



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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Layout: Marian Gray
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June 2019



THOUGHTS

Thoughts do not need the wings of words
To fly to any goal.

Like subtle lightnings, not like birds,
They speed from soul to soul.

Hide in your heart a bitter thought
Still it has power to blight.

Think Love, although you speak it not,
It gives the world more light.

Poems of Sentiment by Ella Wheeler Wilcox
Chicago, IL : W. B. Conkey Company, c1906.
<http://www.ellawheelerwilcox.org/poems/pthought3.htm>



Message from the Coordinating Team

Dear Friends,

At last the rains have arrived to quench our dry and dusty environs! What the trees and bushes are exuding is almost palpable after such a long period of drought. The birdsong is utterly amazing too. It has been a delight to again enjoy the changing of the season as autumn progressed. The vibrant hues of yellow, orange, red and brown are such a treat for the eyes. The crunching of dry leaves underfoot, seeing children gathering handfuls and throwing them into the air and cautious negotiating of wet leaves whilst out walking brings such pleasure. The Adelaide Hills have become verdant again as have the Parklands. Let us hope that there will be a great deal more rain to replenish reservoirs and assist the farmers' crops for the essential job of providing us with the sustenance we need.

Life at Sophia continues at a gentle pace. Regular activities are well attended and other course events draw those interested. Annette Jarrett and helpers crafted a beautifully moving and poignant candlelit ritual in memory of those killed in Christchurch and to stand in solidarity with our Muslim friends. We engaged in conversation and shared where we all came from and our hopes for the future. Following the ritual we partook of delicious middle eastern foods. Thank you Annette for taking the initiative to organise this special event for a public outpouring for our grief and distress at such an horrific act.

Catherine, Jenny and Monica are working hard away in the gardens preparing them for our major fundraising event for this year; the 'Garden Party'. Much sweeping, raking, planting, pruning and mulch spreading is going on several days a week. This will be on Saturday 12 October, 11.00am to 3.00pm. Make sure you have marked this in your Diary! A big thank you to these three remarkable women.

We have a most interesting day coming up at the end of June. Dee Michell will give a presentation on 'The Theology of Ella Wheeler Wilcox (1850-1919) conveyed through poetry and other writing'. This will be an exploration and critique of Ella's theology and the contemporary positive psychology movement. Julie Gardiner will be exploring the issue of 'Difficult Conversations within the Church around the inclusion of people from the LGBTIQ+ Community'. Both presentations will be stimulating food for thought on Saturday, 29 June 10.00am-3.00pm.

Maureen has made a remarkable recovery from her knee replacement surgery. She was welcomed back to ESL with open arms after six weeks away. There is no keeping her down that's for sure! Ann Burr, another ESL volunteer, is also slowly progressing on her road to recovery, after post surgical complications. Rosanne and Tess are in a state

of recovery after hip replacement surgery, and Frances & Annette are also recovering from some surgery. Nel has battled with shingles & Louise also has had a bad virus. Many healing wishes to all these women and anyone else in our community that we are unaware of who may be going through difficult health times.

Finally, my trip to England, Wales and Prague during April with my dear friend Anne Lovell, was exactly what I needed to help soften some of the grief of losing yet another beloved brother in early March.

Best Wishes,

Sophia Vogt & Wendy Jollands, Coordinating Team

HAVE YOU KEPT SOPHIA NEWSLETTERS??

The Sophia archive is missing newsletters from 1998 & 1999 & we need them for the History Project. If you can help, please let us know!

Sophia's history is taking shape.

The Sophia History Working Group is busy behind the scenes creating the book which will tell the story of Sophia. This will be published during Sophia's 30th anniversary celebrations in 2021. Many of you have contributed stories, poems and photographs, and open meetings have been held to share the vision.

Now the long and careful task of working with these contributions has begun. Designs are being discussed with the printers, background research continues, editing is underway and there is a sense of joy and energy as we put together the unique and wonderful story of how Sophia came into being. It is exciting to trace the many steps that have been taken since the vision of the Dominican Sisters and the symbolic design of the building. Over the years people have come together in many different groups, feminist spirituality has been explored and solidarity and justice work has taken place. Through these activities and the strong sense of community, Sophia has grown and developed into the place of beauty, sanctuary and discovery that we know today.

Thank you to all of you who have sent contributions and for the passion and creativity with which they were written. We will keep you posted on our progress.

Ann Siddall for the Sophia History Working Group

***Front page art by Katie M. Berggren.

Visit: <http://www.kmberggren.com/>

https://shop.kmberggren.com/category_s/1821.htm

<https://cdn3.volusion.com/lducp.ehwhm/v/vspfiles/photos/inner-peace-1.jpg?1483301446>



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.

JUNE

Conscious Ageing

Penny Cahalan & Rosanne DeBats

The third phase of life is a great opportunity for spiritual, emotional & psychological growth. It's a time to celebrate a life journey and to harvest our wisdom. This 8 week program was developed specifically for those ready to explore and share their experiences. Workbook will cost \$15 extra.

Monday 17/6, 24/6, 1/7, 8/7, 15/7, 22/7, 29/7, 5/8, 2.00pm-4.30pm

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

Feminist Theologies Day

Dee Michell & Julie Gardiner

Dee will speak on the theology of Ella Wheeler Wilcox (1850-1919), a poet associated with the American New Thought movement with similarities to contemporary positive psychology. Julie will speak on her PhD project about having difficult conversations within the church around inclusion of the LGBTIQ community. BYO lunch. Women. Dedicated to the memory of Susan Sullivan OP & Anne Roder.

Saturday 29/6 10.00am-3.00pm F\$30 C\$25 MF\$27 MC\$22.50

JULY Conscious Ageing continues, see above.

AUGUST

Conversations with Muslim Women

Annette Jarrett

This workshop is an opportunity to hear some of the deep stories of these women & let the barriers that divide us fall, so we can grow in understanding of the values & dreams that we have in common. The afternoon will focus on some contemporary social issues. A Middle Eastern Lunch will be provided for \$12.

Friday 9/8 10.00am-3.15pm

Cost F\$50 C\$40 MF\$45 MC\$36 Women & men

SEPTEMBER

Reflections on Sacred Circle Dance Journey

June Watts (UK & Spain) & Lyn Porter

An afternoon of reflection & discussion with June Watts, master circle dance teacher, choreographer & author, on the journey Sacred Circle Dance has taken from its beginnings at Findhorn to where it is today all over the world. All welcome, from the curious to the addicted! Bring afternoon tea to share.

Friday 27/9 3.00pm-6.00pm

Cost: \$10 Women & men

Dru Yoga Spring Retreat Day Donna Meyer

Enjoy a nurturing day with gentle movement, long relaxation, easy meditation, revitalising body therapy. & breath work. No yoga experience needed. Wear comfortable clothes. Bring mat, blanket & water. A light ayurvedic lunch (dhal & rice) provided, donations for which will go to Fred's Van.

Saturday 28/9 10.00am-3.30pm

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

OCTOBER

Garden Party Fundraiser

This major fundraiser for 2019 will be an open garden event with stalls, light refreshments for sale and guided tours of the beautiful gardens surrounding the building, including the new labyrinth. Join us for a pleasant & peaceful day enjoying the garden as it is now and learning some of its long history too!

Saturday 12/10 11.00am-3.00pm

Cost: F\$20 C\$15 (children free) Women, men & children

NOVEMBER

Tura Lura - Sit with Women (2) 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.

Friday 15/11 2.00pm-4.00pm

Cost: F\$20 C\$15 per session Women

Explorations Jenny Wightman

We will meet 3 times a year to discuss a topic chosen by the group. Copies of some poems will be available from the office a month before the meeting. Friendly, open & informal - no expertise required.

Saturday 23/11 10.00am-12.00pm

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

Therapeutic Sound Bath Glenyce Durdin

Enjoy a relaxing Sound Bath, letting the musical waves of Himalayan & crystal bowls, gong, rainsticks and more wash over you. Bring a yoga mat, cushions and rug. Suitable for 18+

Sunday 24/11 1.30pm-3.00pm

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

Dancing Towards Christmas

Christine Read (WA & UK) & Lyn Porter

Christine Read returns to Adelaide from UK & Europe with a collection of Christmas Circle Dances to enjoy before the pre-Christmas rush. Some dance experience helpful. Bring lunch to share.

Saturday 30/11 9.30am-4.00pm

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

DECEMBER

End of Year Celebration!

It is our tradition to gather in December to celebrate our time together during the year. Come & celebrate with us! Bring food & drink to share. (FINGER food only please)

Thursday 12/12 6.00pm-8.00pm | Cost: F\$5

Women, men & children



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 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!

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: 10/9, 8/10, 12/11

10.30am-12.30pm | Cost: F\$5 C\$3 Women

Women Writing (2) Jenny Wightman

Do you like to write? (As above)

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

10.30am-12.30pm | 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 18/6, 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 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 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! Women & men

Tuesday 23/7, 24/9, 26/11 1.00pm-3.45pm | No cost

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 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 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 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 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

This has been cancelled due to unforeseen circumstances.

FRIDAYS

Urban Space Healing Place Marisa Ala Dea

This has been cancelled due to unforeseen circumstances.

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 8/6, 10/8, 12/10, 14/12 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.

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

Sunday 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

This has been cancelled due to unforeseen circumstances.

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 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

New Baby

Annette Jarrett has a new grandson: Albie Edward Jarrett Dighton.

Thank You

Thank you to Sheila Eime and 'Womenspirit Well' for a donation of \$2000 to Sophia. Much appreciated!

Candlelit Vigil

Over 50 people came together to honour the victims of the Christchurch attack & lit candles in their memory.



Vision Boarding

Nadeya Maystrenko and Gillian Leader with their finished masterpieces from the workshop reported on last newsletter.



Afternoon Tea in the Library

Over forty people came to hear a talk by author, Robyn Cadwallader. Many knew her from her earlier connection to Sophia as a member and facilitator.

She spoke about her two novels set in the Middle Ages: **Book of Colours**, describing the creation of an illuminated manuscript, and **The anchoress**, about a holy woman choosing a life of seclusion. Both books are in the Sophia Library. After a fascinating discussion, followed by afternoon tea, participants shared their thoughts on an interesting and varied selection of favourite books.



Grow Your Food & Save the Earth!

Are you growing your own veg & herbs or would you like to do so? Our group meets every 4th Tuesday of the month either at Sophia to hear a speaker/have a discussion or (alternate months) at an interesting garden to visit. You are very welcome to join us.

We are also keen to have a list of gardens to visit so if you have one or know of one, please contact Nel on 0438 837 369 or 8277 7119.

Contemplative Retreats with the Christian Mystics

Fran & Meg Hegarty

Sunday 21st July 9.30am – 4pm

Monday 7th October 9.30am – 4pm

Monday 2nd December 9.30am – 4pm

Each of these retreat days is separate and complete in itself. They can also be attended in sequence in order to experience in more breadth and depth the multi-faceted richness of Christian contemplative wisdom. You're free to attend all or any as suits you.

Sophia Centre will be open from 9am and we'll begin the retreat at 9.30am. Flyers are available at Sophia with detailed information.

You're invited to bring your own lunch. A microwave is available for use if needed.

Tea and coffee are available all day.

Cost: Full: \$55 Conc: \$50 MF: \$45 MC: \$40



Sophia Library

Recent additions to the Sophia Library. Come in and borrow!

*Boundless Compassion,
Creating a way of life*
Joyce Rupp 241.4 RUP

Prayers of Boundless Compassion
Joyce Rupp 241.4 RUP

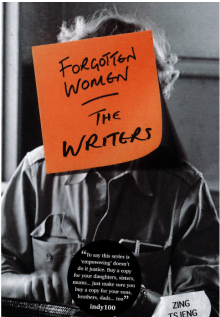
Il Ricordo - Six days in Val Teggio
Ann Elvey (poetry) A821 ELV

*Mary Lee: The Life and Times of a 'turbulent anarchist'
& her battle for womens' rights*
Denise George 320.9 GEO

*Let's Talk About Death Over Dinner-The essential
guide to life's most important conversation*
Michael Hebb 155.9 HEB

*The Measure of My Days - One woman's vivid,
enduring celebration of life and ageing*
Florida Scott-Maxwell 301.43 SCO

Gifts Differing
Understanding personality types
Isabel Briggs Myers with Peter B. Myers 155.2 MYE



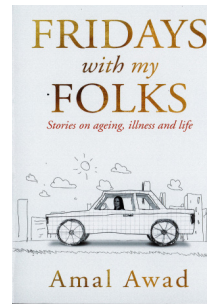
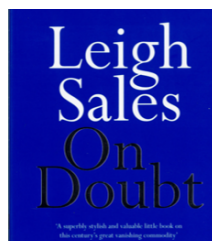
Forgotten Women - The writers
Zing Tsjeng 809.89 TSJ

Forgotten Women - The artists
Zing Tsjeng 704.04 TSJ

The Ministry of Utmost Happiness
Arundhati Roy (fiction) 823 ROY

Accidental Feminists
Jane Caro 305.4 CAR

On Doubt
Leigh Sales 364.15 SAL

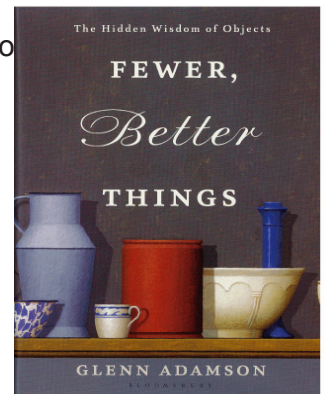


*Fridays with my Folks - Stories on
ageing, illness and life*
Amal Awad 155.AWA

Faith - Trusting your own deepest experience
Sharon Salzberg 294.3 SAL

The Jesus of Asian Women from the Margins
Muriel
Orevillo-Montenegro
232.082 ORE

Fewer, Better Things
*The hidden wisdom
of objects*
Glenn Adamson
745.5 ADA



*On Living - Life's greatest lessons and last thoughts
from the dying*
Kerry Egan 306.9 EGA

Letting Go - The pathway of surrender
David R. Hawkins 170 HAW

No Friend but the Mountains
Writing from Manus Prison
Behrouz Boochani 325.2 BOO

Wild Dogs Under My Skirt
Tusiata Avia (poetry) 830 AVI

Bronnie Speedy

