



Circulating

An experience

A place

A symbol

A sign

Honouring women's experiences

Nurturing wisdom in all people

Working for justice in our world

Sophia 225 Cross Rd
Cumberland Park
South Australia 5041

Office: 10.00am - 4.00pm
Tuesday - Friday

Phone: (08) 8373 3781
Mobile: 0439 594 363
Email: info@sophia.org.au
Website: www.sophia.org.au
Facebook: SophiaIncAdelaide
Twitter: [sophiaadelaide](https://twitter.com/sophiaadelaide)

Coordinating Team:
Coordinator:
Sophia Vogt
Coordinator Support:
Wendy Jollands

***Circulating* Newsletter:**
Editors: Coordinating Team
Layout: Marian Gray
Email: newsletter@sophia.org.au

December 2019



Christmas

Dear God, it is timely that we give thanks for the lives of all prophets,
teachers, healers and revolutionaries, living and dead, acclaimed or
obscure, who have
rebelled, worked and suffered for the cause
of love and joy.

We also celebrate that part of us, that part within ourselves, which has
rebelled, worked and suffered
for the cause of love and joy.

We give thanks and celebrate. Amen

Michael Leunig

Image by Larisa Koshkina from Pixabay



Message from the Coordinating Team

Dear Friends,

Another season is upon us, although it hardly feels like summer quite yet. Despite the cool temperatures the Hills have already turned golden from their winter's lush green. I like to think golden these days rather than brown and dead, as it helps me appreciate the changes. The brilliant yellow buttercups are still flowering along shady parts of the creeks in Mount Barker. Brilliant red bottle brushes are in full bloom and jacarandas, glorious in all their purple splendour, are heralding the festive season is just around the corner; festive for some, but for others not necessarily a celebratory time. The birds are busy chirping away from dawn and as I go walking along the creeks the wind rustles through the bamboo. Such a delight for all the senses! It is truly a blessing to be alive.

Unfortunately our sister states are experiencing many catastrophic bush fires on an unprecedented scale never seen before in Australia. What an absolute tragedy that we still have people saying that there is no such thing as Climate Change happening!

The Core Group and Futures Group had a celebratory pre Christmas dinner last Wednesday evening. We farewelled three members whose terms of office had concluded, Angela Moloney, Ros Gill and Rhonda Sharp. Sincere thanks for your many years of service. Maureen O'Connell and Kaye Mehta will take up positions on the Core Group in 2020. I would also like to take this opportunity to say a special thank you to Annette Jarrett and Gillian Cichowski for setting such beautiful tables for our meetings throughout the year. We begin each gathering with a meal before tending to the business at hand. It is always commented on at every meeting, how lovely the tables look, and credit is given.

Thanks was also expressed to all our Volunteers with a Christmas brunch at 'The Empty Bottle' this week, a delightful cafe with excellent food and vino, despite the name, very close by in Beckman Street, Glandore. We think this is a lovely way for Sophia to show appreciation and gratitude, along with a little gift, for all that our Volunteers contribute, and is always appreciated by everyone each year.

Recently the English Classes for Refugee Women had a guest presenter come in to educate all in there about recycling. It was a most informative session, and taught everyone in attendance something new! We are hoping to have a council representative come to Sophia in 2020 to run a similar workshop about recycling. Keep your eye on our email communications.

Marian Gray is busy working on the 2020 Sophia Program, getting it ready to send to our printers. As well as the old favourites there are several new additions on offer. Wendy Jollands is hoping to post the new Program on our Website by the end of the year for those who cannot wait for their hard copy in January!

Earlier this year at a Core Group meeting Wendy spoke of the increasing demands around her paid work at Campbell Law. From that meeting Wendy now prefers to be known for the role of Coordinator Support. I would like to say how much I greatly appreciate Wendy's support, especially around the areas of IT. Wendy will continue to oversee our Website and offer any other support that is required of her expertise. Many thanks Wendy for your ongoing commitment to Sophia!

Sophia was recently gifted an original aboriginal artwork called Ngapa Jukurpa / Rain Water Dreaming by Ray Robertson Jampijinpa of the Walpiri people of Yuendumu, NT. Many thanks and sincere gratitude to Franco Princi, a member of the Cabra Chapel community, for this wonderful gift.

Best Wishes

Sophia Vogt & Wendy Jollands
Coordinator & Coordinator Support

Sophia History Project

We are two and a half years into the four year Sophia History project. Many Sophia people have contributed their stories of Sophia from the last 28 years and the Sophia archive has been drawn on to tell in detail the big picture Sophia story.

The engaging manuscript, including poetry, photos, artworks and a Sophia time-line is completed and is now with our design/publication team for 2020. We plan to launch the beautiful book (which doesn't have a title yet), to be published by Finsbury Green, at a celebration on our 30th birthday in April 2021.

The Sophia history book will be for sale (price unknown at this stage). It would help us greatly if you could let us know if you hope to buy the book in 2021. Please phone 83733781 or phone/text 0439 594 363.

Thank you!



Coming Events & Courses

NOTE: All courses and events MUST be booked.
(They may not run if there are too few enrolments OR they may cause problems for the Facilitator in processing extra people on the day.)
Please phone 8373 3781, or email to info@sophia.org.au.
Payment must be made no less than one week before to secure booking (except for regular events).
 COST CODES: F=Full Free, C=Concession fee, MF=Members Full, MC=Members Concession If cost is an issue please talk with a Coordinator.

FEBRUARY

A Sophia Welcome to 2020

Angela Moloney & Sophia Vogt

Celebrate the beginning of our new year! Bring finger food & drink to share. (Note: FINGER food only please!)

Tues 4/2 6.00pm-8.00pm | Cost: \$5 Women, men & children

MARCH

Vision Boarding

Donna Meyer

Use the wisdom of DRU Yoga to tune into your dreams, focus your intentions & create your own vision board for the year.

Monday 30/3 & 6/4 2.00pm-4.00pm

Cost: F\$60 C\$50 MF\$54 MC\$45 Women

APRIL

Vision Boarding

Donna Meyer

Course continues.

Monday 6/4 2.00pm-4.00pm

Cost: F\$60 C\$50 MF\$54 MC\$45 Women

MAY

iRest Yoga Nidra

Donna Meyer

5-week program to cultivate deep rest, relaxation & mind-body awareness. Learn to understand the changing nature of emotions & thoughts, rising & falling from unchanging eternal spirit.

Monday 4/5, 11/5, 18/5, 25/5, 1/6 2.00pm-3.30pm

Cost: F\$60 C\$50 MF\$54 MC\$45 Women & men

Explorations

Jenny Wightman

All are welcome to discuss a subject chosen by the group. Our first topic will be "Shaping Our Lives", introduced by extracts from Homer's *Odyssey* & Voltaire's *Candide*. Copies available in the Sophia office. Friendly, open & informal!

Tuesday 5/5 1.30pm-3.30pm

Cost: F\$25 C\$20 MF\$22.50 MC\$18 Women

Living Well with Pain & Illness

Louise Portway

Living with pain & illness can be debilitating & challenging. Over four weeks, Louise will lead a discussion group exploring ways of living life as fully as possible within the constraints of various health conditions. In the first session, group members will be invited to nominate topics of most concern to them.

Thursday 7/5, 14/5, 21/5, 28/5 10.30am-12.00pm

Cost: F\$40 C\$32 Women

Being All That I Am

Trish Fairley

Bring your WHOLE self out to play. Through movement, voice and story-telling InterPlay invites us to share our creativity, vulnerabilities, quirkiness and sense of fun without fear of judgement, censorship or criticism. Just being ourselves! BYO lunch.

Friday 8/5 10.00am-3.00pm

Cost: F\$60 C\$50 MF\$54 MC\$45 Women

Exploring Eco-Theology

Jo Armour

An afternoon of exploring the work of several eco-theologians including Denis Edwards, Sallie McFague, Ilia Delio & Elizabeth Johnson. If you love the natural environment, if you enjoyed the "War on Waste" on ABC TV or if you want to explore the relationship between God & caring for the earth, then this afternoon might be for you!

Saturday 23/5 2.00pm-4.00pm

Cost: F\$20 C\$15 Women & men

JUNE

Pilgrimage and the Sacred Feminine

Elisabeth Kathleen

Enjoy a day of meditation, reflection, creativity & sharing with Elisabeth drawing on her 2019 Pilgrimage to Irish sacred sites. Register early for your 'pilgrimage' to receive pre-reading & reflective exercises. BYO lunch.

Saturday 6/6 10.00am-4.00pm

Cost: F\$60 C\$50 MF\$54 MC\$45 Women

Annual General Meeting

Please join us. It will take place after our annual Volunteer & Facilitator Meeting/Light Lunch at 12.15pm and will just be the tabling of annual reports at 2pm followed by light refreshments.

Tuesday 9/6 2pm Women & men

Afternoon Tea in the Library

Gillian Cichowski, Fiona Johnston, Nel Morrison

Come & enjoy a delicious afternoon tea in the Sophia Library. Bring your favourite book to share & be stimulated by our guest speaker.

Saturday 20/6 2.00pm-4.30pm

Cost: \$5 Women & men

Dru Yoga Winter Retreat Day

Donna Meyer

Celebrate International Day of Yoga with special yoga practices to enhance the energy of winter & build inner & outer strength & courage. Bring a mat, blanket, cushion, wear comfortable clothes & BYO lunch.

Sunday 21/6 10.00am-3.30pm

Cost: F\$60 C\$50 MF\$54 MC\$45 Women & men

JULY

Recycling Workshop

Gemma Chambers from Mitcham Council

Thursday 2/7 1.30pm-3.30pm No cost Women & men



Regular Events

TUESDAYS

Mindfulness Practice Barb Hancock

Mindfulness/compassion meditation - 2 guided practices of 25 min. each followed by open discussion - connecting to the breath, open awareness & body scan to help develop increased balance & joy in everyday life. No experience necessary.

Tuesday 4/2, 3/3, 7/4, 5/5, 2/6, 7/7, 4/8, 1/9, 6/10, 3/11, 1/12

9.30am-11.00am Cost: F\$10 C\$5 Women & men

Sophia Singers Margaret May

Come and explore the beauty of women's spirit through song. Build skills, confidence and community in a fun and positive environment. Newcomers welcome!

Starts 11/2 4.00pm-6.00pm | Cost: \$10 Members \$8 Women

Women Writing Jenny Wightman

Do you like to write? You don't have to be a published author or a formidable wordsmith to join this group of women who meet to explore their experience of life through writing. Anyone with an interest in writing is most welcome!

3rd Tuesdays: 18/2, 17/3, 21/4, 19/5, 16/6, 21/7, 18/8, 15/9, 20/10, 17/11

10.00am-12.00pm | Cost: F\$5 C\$3 Women

Connect Play Create Trish Fairley

Fun, creative and playful, using the improvisational tools of InterPlay, we move our bodies, tell stories, use our voices and create stillness. It's a great way to connect with others, live more lightly and experience grace.

Tues 18/2, 17/3, 21/4, 19/5, 16/6, 21/7, 18/8, 15/9, 20/10, 17/11

1.45pm-3.45pm Cost: F\$12 C\$10 MF\$10.80 MC\$9 Women

Grow Your Food & Save the Earth Nel Morrison

An enthusiastic group who share the joys and frustrations of growing food in changing climatic conditions. These sessions focus on sharing information and experience, alternated with visits to gardens. Newcomers most welcome! First session at Sophia. Bold indicates garden visits.

Tuesday 25/2, 24/3, 28/4, 26/5, 23/6, 28/7, 25/8, 22/9, 27/10, 24/11

1.45pm-3.45pm Cost: F\$5 C\$3 Women & men

Nurturing Friendships, Sharing Stories

Maureen O'Connell, Elaine MacFarlane & Sophia Vogt

These gatherings welcome those with a disability or disadvantage. Come, connect, make new friends and share stories over a light lunch. Carers and friends welcome too! Women & men. **Tuesday 24/3, 26/5, 28/7, 22/9, 24/11**

1.00pm-3.45pm | No cost

Grandmother Gathering

Lindsay Childs

Anyone who is a grandmother is invited to come & share experiences; the delights & the challenges, for example, digital technology, connecting to the natural world, values & beliefs. Also, how do we cope and look after ourselves?

Tues 25/2, 24/3, 28/4, 26/5, 23/6, 28/7, 25/8, 22/9, 27/10, 24/11

10am-12. Morning tea provided. Cost: \$5 Women

WEDNESDAYS

English Classes for Refugee Women

These classes provide English tuition and practical life skills for refugee women and others not able to access alternative classes. Supportive environment with child-minding provided. Weekly during school terms.

Starts 5/2 10.00am-12.30pm | No cost Women

Circle Dancing for Health & Wellbeing Marisa Ala Dea

Meaningful, joyful & uplifting, Circle Dance combines easy to learn dance steps with music from around the world. Previous dance experience not required & all women welcome, from beginners to beyond! Weekly during school terms.

Starts 5/2 1.30pm-3.00pm

Cost: MF\$14 MC\$11 Non-members \$18 Women

Silent Meditation Fiona Johnston & Annette Jarrett

Do you sometimes long for silence, quiet rest and a time to be still? Come to our weekly silent meditation.

Starts 5/2 5.15pm-6.00pm Cost: Gold coins Women & men

Grief's Journey

A monthly support group for younger adults who have lost their spouse/partner. The group aims to provide support following the untimely death of a partner in a nurturing environment of shared experiences, empathy & understanding.

Wednesday 5/2, 4/3, 1/4, 6/5, 3/6, 1/7, 5/8, 2/9 7/10, 4/11, 2/12

7.00pm-9.00pm Cost: F\$5 C\$3 Women & men

THURSDAYS

Siva Pacifica Tanika Smith

In Polynesia, dancing is a form of prayer, asking for blessings, mainly the daily health & well being of the people. Find out more about the Hula.

Thursdays fortnightly, 13/2, 27/2, 12/3, 26/3, 9/4, 23/4, NOT in May, 11/6, 25/6, 9/7, 23/7, 13/8, 27/8, 10/9, 24/9, 8/10, 22/10, 12/11, 26/11, 10/12

11.00am-12.00pm Cost: \$10, conc \$8 Women

Gaia Grief Support & Action Circle Marisa Ala Dea

We gather in acknowledging the truth of our deepening global climate crisis. We create a confidential, respectful space where we can voice our concerns in the presence of compassionate witnesses.

Thursday 13/2, 27/2, 12/3, 26/3, 9/4, 23/4, 14/5, 28/5, 11/6, 25/6, 9/7, 23/7, 13/8, 27/8, 10/9, 24/9, 8/10, 22/10, 12/11, 26/11, 10/12 2.00pm-4.30pm

Cost: F\$5, C\$3 Women

Enneagram - Who in the world am I? Penny Cahalan

Like Alice in Wonderland, many of us don't know 'who in the world am I?' Penny can help you, by using the Enneagram, to become more self-aware, to recognise your issues and overcome life's hurdles.

Thursday 27/2, 26/3, 30/4, 28/5, NOT in June, 30/7, 27/8, 24/9, 29/10, 26/11 7.30pm-9.30pm Cost: F\$15 C\$10 Women & men

FRIDAYS

Storytelling & Conviviality Nadeya Maystrenko & Michele Langman

We rediscover the ancient art of speaking to each other - & listening. Stories connect us & add meaning to our lives giving us a stronger sense of self & greater intimacy with each other. They also enrich & make our lives more memorable.

Fridays (fourth) 28/2, 27/3, 24/4, 22/5, 26/6, 24/7, 28/8, 25/9, 23/10, 27/11 7.00pm-9.00pm Cost: \$10 Women & men

SATURDAYS

Women's Poetry Circle Judith Haines

A supportive group of women poets who meet to share their poetry, develop writing skills, experiment with style and enjoy a creative group process. Includes workshops & guest readers. No prior writing experience is necessary.

Sat 8/2, 11/4, 13/6, 8/8, 10/10, 12/12 2.00pm-4.00pm F\$5 C\$3 Women

SUNDAYS

Sunday Circle Dancing Lyn Porter

Savour the peace & joy of Sacred Circle Dancing as body, mind & spirit move to uplifting music from around the world. Easy to learn steps, carefully taught, no dance experience necessary. All welcome. Bring afternoon tea to share.

Sunday 2/2, 1/3, 29/3, 3/5, 7/6, 5/7, 2/8, 13/9, 18/10, 1/11, 6/12

3.00pm-5.00pm

F\$15/\$20 C\$12/\$17 MF\$13.50/\$18 MC\$10.80/\$15.30 Women & men

Buddhist Meditation Celia Karpfen

A non-denominational group who meet for qigong, dharma talks, meditation/discussion. Our practice is influenced by mindfulness and commitment to a spiritual journey. Participants are encouraged to be their own spiritual authority.

Sunday 12/1, 9/2, 8/3, 12/4, 10/5, 14/6, 12/7, 9/8, 13/9, 11/10, 8/11, 13/12 9.00am-11.30am | Cost: F\$6 C\$4 Women & men



Sophia News

Dominican School's Newsletter Article

Book Drive – Living With Love

Many thanks for your generous support of our BOOK DRIVE to collect children's books for Sophia. The boxes in the Front Office are overflowing with colouring books, picture books and children's novels, which will be forwarded on to the young children and families of the refugee women that attend English classes at Sophia. We are grateful to all students and families for donating books from home to give to these children to read and enjoy. The Dominican Way is to live with love and in the spirit of Dominic, we are inspired to put our faith in action. Our Dominican School community is always so generous in giving to those in need and we thank you for your support.



Sophia Singers at 'Seniors in Harmony'

Seniors in Harmony is a community outreach program for elderly and isolated people in the Mitcham area and is hosted by St Michaels Anglican Church. The program is held once a month and is coordinated by Mary Lindon, who organises various music groups to perform there. On Tuesday October 1st, the Singers performed, for the third year in a row, at this event in the Mitcham Institute on Princes Road. After arriving at the venue and warming up, Sophia Singers presented a program of songs on the themes of friendship, peace, never giving up, and the joys of music. Each song was introduced by a different choir member, giving background information as well as pointing out why each song was important to the Sophia Singers. We included a very popular component of the program – singalongs for the audience to join us in song. These songs we drew from a wonderful resource for those of a certain age – the Ulverscroft Song Book, which is full of favourites from long ago! From the very warm thanks and feedback we received whilst enjoying scones and tea, I believe that the audience was moved, and enjoyed themselves.

Margaret May



The Garden Party

It was perfect weather for our fundraiser and we raised about \$3000 for Sophia programs. Thanks to all those who helped on the day, who made or donated things to sell, and who brought people to visit the garden.



Donations

Thanks to Cabra College for a \$200 donation to the ESL Program.

Thanks to Meg and Fran Hegarty and Inner Room Contemplative Retreats Inc for their \$700 donation to Sophia as part of their formal closing. They said: "We're delighted to be able to support the work you do at Sophia, in enabling this place to be available for ongoing retreat work and in your library's provision of resources which support people's understanding of the wisdom of the mystics and contemplation, and in the flourishing of a rich, nuanced spirituality."



Thanks to Franco Princi for the donation of a beautiful Aboriginal painting which you will have noticed by the conference door with a plaque explaining its origin.

Climate March

Many thousands turned out for this important march, including a good representation from our Sophia community. It was great to see all the support for the amazing young people. Their passion was palpable and infectious!





Sophia Library

Book Review

"Drawdown"

(The most comprehensive plan ever proposed to reverse global warming) Edited by Paul Hawken

Of course there has never been any plan proposed, hence the subtitle!

"For the first time ever, an international coalition of leading researchers, scientists and policy makers has come together to offer a set of realistic and practical solutions to climate change. All of the techniques described here - some well known, some you may never have heard of - are economically viable, and communities throughout the world are already enacting them.

If deployed collectively on a global scale over the next thirty years, they could not just slow the earth's warming, but reach drawdown: the point when greenhouse gases in the atmosphere peak and begin to decline.

So what are we waiting for?" (from the back page).

Good question, indeed. I am not sure if I find this book optimistic or depressing! There are so many wonderful ideas in the areas of energy, food, buildings and cities, land use, transport, materials and "Coming Attractions". There is also a small section on women and girls, because of course educating and empowering girls and family planning have a huge effect on the health of communities and population growth. The point is made that climate change is not gender neutral and in fact women and girls are disproportionately vulnerable to its impacts but equality benefits everyone.

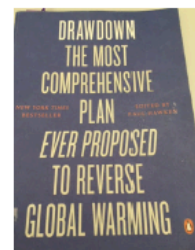
The "Coming Attractions" section focuses on invention and innovation with promising ideas that could be game changers. We don't know what will arise in coming years. The other eighty solutions are things already in process and they are ranked in cost, savings and carbon reduction so if you like numbers they are here. I just dipped into the descriptions of solutions that I could understand and the essays scattered throughout. The two I liked best are called "Why Bother" and "Reciprocity". The first is written by Michael Pollan and basically says 'have a veggie garden'. So consider the Sophia activity called 'Grow your food and save the Earth'! The second describes amazing research which shows that contrary to prevailing beliefs in individualism, plants actually cooperate and look after each other in an holistic way across species - the 'Wood Wide Web', an underground Internet. The essay advocates recognising the importance of sharing and chaperoning and if we can acknowledge that communal traits are natural, maybe we can finally see ourselves in a nurturing, collaborative relationship with the earth.

Marian Gray

Additions to the Sophia Library. Come in and borrow!

"Drawdown" will soon be available in the Sophia Library. It is in the SA Library system.

There is also an excellent website
www.drawdown.org



Empress Dowager C1X1 - The concubine who launched modern China
Jung Chang 951CHA

The Kabul Peace House- How a group of young Afghans are daring to dream of in a land of war
Mark Isaccs 958.104 ISA

Darkness Before Dawn - Redefining the journey through depression
Tami Simon (editor) 616.85 SIM

The Five Invitations: Discovering what death can teach us about living fully
Frank Ostaseski 155.937 OST

Creation and the Cross - The mercy of God for a planet in peril
Elizabeth A. Johnson 231.7 JOH

City of Friends
Joanna Trollope (fiction) 823 TRO

Talk on Recycling

Kerry from Unley Council recently came to the ESL group to talk about Recycling. It was a very informative session! Following on from the session here is a website that Kerry suggested to help in finding out which bin to use.
www.whichbin.sa.gov.au

(There will be another workshop at Sophia on recycling in July - see next year's program!)