected the organisation to grow into what it is today, from such humble beginnings.

"I would put it down to the entire Karuna team having the best motivation from the very beginning, putting the well-being of the clients before their own. Also from the blessings of Kyabje Lama Zopa Rinpoche and other holy beings. "



How we can help you....

Workshops and training - Karuna offers many workshops and training opportunities to foster a healthy approach to living well and dying peacefully at an individual, health, professional and corporate level.

Information and resources - Karuna has a small book shop full of helpful books and a wide range of information sheets on

our website you can access at any time when challenged by the fragility of life.

Support - Karuna has dedicated spiritual and grief counsellors that are available for support at times when you wish to speak with someone about your distress, grief or loss.

To learn more, go to our website: www.karuna.org.au

Community Workshops

The Road to Recovery - Burnout and Fatigue Prevention

Mental fatigue and exhaustion are common but most people are unaware of how it occurs or what can be done to prevent it. Karuna can help you to learn how to combat fatigue and encourage physical vitality.

Buddhist nun Venerable Lozang Yönten will run three workshops over three weeks that explore ideas about where mental fatigue comes from and what we can do to prevent it, drawing on Buddhist principles.

You are not required to attend all three sessions, each can stand alone without the need to attend all three, although you will gain maximum benefit from attending all three.

Overcoming Obstacles to Energy

DATE: Thursday 10 August 2017 **TIME:** 10.00-11.30am

Finding Momentum and Continuity

DATE: Thursday 17 August 2017 **TIME:** 10.00-11.30am

Connecting with Contentment in All Aspects of Life

DATE: Thursday 24 August 2017 **TIME:** 10.00-11.30am

VENUE: Karuna House

COST: \$25pp per session or \$60pp for all three sessions.

Mindful Living, Mindful Ageing

Though ageing is inevitable, our attitude can make all the difference. Research shows a positive attitude to ageing is the key to better health, life satisfaction and living longer.

Join Buddhist nun Venerable Lozang Drolkar for this workshop to discover simple ways to cultivate positive behaviours towards ageing. Learn how to live a fully engaged life and age wisely, mindfully and gracefully.

DATE: Sunday 8 October 2017 **TIME:** 12.30pm-5pm

VENUE: Karuna House **COST:** \$45pp

Spiritual Care with the Dying Retreat: Compassion in Action - Level 1 Retreat

This six day residential retreat, held high in the mountains of Springbrook, focuses on understanding death and dying from a spiritual perspective, drawing from the Tibetan Buddhist tradition and its application to end of life care. Presented by Buddhist nun Venerable Tenzin Chödrön, the course is intensive and deeply experiential. The more we face and prepare for our own death, the more present we can be with others in preparing for theirs.



DATE: Thursday 26 October - Tuesday 31 October 2017

For further information please email karuna@karuna.org.au or call 3632 8300.

Calming the Mind through Meditation

Do you have a mind that jumps around like a barrel of monkeys? Have you wondered about meditation but don't know where to start?

Join Venerable Trin-lä in this experiential class which explores how we utilize different types of meditation to be calmer and more focused.

DATE: Sunday 24 September 2017

TIME: 9.30am-1.30pm **COST:** \$45pp

Meditation on Mondays

Please join us on Mondays for weekly meditation at Karuna House from 4-5pm. We only ask for a gold coin donation. To book, phone 3632 8300.



Bookings Essential. Phone 3632 8300 or via our website www.karuna.org.au



Care to Dance

Karuna was honoured to be a beneficiary of the Queensland Medical Orchestra's (QMO) concert *Care To Dance* in April this year. It was a very special event for Karuna as one of our clients, Dr John Roberts, played his beloved string base in the orchestra prior to his death in April last year.

It was in Dr Robert's honour that QMO, in collaboration with the Queensland Ballet, performed at City Hall to a sell out crowd and raised \$14,000 to support Karuna's palliative care services.

Gwenneth Roberts spoke at the event, acknowledging Karuna's "skilful, wholistic and compassionate" care of her late husband John.

"In the last months of John's life, we had the care of Karuna and this is where we experienced their skills - the nurses' assessment, monitoring, education and liaison with his GP and palliative care specialist - were impeccable," she said.

We are grateful to QMO for raising awareness of the services Karuna provides and for their significant donation which will provide much needed care for people with terminal illnesses who wish to die peacefully at home.



Remembering our beloved pets

Our animal companions are an integral part of our families so it is natural to feel devastated by feelings of grief and sadness when a beloved pet dies. Karuna will pay tribute to our furry, feathery and scaly companions during a simple Buddhist memorial service to be held on World Animal Day.



Please join us in remembrance of your cherished pets on Wednesday, 4 October 2017, from 2-3.30pm at Karuna House. The service will be followed by a light afternoon tea. Suggested donation of \$5.00.

For catering purposes, please RSVP by Wednesday 27th September via email karuna@karuna.org.au or phoning 3632 8300.

Death over dinner

While ninety percent of Australians agree we need to talk more about end of life, too few of us actually do. *Death over Dinner* events have been held around the world to encourage more people to talk about their end of life plans.

Would you like to be part of a *Death over Dinner* evening at Karuna later in the year? Please register your interest by emailing karuna@karuna.org.au or phoning 3632 8300.

Kedron Arts Group

The Kedron Arts Group works tirelessly all year round to create art and crafts to sell at local shopping centres to benefit charities like Karuna. This beautiful group of ladies have been raising money for Karuna for nearly twenty years. We are so grateful to this valued group of supporters. If you would like to support their work, go to their Facebook page for updates.



Christmas market

Friday 24 November 2017

Save the date for our beloved Karuna Christmas markets. Fill your Christmas stockings with crafts and gifts in the knowledge that you are helping families in your community. If you have the time and creative flair, we'd also love your help. We need raffle prizes, baked goods and craft items. Contact Karuna on 3632 8300 if you can help.

Karuna Book Club!!

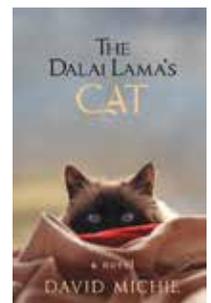
NEW!! Would you like to join a book club but don't know where to start? Join Venerable Dondrup at Karuna on the first Wednesday of every month for our new book club. We will discuss modern, topical books that explore Buddhist wisdom. Our first book will be; **The Dalai Lama's Cat.**

WHEN: Wednesday, 4 October 2017 at 6pm
VENUE: Karuna House

Suggested donation \$5.00. Tea, coffee and biscuits provided.

PS: Buy The Dalai Lama's Cat from Karuna Books and receive 10% discount.

Please register your interest by emailing karuna@karuna.org.au or phoning 3632 8300.





A life less ordinary

How do you make a lifetime of memories into a memoir? With Karuna's help, Jeanette Twell has been able to document her extraordinary life story, that traverses oceans and continents, to leave a lasting legacy for her children and grandchildren.

Jeanette's story is a modern day adventure that would rival Bill Bryson's travelogues. However, after more than 46 years of travel her adventure is coming to an end. Last year, Jeanette was diagnosed with stage four pancreatic cancer.

"Talking through and having my biography completed by Karuna was very cathartic and came at a time when I was thinking about the legacy I was leaving my children and grandchildren."

At the time of diagnosis, Jeanette was working as a scientist with the World Health Organisation (WHO) heading up their inspection program for quality of manufacturing of diagnostic tests.

Just prior, she had completed a 110km hike in Spain and had been hiking in the Alps in Switzerland when she felt she couldn't get up the hills as she had done before. "I just thought I was getting old."

Being tired is just not Jeanette. At twenty, she left Australia for Mexico, New York and Europe. She later built two boats with her former husband and circumnavigated the world in the early eighties. And with three sons in tow, they took two separate year long trips across the Pacific in the 1990s. In between, they were busy raising their children in Australia.

Then, aged 47, she completed her medical science degree and a new phase of work and travel began at the WHO in her mid fifties.



"That part of my life has been fantastic but my children and grandchildren have been far more important to me. Being a mother to my three wonderful sons surpasses everything by far. When I found out I had cancer I was home within a week to be with family and friends."

Over eight one-on-one sessions, Jeanette has orally recorded her life story with Karuna volunteer Ilse. Karuna offers all clients the opportunity to have their story documented which is lovingly put together by one of our volunteers.

"I am so grateful, I have recalled things that I hadn't thought about in years."

Looking back Jeanette says she is glad she took risks. "Some people at 66 would look back and say 'I wish I had done more with my life', but I don't think I could have crammed any more in. And yet I honestly do not feel I am anything but ordinary."



SPRING NEWSLETTER 2017 - DONATION

I would like to give you a gift that will help Karuna provide essential care to the community.

Title:..... First Name:
Surname:.....
Address.....
.....
Suburb: State: Postcode:
Phone: Mobile:
Email:.....

\$50 \$100 \$250 \$500 or \$ _____

Please tick preferred payment option:

- Cheque/money order payable to "The Karuna Hospice Service Ltd"
- Please charge my credit card for the amount above
- Please deduct the regular amount of \$ _____ each month from my credit card
- Please send me details on making a gift to Karuna in my Will

Mastercard Visa Diners Amex.....

Name on card:.....

Credit Card Number:

Expiry Date: ___/___/___ CVC:.....

Signature:

Date: ___/___/___

Donations to Karuna of \$2 and over are tax deductible. Our Privacy Policy is available at www.karuna.org.au.

ABN 28 055 211 473

The Karuna Hospice Service Ltd
27 Cartwright Street
Windsor QLD 4030
Phone: (07) 3632 8300
Email: karuna@karuna.org.au
www.karuna.org.au





All roads lead to Karuna

Kay Powell was at a crossroad in her life when a friend handed her the Tibetan Book of *Living and Dying*. It was a moment which reignited a lifelong spiritual journey and led her to Karuna's doors.

Kay began volunteering at Karuna in 1998, helping with fundraising and volunteer services. She immediately felt at home.

"I had already been heavily touched by death. I lost my stepson, Scott, in a car accident. He was 19, which made death very real for me. I was deeply touched by his death but I faced it and later on it allowed me to move into this area because I was no longer afraid of facing it."

In 1998 Kay was offered a job at Karuna and she has taken on many roles since, including her current position as Acting Operations Manager. Kay set up Karuna's Caboolture office in 1999 and ran Karuna's accreditation program. She's been with Karuna for nearly twenty years and recently announced plans to step back but not out of the picture.

"My time at Karuna has always felt like spending time with family. Our organisation is made up of volunteers, staff and clients and we're all part of this family, all contributing to make it work."

"I've never seen my work as a job, it is a vocation."

Many years working in management, administration and as a

family support volunteer at Karuna have left a lasting mark.

"Being able to sit with clients and support them through their last days has given me a greater appreciation of life."

"I'm always reminded of why we are here, why we are doing what we do. And even though I am now working behind the scenes, it's important to remember that we are here to help the teams in the field and our clients. It's important to never lose sight of that."

Kay has long been Karuna's 'rock'. Staff say her steady, calm leadership and compassion will be sorely missed. But she insists she's not leaving, just re-engaging in a different way. "My workload won't be the same but Karuna will still be my family."

Kay and her husband Neville are now planning to spend time exploring Australia, tripping between towns in their caravan. She says, however, all roads will lead back to Karuna.



Devoted to the service of others

Karuna has an army of many hundreds of volunteers who work tirelessly to ensure that families who are facing the death of a loved one have the support they need.

Some of our volunteers have been with us for over two decades, including Annette Norris. Her journey to Karuna began after a trekking holiday in Nepal in 1991, where she discovered Buddhism.

As a single mum of two kids and a full-time teacher, Annette was looking for a simpler, more meaningful and compassionate way of life. She found her place at Karuna and has continued her study of Buddhism teachings ever since.

Annette was one of the first graduates of Karuna's family support volunteer training back in 1992. She would spend her days teaching and her evenings and weekends supporting clients in their homes.

"I vividly remember my very first client who had a brain tumour. In those days we would do overnight shifts which I would fit in while working as a full-time teacher. I would sit with him overnight so that his wife could get a good night's sleep and help with other

aspects of his care. It was very special," says Annette.

"Twenty-five years of volunteering for Karuna has enriched my life, given it a purpose and steadiness. Since retiring, all I have wanted to continue to do is devote my life to Karuna."

Annette has held many varied volunteering roles at Karuna and currently runs our weekly meditation sessions on Mondays for the wider community.

"Many of our volunteers are visiting and supporting families but many others are helping Karuna to run smoothly by offering to organise and run events, create craft for fundraising events, gardening or helping out in the office. You don't have to be a specialist to volunteer at Karuna."

