



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
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South Australia 5041

Office: 10.00am - 4.00pm
Tuesday - Thursday
Friday - 10am-1pm

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March 2022



*“If you have a garden and
a library, you have
everything you need.”*

Marcus Tullius Cicero

hellohomestead.com



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 Dinali 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) or Kaye (50mehtak55@gmail.com or text on 0414 683 043)

Yours excitedly,
Nel and Trish

On behalf of the Open Gardens SA Sophia Planning Group

P.S. Message from Nel

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!

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, will be launched later in the year. It has been an ongoing project for the History Book Group for the last few years and is now getting close to being finalised!

The book is a creative, collaborative history, bringing alive the stories of Sophia's beginnings & long history. It includes poetry, photos, art works and a Sophia chronology.

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.

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.

APRIL

Pilgrimage: Calling us home

Elisabeth Kathleen

Pilgrimage starts at home by calling us to connect deeply, wherever we live. Come on this nurturing pilgrimage to replenish your spirit and discover your inner strength, wisdom and courage. BYO food.

Friday 1/4 10.00am-4.00pm

Cost: \$55 Members \$45 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 8/4 10.00am-3.00pm

Cost: \$55 Members \$45 Women

Serendipity Sessions

Marisa Ala Dea

A special meditative peace prayer dance for Easter. Non dancers and dancers welcome.

Friday 15/4 6.00pm-8.00pm

Cost \$12 Members \$10

Sound Bath & Self-Inquiry Meditation

Glencye Durdin & Wendy Davidson

Invitation to experience & enjoy the unique combination where sound & inquiry open the door to nurturing, self-care & resting in your true nature. Bring your own mat, cushion, rug plus a snack & bottle of water. Suitable for 18+

Sunday 24/4 2.00pm-5.00pm

Cost: \$50 Members \$40 Women & men

MAY

Explorations

Jenny Wightman

Suffering & Belief - How do we understand suffering? Albert Camus in *The Plague* explores this. Two feminist theologians, Carol P Christ & Judith Plaskow, each consider it. Join in a discussion in the light of Covid-19.

Tuesday 3/5 1.30pm-3.30pm

Cost: \$25 Members \$20 Women

Dancing with Autumn

Lyn Porter

A collection of dances that capture the mood & colours of Autumn. Each dance is carefully taught & the basic folk style steps are easy to learn. Uplifting & inspiring music from both traditional & more contemporary sources. New & experienced Circle Dancers most welcome. BYO morning tea

Saturday 14/5, 9.30am-12noon

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



Annual General Meeting

Please join us. It will take place after our annual Volunteer & Facilitator gathering and will be the tabling of annual reports at 12.30pm followed by light refreshments.

Tuesday 10/5 12.30pm Women & men

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



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.

Mon 21/3, Fri 15/4, Mon 16/5, Fri 17/6, 22/7, Mon 22/8, Fri 23/9, Mon 31/10, Fri 25/11, 2.00pm-4.30pm except Fri 15/4 at 6.00pm-8.30pm 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 1/3, 5/4, 3/5, 7/6, 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 15/3, 19/4, 17/5, 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 15/3, 19/4, 17/5, 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 22/3, 24/5, 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 starts 23/3 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 6/4, 4/5, 1/6, 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 31/3, 28/4, 26/5, 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 9/4, 11/6, 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 10/4, 15/5, 5/6, 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 13/3, 10/4, 8/5, 12/6, 10/7, 14/8, 11/9, 9/10, 13/11, 11/12, 9am-11.30am Cost: \$6 Members \$4

*****NOTE: Grow Your Food & Save the Earth is discontinued.**

Thanks to those who have facilitated over the years.



Sophia News

Volunteers End of Year Brunch

It was nice to be able to have a gathering at the end of last year to thank the volunteers for their work over the year! We enjoyed a lovely late breakfast at Rosey's Organic Cafe in Unley.



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.

Helen Warmingham AM

Helen passed away early last year at 82 after a bout of pneumonia. She was a Sophia member who was part of the Women Writing group.

She was diagnosed with cerebral palsy at birth and in 2011 was awarded a Member of the Order of Australia (AM) for her work with youth and those with a disability. She worked in the public service for 41 years and was a member of the Girl Guides for 65 years.

She was a deep thinker with great compassion for others and was never afraid of a challenge.

Fold Up Bike For Sale

If anyone is interested in buying a second hand but still as new fold up bike, contact the Sophia office to leave a message for Maureen O'Connell. The cost when new was \$600 but any offer close to half price would be considered. It has a cover and is easily lifted in and out of a car!



International Women's Day Breakfast

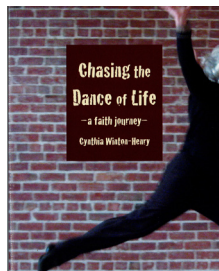
This year's address was by Grace Tame, advocate for survivors of child sexual assault and was again provided in person or online with consideration of Covid restrictions.



Sophia Library

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

Chasing the Dance of Life-A faith journey
Cynthia Winton-Henry 920 WIN



Pornified-How pornography is transforming our lives, our relationships and our families 306.7 PAU

Aung San Su Kyi-A portrait in words and pictures
Christophe Loving 959.10

A People's History of Heaven
Mathangi Subramanian (fiction) 823 SUB

Lowitja-The authorised biography of Lowitja O'Donoghue Stuart Rintoul 920 RIN

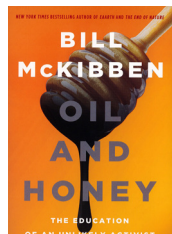
Songwoman: Ilka Tampke (fiction) A823.4 TAM

The Children's Fire-Heart song of a people
Mac Macartney 940.04 MAC

Skin-The song of Kendra: Ilka Tampke (fiction) A823.4

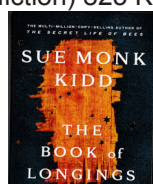
Seven Great Female Sufi Poets-Rabia Basri, Mahsati, Jahan Khatun, Aisha-al-Ba'uniya, Lalla Den, Makhi, Hayati Paul Smith (translator) 811 SMI

Oil and Honey-The education of an unlikely activist
Bill McKibben 333.72 MCK



The Book of Longings: Sue Monk Kidd (fiction) 823 KID

The Wild Edge of Sorrow-Rituals of renewal & the sacred work of grief
Francis Weller 155.9 WEL

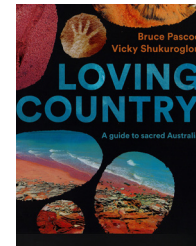


Australia Day: Stan Grant 305.8 GRA

The Lonely Century-Coming together in a world that's pulling apart:
Noreena Hertz 302.54 HER

The Upanishads-translated for the modern reader:
Eknath Easwaran 294.5 EAS

Loving Country—A Guide to Sacred Australia
Bruce Pascoe and Video Shukuroglou
305.8 PAS



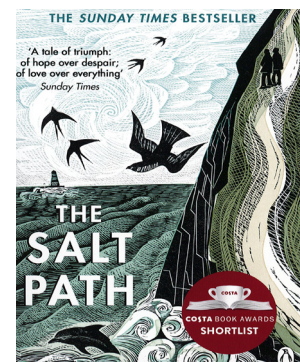
Sound Talk-how indigenous thinking can save the world Tyson Yunkaporta 305.8 YUN

Everything You Need To Know About The Uluru Statement From The Heart
Megan Davis and George Willams 305.8 DAV

The Nostalgia Factory-Memory, Time and Ageing: Douwe Draasma translated by Liz Waters: 155.67

The Interior Silence-10 lessons from Monastic Life
Sarah Sands 206.57 SAN

The Salt Path: Raynor Winn 796.51



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.