



## T.O.S. news

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### Meeting dates

All interested people are invited to attend the **planning meetings** which are held quarterly from 10.00 to 11:30 am in the T.S. rooms. Meeting dates in 2018 are:

- Saturday 9 June
- Saturday 1 September and
- Saturday 8 December (AGM).

### Altruistic Projects

- When Brisbane TOS members enjoyed a social outing in February to the Margaret Olley Art Gallery in Murwillumbah, they donated to help Rohingya families fleeing violence. As a result a cheque for \$100 was sent to the UNHCR appeal.
- Our fundraising will also support the three National TOS Projects:
- Funding four Qandeel schools in Pakistan
- Supporting the Golden Link College established by the TOS in the Philippines
- Supporting Syrian Refugees through the TOS in Italy, which is providing funds for food, shelter and footwear for those transiting Italy. They have also formed a close relationship with a Syrian doctor who has established a hospital providing services for children and families in a refugee camp on the Syria/Turkey border. TOS members also provide hands-on support for refugees.
- In addition, we will support several other international TOS Projects.

### Concert to benefit the Home-schools in Pakistan .....

Thank you to those who supported our fundraising by attending our concert on Sunday 22 April. It was a musically inspiring experience which also provided a social opportunity to meet up with friends over an excellent High Tea style afternoon tea.

The funds raised will be donated to the TOS in Pakistan for their Qandeel schools.



These home-schools enable children, young girls and women who have no opportunity to pursue even a basic education, to attend classes. Reading, writing and arithmetic are taught by a

teacher who holds classes at her own house which is in the same locality as the students. The teachers meet regularly for professional development. These schools provide life-changing opportunities. All donated funds are spent on the schools, since administrative tasks in both Australia and Pakistan are done by volunteers.

### Dates for your diaries to support our Altruistic Projects

#### Pampering Workshop



Look out for details about our Pampering Workshop day. You'll be able to treat yourself to a facial, foot-bath and massage and more. We will be finalizing plans at our June BTOS meeting for the workshop in July or August.

#### Concert to benefit the Golden Link College .....

Sunday 4 November at 2:30 pm.

The Golden Link College was established by the TOS in the Philippines to provide an education, based on theosophical principles, for disadvantaged children from the slums of Manila.



### On compassion .....

Emma Seppala, of the Center for Compassion and Altruism Research and Education at Stanford University, points out that science suggests that compassion may well be the most important thing in our lives with multiple benefits to ourselves as well as to others. Research findings tell us that compassion:

- Boosts our health and longevity
- Makes us happy
- Is contagious
- Is good for our psychological health and resilience
- Increases our willingness to trust, to forgive, to resolve conflict and to connect with others.