

NEWSLETTER



Honouring my Pa

Hi, my name is Angus. You might have seen my story recently. I'm raising funds for Karuna in honour of my Pa, my grandfather Serge.

My Pa set the best example for me of what it means to love and to be selfless. He advocated for those in need and worked without the need for reward. His passion for giving back to others is what inspired me to raise funds for Karuna.

I started endurance racing in December 2022. What started as a bet turned into something I really enjoyed. As I progressed in my training, I decided I wanted to try an Ironman 70.3. This would be my toughest race to date. I decided to dedicate the race to my Pa, and raise money for Karuna in thanks for the care they provided to him and my family.

I'm so proud to share that I recently completed the Ironman 70.3 in Mooloolaba on September 8. **And during the lead up to my race, I managed to raise an incredible \$3,623 for Karuna.**

This would not have been possible without the help of my community. My family, friends, and many of Karuna's supporters as well.

My grandfather taught me that giving back is not about giving millions or remortgaging your house. It's about working as a community to raise money and awareness. Giving what you can and spreading the word of Karuna's services is what will ultimately lead to the greatest outcomes.

If you have the ability to give today, please consider supporting Karuna. Supporters like you helped Karuna care for my family through the loss of my Pa. I know there are many other families who will benefit from the same kindness. Thank you.

Host your own Karuna fundraiser

We're proud to launch Karuna's Online Community Hub!

Angus created his Karuna fundraising event in honour of his Pa, through our Community Hub. When creating a page, you can add photos, fundraising targets and post updates, to show your supporters why you are raising money for Karuna. Your supporters can even leave messages of encouragement for you!

Through the Community Hub you can create your own online fundraiser to help support the important work that Karuna delivers to our communities. Setting a personal challenge? Raising funds in memory of a loved one? About to celebrate a special occasion? Whatever your interests are, we have you covered! We will guide and support you along the way, to help make your fundraiser a success.

So visit the link below and start brainstorming your next fundraising challenge!

<https://give.karuna.org.au/community-hub>

If you have any questions, please contact Sabrina (Community Fundraising) via (07) 3632 8300 or community@karuna.org.au



Read Angus' full story and donate using the QR code

Karuna in the community

Karuna giving back

Last month Karuna provided a donation to the Northwest Community Group Inc., who support and empower Brisbane's homeless community.

After coming across their request for urgent support during the freezing winter conditions, the staff at Karuna joined forces to donate a range of items including air mattresses, sheets, blankets, doonas, towels, pillows, warm socks/beanies, toiletries, non-perishable food and books/activities for the kids.

Karuna has been very fortunate to be on the receiving end of the kindness and generosity gifted to us by the community throughout our 32-year history, and we are privileged to help continue the gift of giving by supporting those in need.



Annual Christmas Market

It's nearly that time of year again when we gather for the Annual Christmas Market which will be held from 4pm - 8pm on Friday 29 November at St Augustine's in Hamilton. Come along and say hi to the wonderful group of hard working women who host the event, whilst also grabbing some beautiful handmade Christmas gifts, and enjoying the carols and festivities. Funds raised will be donated to Karuna.

Quilting Queens Stall

The Quilting Queens Handmade stall at Brookside Shopping Centre is on Saturday 30 November from 8am - 2pm. There'll be a range of hand-made Christmas gifts suitable for everyone on your gift list (including great presents for teachers). Funds raised will be donated to Karuna.

16 Guidelines Meditation Series

Each Thursday from 6-7pm (up until December), join us for the 16 Guidelines Meditation Series that cultivates positive inner qualities. The meditations are structured into 16 sessions of one hour each and can be attended as a standalone sessions. The sessions are ONLINE ONLY, free, and do not require registration.



Did you know?

Did you know that at the beginning of each Dragon Boat racing season, there is a tradition that involves blessing the boats?

The blessing is an 'Awakening of the Dragon', as the Dragons are traditionally believed to be the rulers of the rivers and seas and dominate the cloud and the rains of heaven.

Recently Karuna's Spiritual Care Practitioner Venerable Tsultrim spent the morning at Thompson's Beach at Victoria Point, where she provided blessings for a new Dragon Boat and two older boats for the Redlands Sea Dragons.

Tsultrim offered Tibetan scarves to each boat and said a short prayer to protect the oceans and living creatures that they will be sharing their sport with.



FAMILY FEEDBACK

"The Karuna team came into our lives when we really needed them the most. My wife was near the end of her 5 year battle with cancer and Karuna gave us (especially me) the support, guidance, care and love we needed all the way. They were everything to us when I needed them the most. They have been a constant support since Kristy passed and is now there for my son as well.

I can't thank the team enough. They are amazing, wonderful, caring people who I will forever be grateful for. They put me back together to carry on."

-Darren



compassionate care

