



# KARUNA APPEALS 2023

Working to end inequality, poverty and discrimination in South Asia

## 6-WEEK APPEAL DATES:

### TELEPHONE CAMPAIGN

Led by Sanghamani (Online)  
22nd May – 1st July

### DOOR-TO-DOOR APPEALS

**Spring** 23 March – 6 May / Gina  
**Summer** 22 July – 2 Sept / Gina (Residential)  
**Autumn** 14 Sept – 28 Oct / Sanghanath

(All appeals are mixed gender)

### APPLY NOW

**E** [appeals@karuna.org](mailto:appeals@karuna.org)  
**T** Sanghanath 07377 536883

Karuna offers a financial support package to make it possible for you to make this happen!

For more information please visit our website:

[www.appeals.karuna.org](http://www.appeals.karuna.org)



It has been life changing for me as it has helped me to connect more deeply with others and be less self-involved."

— Jas, Mid Essex Sangha



Fundraising as a spiritual practice directly changes lives.  
Deepen your dharma practice by volunteering with us!



**KARUNA**