



Circulating

An experience

A place

A symbol

A sign

Honouring women's experiences

Nurturing wisdom in all people

Working for justice in our world

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December 2018



“God help us to live slowly:
To move simply;
To look softly;
To allow emptiness;
To let the heart create for us”

Leunig



Message from the Coordinating Team

*****Please note that because of the preparations for new flooring, the end of year celebration has been cancelled.*****

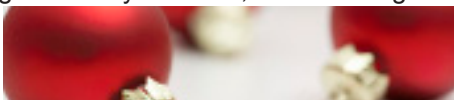
Dear Friends,

As we draw to a close for this year let us give thanks. It's a simple gesture but one so often overlooked. When we sit, ruminate and reflect, there are so very many things to give thanks for - the very fact that we are alive being one. The holiday season is fast approaching and this can be a mixed blessing for some. However, I'm sure there are still many satisfying areas of your life that you could identify and give thanks for such.

It has been another rich and full year at Sophia. We give thanks for this strong, vibrant and caring community which forms such an integral part of our lives and sustains us in many ways. Thanks especially to Marian Gray and Penny Cahalan for their work and support of the Coordinating Team. Sophia now has a mobile number - see the front page.

We look forward to another year of love, friendship, growth and community in 2019.

Best Wishes,
Sophia Vogt & Wendy Jollands, Coordinating Team



Dominican 150 Year Celebration:

It's been a wonderful year for Maureen, Angela, Bernadette, Jo & all 31 Dominican Sisters. It was 150 years to the day on 5th December that seven young Irish women, aged between 17 & 28 years, said goodbye to their families & homeland forever to set sail on the Orient for the long & dangerous voyage to SA. They sowed the seeds of education for young girls in the new colony and we have all reaped the ever expanding rich harvest ever since!

At a dinner at Sophia on 5th December & a stunning Eucharist in Cabra Chapel with many family & friends on 8th December, this incredible milestone was richly celebrated!

Sophia has been part of the 'rich harvest' that has come to us from the courage & vision of those first young Irish women & the 200 or more Australian women who continue to 'sow & reap' the harvest of education for youth & adults in SA, interstate & in the Solomon Islands.

We raise our glasses to the memory of these brave women & rejoice that their spirit permeates our beautiful Sophia space..and rests gently now in the Dominican Sisters ceme-

tary.. & in the day to day lives of those Sisters who continue to share their rich heritage, friendship & skills with all of us.



From the Newsletter of the Multifaith Association of SA:

Humanity at the Crossroads: Act Now on Climate Change

We are pledging to take action in our own lives.
Here are a few suggestions to help you begin:

- Communicate openly with friends / family, to raise awareness and develop shared solutions
- Encourage your faith and community leaders to speak out and ask governments for urgent (action on climate change
- Divestment – move your bank account &/or superannuation out of investments in fossil fuels as an important step towards for ethical financial dealings.
- Investigate energy efficiency options for your home, office, community, place of worship
- Borrow a Home Energy Audit kit from your local Library
- Join local energy cooperatives to provide sustainable renewable energy for the community
- Invest in renewable energy, solar PV panels or solar hot water, micro-wind
- Use efficient transport – bikes, foot, electric/hybrid cars, public transport, car-pool
- Consider your diet: buy locally produced food with minimal food miles & reduce meat
- Install energy and water saving devices in your home and garden.

Help South Australia move to a low carbon economy and a safe climate
For the sake of all current and future generations ☐

African proverb:

To go quickly, go alone – if you want to go far, go together. We need to go far – quickly!



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 2019

Maureen O'Connell & Sophia Vogt

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

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

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.

Thurs 7/2, 21/2 10.00am-1.00pm

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

Explorations

Jenny Wightman

We will meet 3 times/year to discuss a topic chosen by the group - beginning with the exciting work of John Donne. Some copies in office from 6/2. Friendly & informal - no expertise needed!

Saturday 16/2 2.00pm-4.00pm

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

MARCH

Dancing from my Suitcase

Christine Read (WA & UK) & Lyn Porter

Christine Read, international dance teacher; unpacks a selection of dances from her recent travels to UK & Europe. Her relaxed & careful teaching style promises to transport us on a dance adventure not to be missed. Some dance experience helpful.

Saturday 2/3 9.30am-4.00pm Bring lunch to share.

Cost: F\$70 C\$63 MF\$60 MC\$54 Women & men

Tura Lura - Sit with Women (1)

Ruby Worthy

Seasonal gatherings in a safe, confidential space where all women are welcome, drawing from Transpersonal, Narrative & Shamanic traditions. Includes Talking Circle, Meditation, Medicine Wheel, Music & Sound.

Cost is F\$20 C\$15 per session

Friday 14/3 2.00pm-4.00pm Women

APRIL

Making an Advance Care Directive

Fiona Johnston & Margaret Brown

The aim of the 3 sessions is for you to complete an Advance Care Directive which makes clear your wishes for your health care when you can no longer make such decisions for yourself.

Monday 1/4, 6/5, 3/6 2.00pm-4.00pm

Cost: F\$5 C\$3 Women & men

Explorations

Jenny Wightman

We will meet 3 times a year to discuss a topic chosen by the group.

Copies of some poems available from the office a month before the meeting. Friendly, open & informal!

Saturday 6/4 2.00pm-4.00pm

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

Creating Our Own Symbolic Breastplate

Madeleine Hedges

This two part workshop is based on the ancient Egyptian & world indigenous peoples' practice of making pectorals/chest pieces that hold meaning to the wearer. We will use the first session to explore archetypes & symbols and then determine something that has meaning for each participant. In the second part, we will make an archetype breast piece in fabric, cardboard or paper. Suitable for all skill levels.

Monday 8/4, 9.30am-1.00pm, 29/4, 9.30am-4.00pm

Cost: F\$70 C\$60 MF\$63 MC\$54 Women

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, Robyn Cadwallader whose latest book "Book of Colours" is in the library.

Saturday 27/4 2.00pm-4.30pm Cost: \$5 Women & men

MAY

Bach Flower Dances & Remedies

Kate Shaw (Tas) & Lyn Porter

Kate Shaw will teach a selection of Bach Flower Dances following her recent training in Switzerland. Insights on these remedies will be also shared by a retired natural therapist. Simple, easy to learn dances, suitable for both dancers & non-dancers, will be combined with Bach Flower sessions, garden & labyrinth walking, & morning/afternoon teas to restore group energy.

Bring lunch to share.

Saturday 4/5 10.00am-4.00pm

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

Annual General Meeting

Please join us. It will take place after our annual Volunteer & Facilitator Meeting/Lunch and will just be the tabling of annual reports followed by afternoon tea.

Tuesday 14/5 2.00pm Women & men



Regular Events

TUESDAYS

Mindfulness Practice Barb Hancock

Mindfulness/compassion meditation - 2 guided practices of 25 min. each followed by open discussion. Will include connecting to the breath, open awareness of sounds & thoughts, & body scan to assist in developing increased clarity, balance & joy in everyday life. No experience necessary.

Tuesday 5/2, 5/3, 2/4, 7/5, 4/6, 2/7, 6/8, 3/9, 1/10, 5/11, 3/12 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 12/2. 4.00pm-6.00pm | Cost: \$10 Members \$8 Women

Women Writing (1) 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! 2nd Tuesdays: 12/2, 12/3, 9/4, 14/5, then 10/9, 8/10, 12/11

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

Women Writing (2) Jenny Wightman

Do you like to write? (As above)

3rd Tuesdays: 19/2, 19/3, 16/4, 21/5, 18/6, 16/7, 20/8, 17/9, 15/10, 19/11
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 19/2, 19/3, 16/4, 21/5, 18/6, 16/7, 20/8, 17/9, 15/10, 19/11 1.45pm-3.45pm
Cost: F\$12 C\$10 MF\$10.80 MC\$9 Women

Exploring Feminist Liberation Theologies

Angela Moloney

A lively discussion group looking at current writings of feminist liberation theologies from around the world.. All you need is an eagerness to discover how 'God-Talk' that begins with women's experiences changes how we understand ourselves, the world and the Sacred. New members welcome!

Tuesday 26/2, 26/3, 23/4, 28/5, 25/6, 23/7, 27/8, 24/9, 22/10, 26/11 10.30am-12.00pm | Cost: F\$5 C\$3 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 26/2, **26/3**, 23/4, **28/5**, 25/6, **23/7**, 27/8, **24/9**, 22/10, **26/11** 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!

Tuesday 26/3, 28/5, 23/7, 24/9, 26/11 1.00pm-3.45pm | No cost Women & men

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.

Wednesday starts 13/2 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.

Wednesday starts 6/2 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.

Wednesday starts 6/2 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 6/2, 6/3, 3/4, 1/5, 5/6, 3/7, 7/8, 4/9 2/10, 6/11, 4/12 7.00pm-9.00pm

Cost: F\$5 C\$3 Women & men

THURSDAYS

Blessing Circle Marisa Ala Dea

Through the power of group intention, we create & radiate positive, healing, compassionate energy for the highest benefit & well being of all in our world. Sessions will include personal sharing, meditation, sound & ritual.

Thursdays (first & third) 7/2, 21/2, 7/3, 21/3, 4/4, 18/4, 2/5, 16/5, 6/6, 20/6, 4/7, 18/7, 1/8, 15/8, 5/9, 19/9, 3/10, 17/10, 7/11, 21/11, 5/12, 19/12 2.00pm-4.00pm

Cost: \$10 flat rate Women & men

FRIDAYS

Urban Space Healing Place Marisa Ala Dea

Experience an inner & outer journey with Sophia at its centre, as we venture into the local suburban landscape to places where connection, healing & spiritual enrichment can be engaged. The first month's session will take place at Sophia.

Fridays 22/2, 29/3, 26/4, 24/5, 28/6, 26/7, 30/8, 27/9. 18/10, 29/11 1.30pm-4.30pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 Women

SATURDAYS

Women's Poetry Circle Judith Haines

This is a supportive group of women poets who meet to share their poetry, develop writing skills, experiment with style and enjoy a creative group process. The format includes writing workshops and guest readers. If you are interested in exploring poetry & poetry writing, please join us. No prior knowledge of poetry or writing experience is necessary.

Saturday 9/2, 13/4, 8/6, 10/8, 12/10, 14/12 2.00pm-4.00pm Cost: 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.

NOTE: 3 sessions (in bold) with visiting teacher:

Sunday 3/2, **3/3**, 7/4, **5/5**, 2/6, 7/7, 4/8, 8/9, 13/10, 3/11, **1/12**

3.00pm-5.00pm or **1.30pm-4.00pm**

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

Dancing Devotions Marisa Ala Dea

We honour the Path of Spirit as celebrated in chant, prayer, song & music from different cultures & traditions. With rhythmical steps & meditative movement, we dance for grace, for peace, for happiness & healing.

Sunday 10/2, 10/3, 14/4, 12/5, 9/6, 14/7, 18/8, 15/9, 20/10, 17/11, 15/12 2.00pm-4.30pm

Cost: MF\$20 MC\$15 Non-members \$25 Women & men

Buddhist Meditation Celia Karpfen

We are a non-denominational group who meet for qigong, dharma talks, sitting and walking meditation and discussion. Our practice is influenced by mindfulness and commitment to a spiritual journey. Participants are encouraged to see themselves as their own spiritual authority.

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



Sophia News

Blessing & Opening of the Sophia Labyrinth

On 16th September, the beautiful new labyrinth at Sophia was officially blessed and opened. It was a gorgeous spring day, with new green shoots & colourful blossoms appearing on trees & plants in the Sophia Gardens/Dominican Sisters Peace Garden. Bird song filled the air.

A lovely crowd of 30 or so came to take part in this special ritual and to walk the new labyrinth for the first time. The opening commenced with a Kaurna acknowledgement by Wendy Jollands, who with Sophia, are our Sophia Coordinators. Angela Moloney & Sophia shared their knowledge of the history behind the vision for this labyrinth as well as the significance of the original labyrinth under the magnificent, heritage Moreton Bay Fig Tree. That labyrinth was taken up during recent years of drought to allow more water to seep down to the root system of the tree.

Cedar Prest, artist & visionary, shared her significant knowledge of the origins of ancient labyrinths and how they differ strikingly from the Maze. Originally associated with Greek Mythology, the labyrinth in our times has become a guide to inner awareness, reflection, healing & wholeness. Cedar created the architectural drawings for the labyrinth,



following the vision of Angela & Sophia, to closely replicate the shape of the glorious Fig Tree.

On June 14th this year, Sophia volunteers & friends arrived to begin setting the stones of the labyrinth in accordance with Cedar's drawings. Much effort, conversation & toil had gone into selecting the stones - sincere thanks to Sophia Vogt, Jenny Wightman & Catherine Hughes who spent a great deal of time locating suitable stones & arranging for them to be delivered.

The shape of the labyrinth began to emerge with the efforts of all, including a little bird, who hopped across the site from north to south as if inspecting the work! (We may have chosen the territory of this little visitor for our labyrinth!) Indeed, a little 'Willie Wagtail' who lives in the garden often appears as individuals walk the labyrinth - how beautiful is that!

The ritual unfolded quietly with each person choosing a small branch from the garden, dipped in water, to sprinkle & bless the labyrinth as it was walked. With this beautiful blessing completed, Cedar then officially opened the

labyrinth by throwing colourful pansies into the air allowing them to fall on the soft surface and the stones, now tracing the outline of hundreds of journeys to be made in coming days, months & years - towards healing & wholeness.

The ritual concluded with thank yous & gift presentations to Cedar, Angela & Sophia - we were delighted that Ruby Worthy, an Aboriginal Elder, & her granddaughter, Ava, were present with us to make the presentations. If you haven't yet seen or walked the labyrinth, treat yourself soon!

Maureen O'Connell



Garden Donation

Luke, & his little dog, regular walkers & long standing admirers of the beautiful grounds, has kindly donated \$50 to Sophia in appreciation of having this opportunity available to him. We bought another deep blue pot & solar lights for along the path to add to this lovely asset, our Sophia Gardens & the larger Dominican Peace Gardens.

Quiz Night Fundraiser:

The very enjoyable evening raised \$1250. It was great to see Trish Fairley back as MC and Kerrie Hamilton did a fantastic job again as QuizMistress!





Sophia News

ESL Group Childcare

I just want to mention the person who has the most difficult job at Sophia ESL. Every Wednesday morning in rain or hot sunshine, Chris W arrives before 9.30am to open the shed and thoughtfully set up the play area for the children - mostly without assistance. She makes sure she knows all the children, their ages and their mothers. She even provides them with their own water bottles.

Chris often doesn't get a break at morning teatime as it depends on how attentive the mothers are during that time and she is too conscientious to leave the children unattended.

Once they have gone Chris packs up all the toys, bikes etc back into the shed leaving the area looking as though those noisy, active, happy children were never there! She usually doesn't leave till 12.45pm. When we have our last session for the year, Chris will have bought and wrapped a gift for each of these children - gifts thoughtfully purchased depending on each child's age and interests.

On behalf of the tutors, mothers and children a big THANK YOU to Chris W.
Cathy Brideson

History Project Contributions

A celebratory launch of **The Story of Sophia** will be held in April 2021, our 30th birthday. We will provide encouragement and support if you want to contribute to the project.

For more information please email Sophia Vogt or Wendy Jollands at coordinator@sophia.org.au
The Sophia History Group: Freya Cichowski, Jane Hiscock, Angela Moloney, Fiona Johnston, Sophia Vogt, Wendy Jollands.

Bread Tags for Wheelchairs

Bring in your bread tags to be recycled to fund wheelchairs in South Africa. There are two collection containers on the cupboards in the corridor under the noticeboard. More info at [aussiebreadtags](https://www.facebook.com/aussiebreadtags) on Facebook.



Making a Change through Business

Llewelyn Clothing was started by a young Adelaide man to help make an impact on ending slavery. The garments are made in Ghana and provide employment for rescued slaves by teaching them skills.
See llewelynclothing.com

NATURE: DEFAULT: FERTILE

While the irrepressibles - soursobs, onion weed -
strain my tolerance,
it was a very small fig tree
(three leaves)
sprouting in a crack
between stobie pole and sealed footpath
that made me think.

Whilst that baby's life
will not be long,
its Mother, Nature, simply carries on:
blossoming, fruiting, seeding, sprouting.

Sometimes we co-operate.
Sometimes we frustrate.
But with endless invention,
adaption and sheer proliferation,
Nature tirelessly
manipulates molecules
into Life.

Jenny Wightman

