

NEWSLETTER



Making room for Compassionate Conversations

Our 2025 Tax Appeal centred on the importance of talking about death. It's a conversation that is often difficult to have. But it's also a conversation that holds immense value.

Talking about death can help us to express our own wants and needs for end-of-life. It can help us to understand the wants and needs of our loved ones. Conversation can help us to navigate grief and fear. And it can be a beautiful way of expressing our love for those who are no longer with us.

As part of the Appeal, we set the goal of raising \$150,000 to support Karuna families. And thanks to your support - **we achieved this target.**

Your support means that more families will have access to a team that can help them navigate those difficult conversations about death, grief, and loss. Because end-of-life care is not done alone.

Whether it's helping an individual better understand their own diagnosis, or supporting young people who have never experienced a loss before. Our team is there to support everyone who needs it. Friends. Family. Neighbours. **Community.**

We are truly humbled by the generosity of our supporters. You are helping us to create space for important and necessary conversations about death. You are helping us to build a community that knows there is space for grief and love to coexist.

You make Karuna care possible. Thank you.

WHAT'S ON AT KARUNA?

Weekly Meditation with Gonpo

Join Karuna Spiritual Care Practitioner, Venerable Gonpo, for meditation on Wednesday afternoons.

Sessions are open to anyone with an interest in meditation and mindfulness. They focus on beginner techniques and practical exercises for incorporating meditation into your daily life.

Join us every Wednesday from 4pm, at Karuna House (27 Cartwright Street, Windsor 4030).

Carer Support is Coming to Karuna

We're excited to announce that Karuna will soon be offering dedicated Carer Support Services. This new chapter will strengthen how we walk alongside those caring for someone with a life-limiting illness.

With new faces, fresh offerings, and a deep commitment to compassionate care, we look forward to sharing more with you soon.

What About Death!?

Have you listened to Karuna's podcast, What About Death!?

Hosted by Venerable Tsultrim, What About Death!? aims to challenge perceptions and stigmas around death, grief, and loss.

We recently started work on our third season, and look forward to sharing new episodes soon.

In the meantime, you can stream the entirety of Seasons 1 and 2 online now, wherever you listen to podcasts.

Guests include actor Samuel Johnson, conservationist Bindi Irwin, and author Markus Zusak.

An auspicious birthday celebration

On Friday July 4, some of the Karuna team came together for a special morning tea to recognise His Holiness the Dalai Lama's 90th birthday.

Karuna made offerings of flowers and chocolates, while staff brought in special treats which will be donated to a local charity.

The Dalai Lama is Karuna's Spiritual Patron and the spiritual leader of all traditions and lineages of Buddhism and Tibetan Buddhism in particular.



We wanted to celebrate and recognise the incredible impact the Dalai Lama has had throughout his life, on millions and millions of people of all cultures and faiths.

Guwaabal Biography Service

We are proud to support the Guwaabal Biography Service, a program for First Nations people on their returning to Spirit (palliative care) journey.

The program offers participants the opportunity to reflect and share life stories, wisdoms, knowledge and legacy with family and future generations.

Grounded in First Nations traditions of storytelling and sharing oral history, capturing life yarns celebrates the individual's unique journey and can often provide a sense of comfort and healing at end of life.

Storytellers are provided print and digital biographies to share as they choose.

For information on Guwaabal eligibility and general queries please contact Eliza Munro at Ngiyani Wandabaa on 0466643163.

Guwaabal means 'stories' in Gamilaroi language.

Karuna in the community

Bridge Day Brings in Big Support for Karuna

The annual Bridge Day for Karuna took place on Thursday, June 5th. The day drew close to 100 enthusiastic participants, who embraced some friendly competition and community spirit.

Karuna CEO Sophie was also able to stop by the event to talk about Karuna care and express our gratitude for the group's ongoing support.

Thanks to the dedication and energy of the organising team - Pippa, Erica, Pam, and Liz - as well as all of the individuals who attended. Together they raised an incredible **\$8,000** for Karuna's specialist services.



Supporting our local Karuna community

In June, Karuna hosted an internal donation drive for Suited to Success. They are a local charity who provide free clothing, toiletries and career support services for people in need.

Throughout the month, members of the team collected and donated cans of deodorant, men's shoes, ladies' shoes, ladies' clothing, vouchers, sanitary products, makeup, perfumes, and more.

Once the donations were collected, our CEO Sophie headed to their Fortitude Valley location to drop off the donations and meet with the team from Suited to Success.



Quilting Queens Sew Success for Karuna

Just in time for Mother's Day, the Quilting Queens returned to Brookside Shopping Centre with their much-loved handmade stall.

Their beautiful selection of handcrafted quilts, gifts, and homewares helped raise an incredible **\$10,500** in support of Karuna care.

This talented group of sisters bring care and creativity to everything they do, and we are so grateful for their continued commitment to Karuna's mission.

A heartfelt thank you to the Quilting Queens, and everyone who stopped by the stall to shop or donate.



For over 33 years, Karuna has been the recipient of tremendous generosity from our community. Whether through donating, playing bridge, quilting, or lending a hand behind the scenes, community support is a vital part of making Karuna care possible.

And at Karuna, we believe in paying it forward. Throughout the year, our team regularly supports local charities. It is a small way for us to say thank you to our community - for supporting us too.