



# 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 2021*



*One of the beautiful photos from the upcoming Sophia 30 year History Book.  
Courtesy Maggie Nicholls*

*One ought, every day at least, to hear a little song,  
read a good poem, see a fine picture, and, if it were possible,  
to speak a few reasonable words.*

*Johann Wolfgang von Goethe*



# Message from the Coordinating Team

## **Dear Friends,**

Welcome to spring at Sophia. On my walks I am enjoying the wonderful colours of the many wattles, daffodils, bluebells, jonquils, tulips and snowdrops. The variety of delicate colours in blossom trees is most appealing to the eye. Birds are chirping happily as if they have awoken from a winter slumber. Last week I looked out of my kitchen window to see a pair of ducks wandering around eating bugs from the grass in my back yard. I wondered if they were going to build a nest, as this has occurred before several years ago. However, they were nowhere to be seen later on that morning - just passing visitors from the nearby creeks. Walking along the trails that are alongside the creeks in Mount Barker, I have discovered reeds totally flattened by the recent heavy rains. The force of the gushing water must have been immense!



It is lovely to be back at Sophia following my shoulder repair surgery and unfortunate post surgery complications which somewhat extended my recuperation time. That was quite a major set back and difficult to endure at times. However, I am almost back to my pre-surgery state of being now which is such a relief! Many thanks to all the staff who kept Sophia running smoothly in my absence.

We are still experiencing Covid-19 hiring cancellations unfortunately. Most of our program offerings are proceeding with some COVID-19 constraints. Let's keep our fingers crossed.

## **A Fishy Story Part 2!**

As you know we had a leaking fish pond in the spiral garden earlier this year. The fish were relocated twice to a country retreat at Flaxley. Unfortunately our large black fish didn't survive the second journey. Jenny has decided that we will leave the goldfish to live permanently in their new home. She has restocked the pond with native Australian fish instead. They are mosquito eating fish which is a bonus! As they are small and black in colour they are rather tricky to spot. Catherine and Dinali have been working on the garden surrounding the pond to make it more attractive and non-slip for those needing to get to the filter for cleaning.

## **Best Wishes,**

**Sophia Vogt & Wendy Jollands**  
**Coordinator & Coordinator Support**

## **SOPHIA** **SPIRALS OF CONNECTION**

A Story of Feminist Spirituality & Community

by The Sophia Community



Over its 30 year history, Sophia has made a unique contribution to the Adelaide community.

*Sophia: Spirals of Connection* is a creative, collaborative community history produced by around 60 people, bringing alive the stories of Sophia's beginnings & long history. It will be an important addition to any library.

This substantial book covers seven themes:

Beginning and Becoming  
Sophia-The Place  
Day to Day at Sophia  
Social Justice  
Creativity  
Feminist Theologies and Spirituality  
Connecting at Sophia.

Features include  
personal accounts & reflections,  
Indigenous connections, poems,  
artwork, archival material  
and many colour photographs  
of groups, events & people.

The cost of the 320 page book will be \$75.

A deposit of \$20 is required per book.

Please contact the Office, 08 8373 3781 or 0439 594 363.

**NOTE: Orders close 30th November 2021.**



# 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.

## SEPTEMBER

### Explorations Jenny Wightman

English Romantic Poets - originating around 1800 & reacting against neoclassical intellectualism, the Romantic movement portrays the overflow of powerful feelings. Discussion of Wordsworth, Coleridge, Shelley, Keats, Byron & their lives & works. Notes available in office.

**Tuesday 14/9 1.30pm-3.30pm**

**Cost: \$25 Members \$20 Women**

### Dru Yoga & Meditation Donna Meyer

Celebrate International Day of Peace cultivating inner peace through gentle yoga & meditation. Beginners welcome. BYO mat, blanket, cushion, comfortable clothes, water & lunch.

**Monday 20/9 10.00am-3.30pm**

**Cost: \$55 Members \$45 Women & men**

## OCTOBER

Unfortunately the **Pot Luck Dinner** has had to be cancelled given the current conditions.

## NOVEMBER

### Explorations Jenny Wightman

Judy Chicago's **Dinner Party**. Come, find out about & share your responses to this (1979) controversial feminist artwork honouring women. If possible watch on YouTube **The Dinner Party-A Tour of the Exhibition**. Notes available in office.

**Tuesday 9/11 1.30pm-3.30pm**

**Cost: \$25 Members \$20 Women**

### Therapeutic Sound Bath Glenyce Durdin

Enjoy deep relaxation. Sound + Intention goes to where it is most needed, giving opportunity to surrender to our own healing processes. Bring a yoga/camp mat, cushions and rug. Suitable for 18+

**Sunday 28/11 3.00pm-4.30pm**

**Cost: \$35 Members \$25 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. (FINGER food only please)

**Thursday 9/12 6.00pm-8.00pm | Cost: \$5**

**Women, men & children**

## Fiona's Cake Recipes from Afternoon Tea in the Library

### Claudia Roden's Middle Eastern Orange Cake (gf)

(via Stephanie Dowrick, p.650)

2 large oranges  
6 eggs, beaten  
250g ground almonds (almond meal)  
250 g sugar  
1 tsp baking powder

Boil oranges, barely covered with water, in a covered saucepan for 2 hours. Allow to cool, then cut open, remove pips and chop roughly, including the rind.

Preheat oven to 190 C and butter and flour a 24cm springform tin. Blend oranges and eggs thoroughly in a food processor. Mix ground almonds, sugar and baking powder in a large bowl, then add orange mixture and whisk to combine. Pour batter into prepared tin and bake for 45 mins - 1 hour. If cake is still very wet, cook for a little longer. Cool in tin before gently turning out.

**Glaze** (from [www.vanillabeancuisine.com](http://www.vanillabeancuisine.com))

Half cup icing sugar (63g)  
2 tps lemon/orange juice (or more if you want it runny)  
1 tsp milk  
Drizzle over top of cake

### Le Far Breton

(On a postcard from our French friends holidaying in Bretagne I also have the French version if you'd like it!)

2 cups flour (250 g)  
1 litre milk  
4 eggs  
1 cup sugar (250 g)  
pinch of salt  
1 tsp oil  
1 cup (approx.) prunes or raisins (to avoid them sinking to the bottom, roll them in the flour)  
Mix it all together and pour into a large buttered oven proof dish  
Cook at 180C (no cooking time given-I find at least an hour but check it)

## Donation Request

Would you like to donate towards a feature Tree Fern to beautify the Office entrance to Sophia? Cost is \$80. Individual or Group donations very welcome!



# 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 5/10, 2/11, 7/12 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!

**Tuesday 4.00pm-6.00pm | Cost: \$10 Members \$8 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! 3rd Tuesdays:

**21/9, 19/10, 16/11 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 21/9, 19/10, 16/11 1.30pm-3.30pm**

**Cost: \$15 Members \$12 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 28/9, 26/10, 23/11, 1.30pm-3.30pm**

**Cost: \$5 Members \$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!

**Tuesday 28/9, 23/11**

**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.

**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: \$15 Members \$12 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 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 6/10, 3/11, 1/12 7.00pm-9.00pm**

**Cost: \$5 Members \$3 Women & men**

## THURSDAYS

### 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 30/9, 28/10, 25/11, 7.30pm-9.00pm**

**Cost per session \$20 Members \$15 Women & men**

### Hatha Yoga for Wellbeing Dinali Devasagayam

A gentle style of yoga to stretch, strengthen & energise the body & calm the mind. Please bring your own mat & blanket.

**Thursdays 16/9, 23/9 5.45pm-7pm**

**Cost: \$12 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 9/10, 11/12, 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 12/9, 10/10, 14/11, 5/12, 2.45-5pm**

**\$18 Memb \$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 12/9, 10/10, 14/11, 12/12, 9am-11.30am**

**Cost: \$6 Members \$4**



# Sophia News

## **Anti-Racism Study Group at Sophia**

Last year the Sophia Futures Group discussed what actions Sophia might take to address racism in the Australian society. A couple of the members of the group read Layla F Saad *Me and White Supremacy*. How to Recognise Your White Privilege, Combat Racism and Change the World and, realising that it would be hard to do the work on one's own, suggested that a study-group be formed to work through this book. Consequently, seven women have been meeting this year to explore, acknowledge and understand our own racism and what actions we might take to address issues that have been identified.

We decided to use the process that Saad suggests called The Circle Way which worked brilliantly. Taking turns, each discussion group has a 'facilitator' who focuses on the content of discussion and a 'guardian' who monitors how the group is working together (when we need breaks, sharing air space, dealing with feelings etc) The group was very supportive and safe with lots of honesty and laughter at the same time as we were questioning ourselves and each other. The process turned out to be quite an eye-opener!

In between sessions we each kept a journal of our answers to Saad's very challenging questions. She gives examples of each of the concepts she discusses, making it easy to identify these concepts playing out in our own lives. We were not at all clear what some of the concepts meant before reading her book e.g. 'white fragility', 'white privilege', 'white supremacy', 'colour blindness', 'optical ally-ship' and 'white centred-ness'. All forms of racism practised by those of us who, until now, have thought we weren't racist! ('white exceptionalism'!!)

Even learning and understanding the concepts was incredibly valuable. We quickly realised that we'd never noticed/acknowledged the degree to which all white people benefit from, and have privileges under, an entrenched system of white supremacy. Unconscious racism indeed. Like when examining 'patriarchy' it's been useful to see racism as profoundly systemic.

An example of 'white centering' and 'white superiority' was useful and very familiar to us. Often when a white person unintentionally makes a remark or does something to which the non-white person takes offence the white person will take up the time/space to explain or justify that this was not their intention rather than focussing on the impact on the person concerned. More appropriately, Saad suggests, the white person needs to apologise and listen attentively to the person who is actually offended.

We would be happy to share our experience with any other

group that wants to undertake a similar process at Sophia. One member of the group said that she had 'gratitude and liberation from engaging in this process with a group of like-minded women; something I could not do on my own.' That sentiment was echoed by all members of the Me and White Supremacy (MAWS) group.

The MAWS group is currently working on actions for the future, including looking at how we can support the Uluru Statement from the Heart. Giving our First Nation's people a Voice, Treaty, Truth. We are hoping others in the Sophia community might like to be involved in some of these actions so if you'd like more information contact Trish Fairley [trishfairley@inet.net.au](mailto:trishfairley@inet.net.au) or let Penny in the office know that you're interested.

*Trish Fairley on behalf of the MAWS group.*

## **Afternoon Tea in the Library**

On 28th August, book lovers gathered at Sophia for the annual Afternoon Tea hosted by the Sophia Library. The event began with a fascinating talk by Miriel Lenore, a well-known local poet, who described several themes which had been important to her at various stages of her life and read some of the poetry she wrote at those times.

Following this, participants enjoyed a delicious afternoon tea featuring two of Fiona's cakes which were much appreciated. (Recipes on other page)

The final part of the afternoon was an invitation for people to talk about one of their favourite books. The result was an inspiring sharing of interesting ideas and personal experiences highlighting how important books are in our lives.



## **Networking**

If you could send out the information about the Sophia History Book to your networks it would be very much appreciated. The more orders we get the better!



# Sophia Library

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

**Me and White Supremacy-How to recognise your privilege, combat racism and change the world**

Layla F. Saad 305.80 SAA

**Arelhekenhe Angkentye Women's Talk - Poems of Lya pirt-neme from Arrernte Women in Central Australia** A821 ARE

**Beyond the Outback-Gulf women of remote North West Qld**  
Bronwyn Blake (editor) 920 BLA

**The Book-A History of the Bible**

Christopher De Hamel 220 DEH

**Flourish-A visionary new understanding of happiness & well-being**

Martin Seligman 158.1 SEL

**A History of Celibacy-From Athena to Elizabeth 1, Leonardo da Vinci, Florence Nightingale, Gandhi and Cher**

Elizabeth Abbott 306.73 ABB

**We Are All Completely Beside Ourselves**

Karen Joy Fowler (fiction) 813.6 FOW

**Begin with the Heart-Recovering the sacramental vision**

Daniel J.O'Leary 268.82 OLE

**Illuminated Life**

Joan Chittister 248.894 CHI

**The Algebra of Infinite Justice**

Arundhati Roy 323 ARU

**Dari Dictionary and Phrasebook, Dari-English/English-Dari**

Nicholas Awde R423 AWD

**Jesus and the Dreaming-Discovering an Australian spirituality through Aboriginal-Christian dialogue** 282.944 FLE

**Radical Gratitude and other lessons learned in Siberia**

Andrew Bienkowski 150.92 BIE

**Salmon Fishing in the Yemen**

Paul Torday (fiction) 823.92 TOR

**The Virgin of Bennington**

Kathleen Norris 811.54 NOR

**Carl Gustav Jung-A biography**

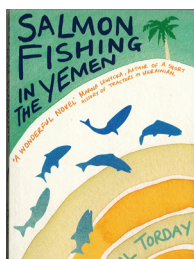
Frank Morgan 150.195 MCL

**Unmasking God-Revealing God in the ordinary**

Daniel O'Leary 248 OLE

**The Ten Commandments-Laws of the Heart**

Joan Chittister 241.52 CHI

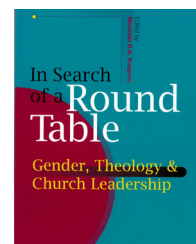


**The Feeling of Bigness-Encountering Georgia O'Keefe**  
Helen Parsons A821.3 PAR

**In Search of a Round Table - Gender, theology and church leadership**

Musimbi R.A. Kanyoro (ed) 270.082 KAN

**Tiddas** Anita Heiss (fiction) A823.3 HEI



**Further Fables Queer and Familiar-Illustrated tales from the frontline of activism**

Margaret Merrilees, illustrated by Chia Moan (fiction) A823 MER

**Helen of Troy-Goddess, princess, whore**

Brittany Hughes 920 HUG

## NAIDOC WEEK

A display of library books by Indigenous Women Writers at Sophia was set up to celebrate NAIDOC Week in July. All are available for borrowing!



## 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.