

Memorial Service 2024

Cittamani's Memorial Service was held in our courtyard on 7th September, with approximately 40 family and friends gathered in memory of their loved ones. The morning was filled with heartfelt words of reflection, acknowledgement of challenges, spiritual connection, and grounding.

High Flight

*Oh, I have slipped the surly bonds of earth
And danced the skies on laughter-silvered wings.
Sunward I've climbed and joined the tumbling mirth
Of sun-split clouds – and done a hundred things
You have not dreamed of – wheeled and soared and swung
High in the sunlit silence. Hov'ring there,
I've chased the shouting wind along and flung
My eager craft through footless halls of air
Up, up the long, delirious, burning blue
I've topped the windswept height with easy grace
Where never lark, or even eagle flew.
And, while with silent, lifting mind I've trod
The high untrespassed sanctity of space,
Put out my hand and touched the face of God.*

– John Gillespie Magee

Ordinary People Doing Extraordinary Things

His Holiness the Dalai Lama has said that the purpose of our lives is to be happy, and true happiness does not come from selfish actions that ignore or neglect others. It comes from cherishing others as much as we cherish and nurture ourselves. In the people I have met through Cittamani, I have seen so many examples of those who cherish and care for family and friends much more than they care for themselves at times. I have sometimes reminded carers that they also need to care for themselves, because it seems they forget that a bit.

One of the Cittamani nurses has said to me several times, "We just meet the most amazing people in this work" – and that is so true.

Ordinary people doing extraordinary things.

The qualities needed to care for a dying person are many – patience, tolerance, courage, compassion, unconditional love, and respect. And just as you have these to the person you cared for, in grief we need to turn these qualities back toward ourselves. Take the time to be very kind to yourselves.

Venerable Lhagsam, Buddhist Nun





Above photo L to R: Venerable Lhagsam, nurse Tiffany, and nurse practitioner Mary. Right photo: Sue and Jess from Mingary Care, with Cittamani Director Melanie (centre).



National Palliative Care Week 2024 & Open Day



In support of National Palliative Care week, Cittamani hosted an Open Day to promote community awareness of palliative care goals and available services. The Open Day gave staff, other care providers, and community members the opportunity to spend time together talking about the importance of palliative care, and how different services and people are supporting their local communities. The open office was a great way for people to put faces to names after such a long period of remote working, creating great sense of community connection.

Our Sponsors

Cittamani Hospice is grateful for the kind donations, grants, and sponsorships we receive from our community. This generosity supports us to continue providing our services to those living with a life limiting illness.

We wish to acknowledge the organisations and groups who have recently made contributions to Cittamani:

- Bassett Barks
- Buderim Community Foundation
- Heritage Bank Community Branch Palmwoods
- Historical Motorcycle Club of Queensland (Sunshine Coast)

- Ken Mills Toyota and Suncorp CTP
- Lions Club of Caloundra
- Lions Club of Coolum Beach
- Lions Club of Lake Currimundi-Kawana
- Lions Club of Mooloolaba
- Montville Echidna Club
- Rotary Club of Nambour
- Suncoast Social Dancers
- Sundale Community Foundation
- Sunshine Coast Jazz Club



Historical Motorcycle Club of Queensland (Sunshine Coast)



Maroochy RSL



Nambour RSL

"You gave me so much extra courage, bravery and reassurance when mum came into your care. We felt like a team. I'll never forget how you all hugged mum when you came and left. You really are a gold standard team and give others that dignity they deserve. Thank you from the bottom of our hearts." – K

How can you help

Donations can be made using the QR code to the right from your phone or tablet

Or via our website
www.cittamanihospice.com.au then click on "Donate Now"



Fundraise – if you have a fundraising event or activity and would like to support Cittamani, we look forward to hearing from you – please contact us to discuss on (07) 5445 0822
We would love to hear from you!

Any feedback or suggestions for future newsletters are welcome and can be emailed to info@cittamanihospice.com.au

