



# 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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**Office:** 10.00am - 4.00pm  
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*June 2022*



*“All the flowers  
of all the tomorrows  
are in the seeds of today”*

*Chinese Proverb*



# Message from the Coordinating Team

## **Dear Sophia Members,**

We are very excited that the Dominican Peace Gardens and the Sophia Garden have been selected to participate in the Open Gardens SA program this year on Sunday 16th October from 10am - 4.30pm. The overall aim of the day is to both share the beautiful gardens and broaden awareness of all that we offer at Sophia.

We realise that it will be a big community effort to make it an enjoyable and successful day and we will be inviting you to participate in whatever way you can closer to the time. Many volunteers are already helping with maintaining the Dominican Peace Gardens under the guidance of Jenny Wightman. Catherine Hughes and Dinalli Devasagayam are responsible for the Sophia garden itself.

For the Open Gardens day Nel Morrison is coordinating a pot plant and produce stall and Kaye Mehta is coordinating a stall with garden-related arts and crafts. All proceeds from these stalls will go to the work of Sophia.

It would be great if you would be interested and willing to be part of their team responsible for these two stalls. Another option is to offer things like:

- potted plants
  - flower bunches & posies
  - jams, chutneys & sauces, for the Plant/Produce Stall
- OR**
- flower cards & botanical cards
  - decorated pots
  - garden photography
  - pot pourri sachets & other creative garden gifts
  - mobiles
  - sculptures & artworks for the garden-related Art/Craft Stall.

Please be in touch with Nel ([nelm47@bigpond.com](mailto:nelm47@bigpond.com)) or Kaye ([50mehtak55@gmail.com](mailto:50mehtak55@gmail.com) or text on 0414 683 043)

Yours excitedly,  
Nel and Trish

*On behalf of the Open Gardens SA Sophia Planning Group*

**\*Please note:** Edible Indigenous plants in the Kurna garden will be labelled with a wooden cooking spoon. It would be great if the Sophia community could contribute these spoons. Please place them in a box provided on the white table in the Spiral Garden. Thank you!

## Open Garden at Sophia in 2022



The Dominican Peace and Sophia Gardens have been selected to be part of the 2022 SA Open Garden Scheme.

The Sophia community, its families, friends and wider SA community are invited to explore these tranquil, contemplative and beautiful gardens.

Delight in the labyrinth, the Kurna garden with edible Native plants, the Spiral Garden, the herb garden and the larger plantations.

All welcome.

Morning & Afternoon Tea will be available for purchase.

**OGS members \$6. Non-OGS \$8.  
Sunday 16/11 10.00am-4.30pm**



# 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 0439 594 363 or email to [info@sophia.org.au](mailto:info@sophia.org.au).

Payment must be made no less than one week before to secure booking (except for regular events).

**\*\*\*PLEASE NOTE simplification of fee structure.\*\*\***  
If cost is an issue please talk with a Coordinator.

## JUNE

### Becoming Elder-Drawing on Celtic Wisdom

Elisabeth Kathleen

To become Elder is to become strong. Drawing on Celtic Wisdom we will embrace the Wise Woman, shed what no longer serves us and step into our power, passion and creativity. BYO food.

Friday 24/6 10.00am-4.00pm

Cost: \$55 Members \$45 Women

## JULY

### Explorations Jenny Wightman

Living History - Not only our parents but the long line of our ancestors have shaped who we are. Explore our diversity - bring your stories or what you can guess. Led by Gwyn Muir, Eda Payne, & Jenny Wightman.

Tuesday 12/7 1.30pm-3.30pm

Cost: \$25 Members \$20 Women

## AUGUST

### 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 20/8 2.00pm-4.30pm

Cost: \$10 Members \$8 Women & men

## SEPTEMBER

### Spring Haiku Workshop Fiona Johnston & Nel Morrison

Wonder - Wander: Enjoy the exploration of words while exploring the Sophia garden.

Thursday 15/9 2.00pm-4.30pm

Cost: \$10 Members \$8 Women & men

### An Introduction to Aboriginal Art Annette Jarrett

Continues the conversation with local Kaurna First Nations community who now share the management of the Warriparinga Cultural Centre at Marion. This session will complement the powerful and deeply moving experiences provided by the Cultural and Historical Tour at the centre in 2021. These activities are independent and there are no prior requirements. The Aboriginal Art topic will be led by a Kaurna artist and will include insights into traditional art and the use of materials and paints. You will be provided with materials and an individual canvas that you can keep.

**NOTE: Changed from the programme - TBA**

Cost: TBA (paid to Warriparinga on the day) Women & men

## OCTOBER

### Butterfly Dancing

Lyn Porter

Sophia & International Circle Dance Teacher, Lyn Porter shares a collection of Circle Dances inspired by the children's book "The Butterfly Dance" by Ardella Nathanael. Each dance is carefully taught & the basic folk style steps are relatively easy to learn. The uplifting & inspiring music draws from both traditional & more contemporary sources. This workshop is for people 15 years & older whether they are new to Circle Dancing or experienced Circle Dancers. Newbies are most welcome. BYO morning tea.

Saturday 8/10 9.30am-12noon

Cost: \$25 Members \$20 Women & men



### Open Garden Day

The Dominican Peace and Sophia Gardens have been selected to be part of the 2022 SA Open Garden Scheme. The Sophia community, its families, friends and wider SA community are invited to explore these tranquil, contemplative and beautiful gardens. Delight in the labyrinth, the Kaurna garden with edible Native plants, the spiral garden, the herb garden and the larger plantations. All welcome. Morning and Afternoon tea will be available to purchase.

Sunday 16/10 10.00am-4.30pm

Cost: OGS Members \$6 Non-OGS \$8 Women, men & children

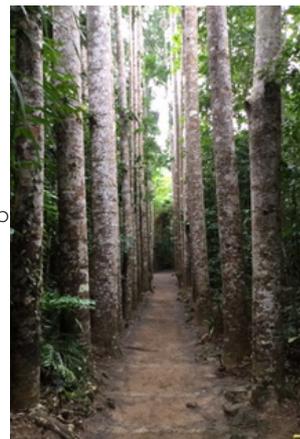
### Explorations

Jenny Wightman

Community - All life evolves in community. Scientists are uncovering this law in nature. Trees care for each other; predator and prey are in balance, diversity is key. We need to accept our membership of this community. Notes in the Office.

Tuesday 25/10 1.30pm-3.30pm

Cost: \$25 Members \$20 Women





# Regular Events

## MONDAYS

### Serendipity Sessions Marisa Ala Dea

**\*NOTE the dates: Some are Mondays & some are Fridays.**

Monthly gatherings exploring a variety of activities to engage & enrich our creative selves. Includes a Midwinter Spiral Walk, arty fun during SALA & honouring our Ancestors on All Hallows Eve. We begin in February by constructing a simple Finger Labyrinth & 'walking' it in a gentle meditation experience.

**Fri 17/6, 22/7 (4pm-6.30pm), Mon 22/8, Fri 23/9, Mon 31/10, Fri 25/11, 2.00pm-4.30pm Cost: \$12 Members \$10 Women. \*NB Bookings essential!**

## 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 5/7, 2/8, 6/9, 4/10, 1/11, 6/12 9.30am-11.00am Cost: \$10 Members \$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! Weekly during school terms.

**Tuesday 4.00pm-6.00pm Cost: \$12 Members \$10 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!

**Tuesday 21/6, 19/7, 16/8, 20/9, 18/10, 15/11 10.30am-12.30pm Cost: \$5 Members \$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.

**Tuesday 21/6, 19/7, 16/8, 20/9, 18/10, 15/11 1.30pm-3.30pm Cost: \$15 Members \$12 Women**

### 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 26/7, 27/9, 22/11 1.00pm-3.00pm | 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. Starts 9/2

**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. Weekly during school terms. Starts 2/2

**Wednesday 1.30pm-3.00pm Cost: \$15 Members \$12 Women**

### Silent Meditation Annette Jarrett

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

**Wed 3.30pm-4.15pm Cost: Gold coins Women & men**

### Grief's Journey Marian

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 6/7, 3/8, 7/9, 5/10, 2/11, 7/12 7.00pm-9.00pm Cost: \$5 Members \$3 Women & men**

## THURSDAYS

### Hatha Yoga for Wellbeing (Meeting in Orphanage Park)

Dinali Devasagayam

A gentle style of yoga including postures, breathing and relaxation techniques to stretch, strengthen and energise the body and calm the mind. Suitable for all. Bring yoga mat & blanket. Weekly during school terms.

**Tuesday 5.45pm-7.00pm Cost: \$15 Members \$12 Women & men**

### The Enneagram Penny Cahalan

Join Penny on a journey to explore your inner emotional landscape. Stop & start whenever you like as we proceed from beginner Enneagram sessions, to intermediate to advanced.

**Thursday 30/6, 28/7, 25/8, 29/9, 27/10, 24/11, 7.30pm-9.00pm Cost per session \$15 Members \$10 Women & men**

## 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 13/8, 8/10, 10/12, 2.00pm-4.00pm Cost: \$5 Members \$3 Women**

## SUNDAYS

### Sunday Circle Dancing Lyn Porter

Come breathe in the peace & serenity at Sophia, nestled amongst trees & beautiful gardens. Easy to learn steps carefully taught to uplifting music. No dance experience necessary. All welcome inc newbies & visitors. BYO Afternoon Tea.

**Sunday 10/7, 14/8, 11/9, 9/10, 13/11, 11/12, 3.00-5.00pm Cost: \$18 Members \$15 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 10/7, 14/8, 11/9, 9/10, 13/11, 11/12, 9am-11.30am Cost: \$6 Members \$4**



# Sophia News

## **Volunteer Vacancy: Finance Team**

SOPHIA is looking for a volunteer to be part of the finance team.

At the moment Penny receives monies; Eve, a practicing accountant, pays bills, and handles wages and day to day operations; and Rosanne looks after such financial matters as getting advice from our financial advisor on investments, keeping records on donations to the Library Gift Fund, and gathering together papers for the annual audit.

A volunteer is sought to work alongside Rosanne and learn the ropes on the job. Not much time is involved, just keeping an eye on things, consulting with others on the team, and occasionally acting.

Please let Sophia know if you are willing to help in this way.

**SOPHIA**  
SPIRALS OF CONNECTION  
A Story of Feminist Spirituality & Community  
by The Sophia Community



## **History Book Launch in 2022**

This beautiful publication, celebrating the first 30 years of Sophia, is getting close to being launched. It has been an ongoing project for the History Book Group over the last few years.

The text, photos and other material has been painstakingly entered into the publishing software program and the design worked and reworked to near perfection! The very large document has now gone to the proof readers. After that any corrections will be made and then passed on to the publisher for a proof copy to be prepared for us to do a final check.

It will be an incredible achievement when it is finally printed!

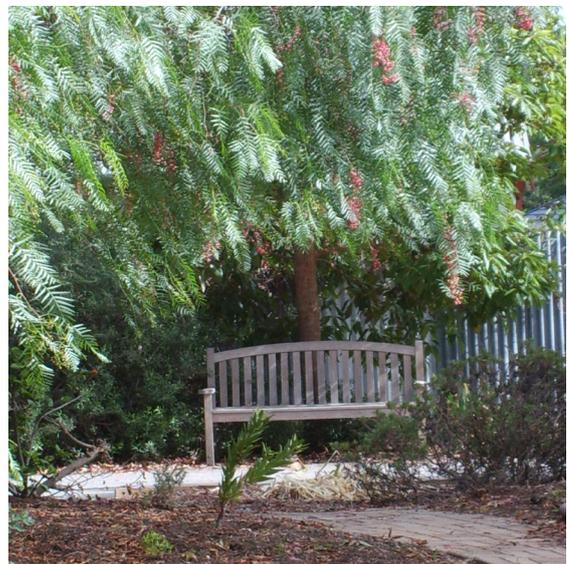
## **Songs of the Peace Garden**

Wind sings an individual song  
with every different tree:  
myriad gum leaves chink and tap  
a secret code;  
ancestral voices breathe  
through the sibilant sheoak's surge.  
Each bird variably voices this place  
in squawk or laugh or long sweet trill.

A warm day fades in blue and gold  
a stillness falls.  
I stand watering - the plants and I  
at peace in the Peace Garden.

A group of women silently appears amongst  
the trees,  
clusters around a seat.  
A moment or two, they sing:  
such pure and gentle sounds -  
harmonies swell and rise,  
weave through the leaves.  
Another song the Garden  
cradles as its own.

*Jenny Wightman*

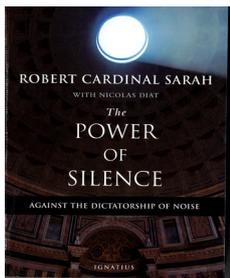




# Sophia Library

Why don't you come into the Sophia Library and check it out? We are always adding new books.

The Power of Silence-Against the dictatorship of noise  
Robert Cardinal Sarah with Nicolas Diat.  
Translated by Michael J. Miller  
**264 SAR**



Wisdom's Feast-Sophia in study and celebration  
Susan Cole, Marian Ronan and Hal Taussig  
**220.64 COL**

Careers and Motherhood Challenges and Choices  
How to successfully manage your career through pregnancy, and motherhood  
Karen Mitchell **306.87 MIT**

The Memory Artist: Katherine Brabon (fiction) **A823 BRA**

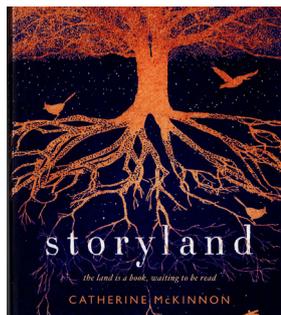
Illuminata-Thoughts, prayers and rituals for Everyday Life:  
Marianne Williamson **242.WIL**

The World Without Us: Mirelle Juchau (fiction) **A823JUC**

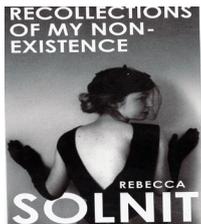
Beating Endo-A patient's treatment plan for endometriosis:  
Dr Iris Orbuch and Dr Amy Stein  
**616 ORB**

Life After Life: Kate Atkinson (fiction) **823 ATK**

Recollections fo My Non-Existence: Rebecca Solnit  
**920 SOL**



Storyland-The land is a book waiting to be read  
Catherine McKinnon  
**A823.4**



The Wife Drought-  
Why women need wives and men need lives  
Annabel Crabb **306.87 CRA**

Falling Angels: Tracy Chevalier (fiction) **823.91 CHE**

The Art of the Enneagram-9 paths to awareness, acceptance and transformation  
Ginger Lapid-Bogda Phd & Russel (Tres) Bogda **155 BOG**

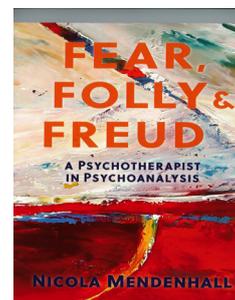


How To Be An Author-The business of becoming an a writer in Australia  
Georgia Richter and Deborah Hunn **808.02 RIC**

All the Beautiful Things-Finding truth, beauty and goodness in a fractured church  
Beth Doherty **282 DOH**

Pain and Prejudice-A call to arms for women and their bodies  
Gabrielle Jackson **622.66 JAC**

Fear, Folly and Freud  
A psychotherapist in psychoanalysis  
Nicola Menderhall **150 MEN**



## Pop-Up Library Book Sale

Next time you're at Sophia, check out our Pop-Up Sale in the main room. Items are \$2 each and are changed every few weeks.

## Donations

At present we are not having large book sales and our storage space is full. If you have books that may be suitable to add to our Library collection please bring them in. If not, please donate elsewhere.