



Circulating

An experience

A place

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A sign

Honouring women's experiences

Nurturing wisdom in all people

Working for justice in our world

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March 2019



“If we could discover this great mystery of God
in us, we would be truly free, and out of this
freedom the seeds of our lives would sprout into
a new world of justice and peace.”

Ilia Delio



Message from the Coordinating Team

Dear Friends,

Welcome to another year at Sophia. Our fresh new look floor covering has gone down a treat with all who see it for the first time. It has brought a sense of space and lightness to the corridor and side rooms and is easy clean!

As we begin autumn we are very mindful of how extremely dry it is still. Our gardens and the greater Dominican Peace Gardens have been lovingly cared for over the break and still look gorgeous despite the lack of rain.

We have several new offerings as part of the Sophia Programme. Have a good read if you haven't yet done so! All regular activities are well and truly underway. Meg and Fran Hegarty will be offering "Wisdom of the Mystics Retreat" later in the year as a special addition to the programme. See inside for more details.

A long term ESL volunteer Avril has decided to leave Sophia ESL for health reasons. Cathy Brideson, the group's coordinator wanted to thank her for all that she has done for the women who attend our classes, not only on Wednesday mornings. There have been times when she has visited them in their homes as well.

Avril also used to help in preparing and serving morning tea although sometimes this took a long time due to the amount of talking and laughing!! Her students will miss her and we will miss her sense of humour and fun but she has promised to call in for a coffee sometimes.

We send our loving wishes to Ann Burr and Maureen O'Connell, also ESL volunteers, who are recovering from respective surgeries. Lots of healing energy to you both!

I have just returned from visiting my terminally ill brother, Herman, in Tasmania. We had the most precious and special week as he became weaker and more frail. His last desire was to marry his partner of 15 years, Cathy, which occurred a day and a half before he passed away on 6th March. It was a very peaceful and gentle death and all Herman's family, friends and loved siblings were able to say our goodbyes. Beautiful, tender moments to treasure always. Thank you my dear Sophia friends for all your loving support and beautiful words over this difficult time.

Best Wishes,
Sophia Vogt & Wendy Jollands
Coordinating Team

Please note that this year the AGM is on a Tuesday, - 14th May at 2pm as it is listed in the Programme rather than the accompanying letter.

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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.

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 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!

Sat 6/4 2.00pm-4.00pm 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 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 and afternoon tea. Tues 14/5 2.00pm Women & men.

Living Well with Pain & Illness

Louise Portway

Unfortunately this has had to be cancelled due to unforeseen circumstances.

Playfully Me

Trish Fairley

Even feminists can feel pressure to meet others' needs & expectations, ahead of their own. Can we claim space for ourselves? Can we possibly let other people down? Laugh & play with these and other questions through movement, voice and storytelling, using the principles & practices of InterPlay. You might surprise yourself! BYO lunch.

Friday 31/5 10.00am-3.00pm

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

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



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 2/4, 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!

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: 9/4, 14/5, then 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: 16/4, 21/5, 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 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 26/3, 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 26/3, 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! Women & men

Tuesday 26/3, 28/5, 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 3/4, 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) 4/4, 2/5, 6/6, 4/7, 1/8, 5/9, 3/10, 7/11, 5/12 (note change)

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 29/3, 26/4, 24/5, 28/6, 26/7, 30/8, 27/9, 18/10, 29/11 1.30-4.30pm

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 13/4, 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 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 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 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

New Baby

Penny has a new grandson, born 12/2/19, Thomas Michael Owen-Cahalan.

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](#) Facebook.

Donations

Thanks again to the Julian Centre Trust for their donation of \$500 to further the work of Sophia and for their thanks & appreciation of our newsletter. Thanks also to an anonymous benefactor who donated \$1000 recently.

Opening Ritual

About thirty friends of Sophia gathered on a very hot summer evening, 6 Feb, to share memories of the Christmas/New Year period and to catch up with friends & acquaintances over light refreshments & good conversation. The Opening Ritual focused on an Australian spirituality, honouring the beauty of the Australian landscape in image & song.

Time was given to quiet personal time in the gardens, each finding something to bring back to the colourful focus, the centrepiece of the ritual. A vivid reading from Terry Kreig's book, *Walking the Flinders*, was one of the readings shared, bringing to mind the spirituality of an ancient landscape & the richness of Indigenous culture. A most enjoyable evening was enriched by all who attended & generously provided food & drink to share. The opportunity to look at the new Sophia programme & to discuss the many offerings available throughout 2019, brought a great gathering to a close.

Maureen O'Connell



Vision Boarding WE CAN ALL BE VISIONARIES! Early in February two workshops on Vision Boarding were presented by Donna Meyer.....Fabulous!

The sessions were well prepared, professionally run and provided a beautiful atmosphere, giving us the freedom to really get into it – the “it” being not only what we consciously wanted to manifest for the year ahead but being open to insights that came through various spiritual activities led by Donna - meditation, labyrinth walk, dance, sounding, art - all helping us to tune into our divine nature.

The last part of the first session was to look at magazines and tear out images that jumped out at us. These we took home and added to from our own material to paste on a large sheet of paper (the board) in the last session. Not only great fun but visionary too. By allowing the brain and our divine nature the freedom to explore and integrate, more images came, some of which were somewhat esoteric until voiced. As 2019 unfolds it will be fascinating to see what manifests, what evolves from our vision boards.

Nadeya Maystrenko

Advance Notice of New Course

Later in the year Fran & Meg Hegarty will be running ‘*Wisdom of the Mystics Retreat*’ over several sessions, the first of which will be on Sunday 21st July.

In recent years, Fran and Meg have been involved in non-denominational retreat teams, through Inner Room Contemplative Retreats, preparing and providing retreats based around the Christian mystical and prophetic wisdom. The focus for this group's retreat work was to create safe, freeing and nurturing retreat spaces, where people, in particular those who find it difficult to find such a space within structured religious spaces, can be open to and explore the deep wisdom of the mystics for their own lives.

The quote on the front of this newsletter is from Ilia Delio, who is a contemporary mystic, Franciscan sister and theologian, specializing in the area of science and religion, with interests in evolution, physics and neuroscience and the import of these for theology.

More info about the course will come later.



Sophia Library

Robyn Cadwallader is coming to Sophia

We are excited to announce that Robyn Cadwallader will speak at Afternoon Tea in the Sophia Library on Saturday 27 April from 2 to 4.30 pm. Robyn was well known at Sophia before she moved to Canberra and now she is returning as an internationally acclaimed writer of historical fiction! Among other things, she will talk about the books she has written, her writing process, why she writes of medieval times, how she does her research, how she creates such vivid characters and places, and what she's working on now. She will also read from her novels and respond to our questions.

Robyn's first novel, ***The Anchoress*** tells the story of 17 year old Sarah, who chooses to become an anchoress, a holy woman shut away in a small cell at the side of the village church. Fleeing the grief of losing a much-loved sister in childbirth and the pressure to marry, she decides to renounce the world, with all its dangers, desires and temptations, and to commit herself to a life of prayer and service to God. But as she slowly begins to understand, even the thick walls of her cell cannot keep the outside world away. In reviewing ***The Anchoress*** Geraldine Brooks writes, "Robyn Cadwallader does the real work of historical fiction, creating a detailed, sensuous and richly imagined shard of the past. She has successfully placed her narrator, the anchoress, in that tantalizing, precarious, delicate realm: convincingly of her own distant era, yet emotionally engaging and vividly present to us in our own."

Robyn's second novel, ***Book of Colours*** is a deeply profound and moving novel of the importance of creativity and the power of connection and love. It is set in a small shop in London in 1321 where three people are drawn together around the creation of a magnificent illuminated manuscript of prayers, a Book of Hours. Even though the task seems to meet the aspirations of each one of them, their own desires and ambitions threaten its completion. As each struggles to see the book come into being, it changes much of what they understand about their place in the world. This is also a novel about women in the turbulent world of the early fourteenth century – the power they have, how they wield it, and just how temporary and conditional it is. ***Book of Colours*** is rich, deep, sensuous and full of life.

Sarah Dunant writes, "Robyn Cadwallader fashions words with the same delicate, colourful intensity that her 14th century illuminators brought to their illustrated manuscripts. ***Book of Colours*** brings alive a harsh but rich past, filled with the fantasies, fears, sly wit and tender longings of the medieval imagination."

We invite you to come to our afternoon tea and to bring a favourite book to share with others.

Both Robyn's novels and her book of poetry are in the Sophia Library.

Afternoon Tea in the Sophia Library



Come & listen to guest speaker, successful author, & former Sophia member, Robyn Cadwallader.

Enjoy a delicious afternoon tea in the library & bring your favourite book to share.

**Please register at Sophia 83733781
Women & men**

**Saturday 27th April
2:00pm-4:30pm**

**Cost \$5
225 Cross Road, Cumberland Park, SA 5041**