



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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September 2019



We celebrate spring's returning and the rejuvenation of the natural world. Let us be moved by this vast and gentle insistence that goodness shall return, that warmth and life shall succeed, and help us to understand our place within this miracle.

Let us see that as a bird now builds its nest, bravely, with bits and pieces, so must we build human faith. It is our simple duty; it is the highest art; it is our natural and vital role within the miracle of spring: the creation of faith.

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Message from the Coordinating Team

Dear Friends,

Here we are again moving into another wonderful season of spring. On my recent walks I have been overcome with the beauty of the myriad of daffodils flowering around many public spaces in Mount Barker, roundabouts, encircling trees, along footpaths. Thousands of bulbs were planted last year and I was wondering whether they would flower again this year, and to my absolute delight they have! Their variety is uplifting with the array of colour combinations and appearance, some single, some double. To me they are a joy evoking flower. Then there are the golden buttercups and the much maligned soursobs, but both such a brilliant yellow, like little rays of sunshine.



The trees are starting to bud and leaf and blossoms are appearing, all giving a sense of awakening and rebirth after a long, cold and sometimes wet winter. The glorious golden wattles are in full bloom, their perfume heady.

On my recent walk around the Laratinga Wetlands I was privileged to spot many land and water birds; a gorgeous little blue wren flitting about in the undergrowth, rosellas, lorikeets, parrots, magpies, water hens, ducks, ibis and many other breeds that I do not know the names of. For the first time I heard a koaburra to my surprise after all the years of walking there! The chirping bird song is music to my ears and adds another dimension to my walks. The frogs have awoken and are joyfully croaking. Recently on World Environment Day 2,500 trees, bushes and grasses were planted by many volunteers further enhancing this wonderful ecosystem. It is truly a blessing to be surrounded by this natural beauty, the sacredness of Sophia in all her eminence.

I am certain many of you will have similar experiences to recall from your wanderings!

Wendy Jolland has returned from her family holiday in South Africa visiting family, friends and exploring the fabulous sights including animals in their natural habitat. Welcome back Wendy.

The Sophia History project is moving along with great passion and dedicated work. The editing team have finalised quite a number of pieces that will be included in the published book, to be launched in April 2021 to celebrate Sophia's 30th birthday! A special mention here of Freya Cichowski who is crafting the most informative and interesting pieces around the contributions that so many of our community have submitted. She is bringing our history to life! Thanks goes to Fiona Johnston and Ann Siddall for all the editing they are doing.

Barb Hancock recently resigned from her position on the Futures Group after years of contributing of her time and ideas so generously. We thank Barb for giving us so much of her time and energy and presented her with a beautiful potted orchid last week. Go well with all your other pursuits and travels!

Our new phone system has been installed and is working well after many weeks of only having a mobile service.

Maureen O'Connell has undergone her second knee replacement surgery with plenty of time to recuperate before Christmas, which is her absolute favourite time of the year. We think this truly makes her the bionic woman now with two new knees and two new hips! Nothing else is left to replace thankfully.

Sophia's Garden Party Fundraiser is just around the corner. This will be on **Saturday 12 October** from **11.00am - 3.00pm**. There will be guided tours of the beautiful Sophia and Dominican Peace gardens, Labyrinth group walks, Sophia building and history tours, a variety of stalls, morning & afternoon teas and soups available for purchase. **Entry cost is only \$15 or \$10 concession. Children under 15 are free!**

Give yourself a treat and join us for a pleasant and peaceful day! Ask your friends, family members or neighbours who perhaps may never have been to Sophia before.

Best Wishes
Sophia Vogt & Wendy Jollands
Co-ordinating Team



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.

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! See flyer to the right for more info.

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 Glynce 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

GARDEN PARTY FUNDRAISER at SOPHIA

Saturday 12th October 11am-3pm

225 Cross Rd Cumberland Park

Entry \$15, conc \$10

Children under 15 free

- Guided 20min Tours of the extensive Gardens at 12pm, 1pm & 2pm
- Group Walk/Tour of the new labyrinth which was designed by Cedar Prest AO
- Guided Tours of Sophia, a community based, feminist spirituality organisation which supports women of all walks in life, at 11.30am, 12.30pm & 1.30pm
- Plants & Produce, including home-made cakes, for sale
- Hand-made crafts, including décor, original jewellery, cards, bags & scarves
- Good quality second hand Sophia Library books for sale
- Refreshments available, including soup/breads for \$5, coffee/tea for \$3 & with cake for \$5

This Fundraiser is to support free Sophia programs such as the English Language Class for refugee & migrant women and its creche and the Nurturing Friendships Sharing Stories Group for people with a disability & their carers. Thanks to the many volunteers who generously give their time to make possible social justice programs such as these.

Please invite your friends and family to come and enjoy the beautiful Sophia Gardens!



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 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: 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: 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 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 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 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 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 2/10, 6/11, 4/12 7.00pm-9.00pm

Cost: F\$5 C\$3 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 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 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

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 13/10, 10/11, 8/12

9.00am-11.30am | Cost: F\$6 C\$4 Women & men



Sophia News

Recent SA History Festival

A past Sophia Core Group member, Catherine McMahon, was featured in the paper during the History Festival in May due to her work in founding the Estuary Care Foundation which has been working to restore native oysters to the Port River. Catherine was quoted as saying that they put adult oysters back in May 2017 across six sites and that they've gone really well. The most recent project was to create a small reef in the Inner Harbour and seed it with oysters. An adult oyster can filter a bathtub of water every day so they are really important as a filter feeder. The Port River system is now much healthier.



Raising Money for Refugee Students

Would you like to join the Dominican Sisters, members of the Cabra Chapel Community & Friends from Flinders University, in supporting the Tertiary Studies of a young Iranian Refugee, whose mother attended English Language Classes at SOPHIA ?

Refugee Student Fees are the same as International Students - much higher than for Domestic (Australian) Students, making it impossible for refugees to do Tertiary Studies without financial support .

If you would like to support this young refugee, in 1st Year Nursing part time at Flinders University (with help from friends already mentioned), this can be done in the following ways :

1 DIRECT DEPOSIT into SOPHIA ECUMENICAL FEMINIST SPIRITUALITY INC Bank Account:

BSB 035 048, Account Number : 256080 or

2 Cash or Cheque to SOPHIA

NB (1) Quote " SOPHIA TERTIARY ASSIST " with Direct Deposit, Cheque, or Cash .

(2) Donations are not Tax Deductable.

(3) Once -off, weekly, monthly, quarterly, annually- at your convenience.

If you can, please join with Friends of SOPHIA in this very worthy cause -" SOPHIA TERTIARY ASSIST ".

Many thanks ,

Sophia Vogt , Maureen O'Connell & Kaye Mehta.

****E-Waste can be dropped at Clarence Park Community Centre.**



ESL Thank You's

A big thank you to Dee for "holding the fort" while Cathy travelled in the UK. She is always first to arrive so that by the time we turn up, the lights are on, the room is either cooled or warmed depending on the need, sign on sheets and name tags out and the preparations for morning tea under way. Thanks so much Dee for your efficiency, willingness and kindness.

Unfortunately we say goodbye to Chris Cahill who has been a tutor at Sophia for many years. Chris is leaving due to Grandmother duties! As well as tutoring Chris has been the one to do all the difficult stuff on the computer such as the signing of forms etc.

She was also a regular driver transporting students to and from class which was invaluable to those students who otherwise would not have attended. Thank you Chris for giving so much of your time to Sophia ESL.

Maureen's Nurturing Friendship Group had a fun Christmas in July Lunch!

The Tutti Ensemble gave an amazing concert recently which Sophia attended. Donna, one of the singers attends the Nurturing Friendship Group.





Sophia Library

Thank you!

In the Sophia Library we'd like to thank those who have generously donated books to our collection and book sales this year. But we have now filled all our storage space! We'd like to ask you to please not donate more books this year.

We will welcome them again at the beginning of 2020.

Comments on the Recent Meeting of Pacific Leaders by the Edmund Rice Centre, (Awareness, Advocacy, Action)

"NO AMOUNT OF MONEY CAN BUY PACIFIC'S SURVIVAL IN THE FACE OF GROWING CLIMATE CRISIS"

Responding to climate change in partnership with our Pacific Island neighbours

PCP patrons, His eminence Cardinal John Ribat (MSC), Dr Richard A O'Brien and Hon Dr Meredith Burgmann

"Prime Minister Scott Morrison's expected announcement of a \$500 million climate finance package for the Pacific confirms the Australian Government's failure to act on the central component of Pacific leaders' requests- strong and urgent climate action by Australia.

Last week, Pacific leaders in Fiji signed the Nadi Bay Declaration, formally calling on Australia to refrain from using carry-over credits to meet their Paris emissions reduction target. The Nadi Bay Declaration also called for a halt to new coal mining projects and the phasing out of coal-fired power generation over the next decade.

"Prime Minister Scott Morrison is ignoring very clear requests from Pacific leaders and choosing to appease their growing discontent with Australia's lack of climate action by throwing cash at them." said Edmund Rice Centre Director Mr Phil Glendenning.

"Climate finance is an important component of climate justice and climate adaptation. However, in and of itself, it will never be enough to solve the climate crisis and ensure the long term survival of Pacific island nations." continued Mr Glendenning.

Last week, Tuvalu Prime Minister Enele Sopoaga highlighted the importance of climate action to Australia's relationship with the Pacific:

"We cannot go on talking about partnerships regardless of whether it is [the Australian Government's Pacific] Step-Up or [New Zealand's Pacific] Reset, while you keep pouring your coal emissions into the atmosphere that is killing my people and drowning my people into the water." Prime Minister Sopoaga said.

"Australia's relationship with the Pacific cannot be bought with money. True partnership means doing everything we can to secure our friends' survival. This means that Australia needs to listen to Pacific leaders, substantially increase Australia's commitment to reduce greenhouse emissions under the Paris agreement and urgently transition out of coal." Mr Glendenning concluded."

To contact Mr Phil Glendenning and/or for local comment:
Corinne Fisher 0421 831 889
Vincent Sicari 0413 707 271

To view a message to Australia from a young Tuvaluan woman: <https://bit.ly/2TqhlNi>

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

Women Kind - Unlocking the power of women supporting women. Dr Kirsten Ferguson & Catherine Fox 305.4 FER

Wild Mercy- Living the fierce and tender wisdom of the women mystics. Mirabai Starr 204.22.STA

Born with Wings - The spiritual journey of a modern Muslim woman. Daisy Khan 297.09

Living Gently in a Violent World - The prophetic witness of weakness. Stanley Hauerwas and Jean Varnier 261.83 STA

Goodbye Vitamin - Hello ageing parents, hello Alzheimers. Rachel Khong (fiction) 813.6 KHO

Home - Drawings by Syrian children: Ben Quilty 305.2 QUI

Dancing to My Death - with the love called cancer. Daniel O'Leary 155 OLE

Unfettered and Alive - A memoir: Anne Summers 361.42 SUM

Light the Dark - Writers on creativity, inspiration and the artistic process. Joe Fassler 153.35 FAS