



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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September 2018



Photo by Maureen O'Connell

“Let the beauty we love
be what we do.
There are hundreds of ways
to kneel & kiss the ground.”

Rumi



Message from the Coordinating Team

Dear Friends,

Here we are at the beginning of spring! There have already been some warm sunny days. The blossoms are out with their varying shades of pink and white. The wattle is spectacular ranging in colour from delicate pale yellow to bold deep gold. The shapes and textures of the leaves is quite exquisite.

Where I live in Mount Barker, some busy people have planted thousands of daffodils in numerous locations around the town, encircling trees, bordering footpaths, filling roundabouts. These are all in full bloom with such an amazing array of yellows, orange and almost white combinations. I feel delighted by the displays as I walk, drive and bus around! They brighten up the grey days. Snowbells, bluebells, hyacinth and jonquils are out greeting me in my garden with their glorious fragrant perfumes.

Walking around the Laratinga Wetlands in Mount Barker, I see new life everywhere in the form of baby birds newly shooting trees and little creatures scurrying about in the bushes. Spring for me is all about renewal, rebirth and awakening after the hibernation of winter.

It is certainly most evident here at Sophia! The gardens are looking superb, most loved and cared for. Thank you, Catherine and Jenny! There is new life abounding everywhere.

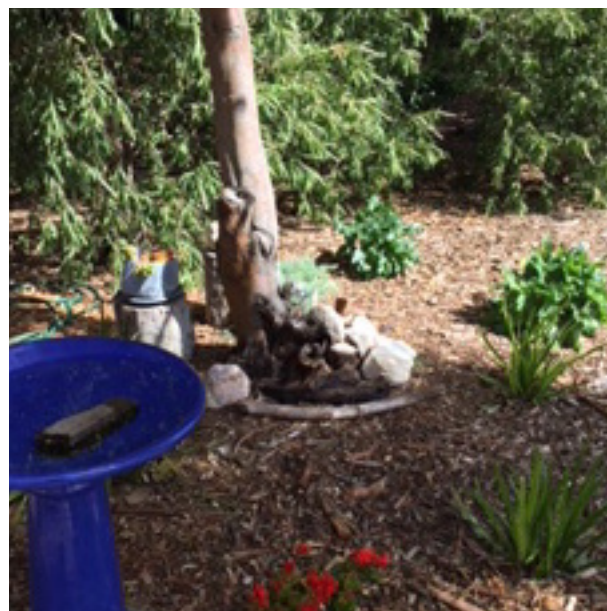
We have so much to be thankful for as Mother Nature spoils us with her continuing brilliance.

In the words of Michael Leuning:

"We rejoice and give thanks for earthworms, bees, ladybirds and broody hens; for humans tending their gardens, talking to animals, cleaning their homes and singing to themselves; for the rising of the sap, the fragrance of growth, the invention of the wheelbarrow and the existence of the teapot, we give thanks. We celebrate and give thanks."

May we all take time to drink in the many abundant wonders of spring and give thanks!

Best Wishes,
Sophia Vogt & Wendy Jollands
Coordinating 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

Opening of the Sophia Labyrinth

You are invited to the official opening,

followed by a shared BYO lunch.

Sunday 16/9 11.30am Women, men & children



Changing Women

Ruby Worthy & Tamara Otello

Explores conscious rites of passage for women, maid/mother/crone, drawing from many cultural traditions. It is a day of self re-discovery through creating a medicine wheel, sharing ancestry stories, reflection, movement, being in the present & gaining confidence in the future. Lunch provided. Open to all women 18+.

Friday 21/9 9.30am-3.30pm

F\$70 C\$60 MF\$63 MC\$54 Women

Dru Yoga Spring Retreat Day

(Note that this is an extra event)

Donna Meyer

Enjoy a nurturing day with gentle movement, long relaxation, easy meditation, revitalising body therapy, & breath work. No yoga experience needed. Bring mat, blanket & water. BYO lunch.

Saturday 24/9 1.00pm-5.00pm

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

OCTOBER

Gilead, Home & Lila

Jenny Wightman

This Trilogy by Marilynne Robinson gently & thoroughly explores our notion of 'goodness'. Try to read at least "Gilead" - copies in the Library.

Sat 6/10 2.00pm-4.30pm

F\$25 C\$20 MF\$22.50 MC\$18 Women

Quiz Night Fundraiser

Join us for a joyful Quiz Night evening, with games & shared food for your table. Major fundraiser for 2018!

Friday 12/10 6.00pm-9.30pm

Cost: F\$20 C\$15 Women & men

"Life's Good" Circle Dancing

Lyn Porter

Life's too short not to dance! Easy to learn steps, carefully taught, fun people to be with & a wide variety of uplifting world music. No dance experience or partners needed. All welcome.

Saturday 20/10 1.30pm-4.00pm

Cost F\$25, C\$20 MF\$22.50 MC\$18

Women & men

NOVEMBER

Tura Lura - Sit with Women (4)

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. Crone/Spring explores the transition from Mother to Wise Woman & the qualities of healing & humility.

Friday 9/11 2.00pm-4.00pm

Cost: F\$20 C\$15 per session Women

Therapeutic Sound Bath

Glenyce Durdin

Enjoy the luxury of 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 18/11 3.00pm-4.30pm

Cost: F\$25 C\$20 MF\$22.50 MC\$18 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 13/12 6.00pm-8.00pm | Cost: F\$5

Women, men & children



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 4/9, 2/10 6/11, 4/12 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!

Tuesday 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: 11/9, 9/10

10.30am-12.30pm | Cost: F\$5 C\$3 Women

Women Writing (2) 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: 18/9, 16/10, 20/11 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 & experience grace.

Tuesday 18/9, 16/10, 20/11

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. Come and share the insights and challenges. 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.

Tuesday 25/9, 23/10, 27/11 10.30am-12.00pm | Cost: F\$5 C\$3 Women

New members welcome!

Grow Your Food & Save the Earth

Jacqui Cookes & Maryanne Sanders

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 25/9, 23/10, 27/11 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 25/9, 27/11 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.

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.

1.30pm-3.00pm

Cost: F\$18 C\$15 MF\$13.50 MC\$10.80 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. Cost: Gold coins

5.15pm-6.00pm 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 5/9 3/10, 7/11, 5/12 7.00pm-9.00pm

Cost: F\$5 C\$3 Women & men

FRIDAYS

Telling Our Beads Marisa Ala Dea

Participants will be guided in planning & creating a personalised tool for individual contemplation - a Beaded Life Cord based on their own unique Life Journey. Activities will include simple bead crafting, sharing of stories, companionship, contemplation & ritual.

Friday 14/9, 5/10, 26/10, 16/11, 7/12 2.00pm-4.30pm

Cost: M\$20 C\$15 MF\$18 MC\$13.50 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 & guest readers. Women

Saturday 13/10, 8/12 2.00pm-4.00pm | Cost: F\$5 C\$3

SUNDAYS

Sunday Circle Dancing Lyn Porter

Savour the peace & joy of community 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. Women & men

Sunday 16/9, 14/10, 25/11

3.00pm-5.00pm | Cost: F\$15 C\$12 MF\$13.50 MC\$10.80

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 9/9, 7/10, 4/11, 9/12

2.00pm-4.30pm | Cost: F\$20 C\$15 MF\$18 MC\$13.50 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 9/9, 14/10, 11/11, 9/12 9.00am-11.30am | Cost: F\$6 C\$4

Women & men



Sophia News

Dear Sophia Community

As many of you know, I broke my neck whilst camping in WA 3 months ago and have been wearing a neck brace ever since. It's given me an opportunity to reflect on many things, including the sheer miracle of my being alive when I easily may not have been, due to the nature of the injury.

I have come to realise that the love and support of communities of people has been an incredibly powerful force in my healing and in my emotional and spiritual well-being. Sophia women have been one of those communities and I don't think I've ever fully appreciated its deep significance in my life. And now I do.

Flowers, cards, phone calls, texts, emails, FaceBook messages, little acts of kindness and thoughtfulness throughout this time. Then hugs, morning tea and whoops of delight when I actually returned to Sophia have all been overwhelmingly wonderful. For me, it reflects the true spirit of what Sophia embodies and I feel incredibly appreciative of you all.

With deep gratitude and love
Trish Fairley

AIR

Jenny Wightman 16/4/2018

It can happen
when you turn off the wireless
or the TV -
or simply straighten your back
in the garden:
air comes into its own.

Instead of simply space
one feels a body, alive,
bringing silence or sound,
caressing, moving,
impersonal yet intimate,
nurturing life - for me,
for everything.

Ancient, ungraspable, yet
bound by nature's laws.
I stand in wonder,
held and perfused.

Khadijha's Catering

Khadijha is a Syrian refugee woman who has had connection with Sophia and catered for numerous Sophia functions over the years. We recommend her delicious middle eastern catering cuisine. Contact 0452 447 433, Khadijha Saber

Tutti Choir Broadway Spectacular!



Our very own Sophia participant, Donna Eerden, is a member of this choir & she invited all her Sophia friends to this event recently! It was the most joyous & enjoyable evening we have attended in a long time!

The evening was compared by Peter Goers & Catherine Fitzgerald & featured Donna & Tutti Choir members singing songs from *Chicago*, *Sound of Music*, *Les Miserables*, *Carousel*, *West Side Story*, *Grease*, *A Chorus Line* & *The Greatest Showman*. Congratulations Donna! We loved seeing you performing with all your Tutti friends & having such a great night!

The Tutti Choir is Australia's first inclusive choir, created in 1997 by Pat Rix. With half its members identifying with a disability, the choir has become an internationally acclaimed model of artistic excellence & social inclusion with a truly unique voice.

Border Politics

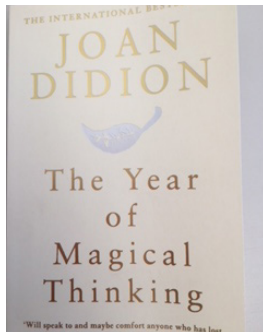
Watch out for a feature documentary with Julian Burnside which will be coming to the Wallis Mitcham soon. It mentions the SIEV-X memorial for which the Sophia community made a mosaic pole to be displayed among many others.

<http://www.rymerchilds.com>



Sophia Library

Book Review



"The Year of Magical Thinking" **Joan Didion** **[155.937 DID]**

This latest book is a confronting account of the days and months after the sudden death of Didion's beloved husband, co-writer, travel companion and confidant. As her rock-star life unravels and her only daughter faces grave illness, Didion grasps hold of words and phrases that create a life-raft from a vast library of authors who have faced grief.

From celebrated Hollywood writing team to grief-stricken, lonely single person and terrified mother, this excruciatingly honest description of sheer vulnerability and facing daily living is stark yet comforting for those readers who are left in the wake of a loved one's passing.

The repetitive scenes and sentences from their former family life console Joan Didion as she slowly pieces together a new way of being in the world. Her brilliant storytelling shows survivors a road back into reality by embracing her skill as a writer as her way of coping with heartbreak.

Afternoon Tea in the Sophia Library

On Sat 4th August I went to a book afternoon at Sophia, featuring local author Mag Merrilees (pictured). It was a lovely event, with readings and talk from Mag about her writing life, and including some moving and funny excerpts from various of her works. I was struck by the dedication and time that Mag has spent creating her works, how hard it is to get published and also by the commitment she shows to working with others, her longtime buddies in her writing group, some of whom were there today. Another example of the benefits of not doing things by oneself when you can do it with friends.



This was followed by a splendid afternoon tea, and then a chance for those attending to say a word or two about favourite books of theirs. Books are so important to many of us, certainly to me, and it was a treat to hear the variety of books mentioned by those present, and the stories about why they love the book, in some cases the particular actual book, that they spoke of.

There were novels, poems, current issues, indigenous themes, Australian books, philosophy, meditation, children's books - a whole array of titles, some of which I would love to read, some of which I have read, and some of which I wouldn't like at all!

Some of the volumes that people spoke about were Alice in Wonderland, The Lion, the Witch & the Wardrobe, The Book Thief, The Prophet, Deep Time Dreaming (Billy Griffiths), Position Doubtful (Kim Mahood), 100yrs of Solitude (Gabriel Garcia Marquez), The Signature of All Things (Elizabeth Gilbert), The Poisonwood Bible (Barbara Kingsolver) and many other fascinating offerings!

Elizabeth Becker



History Project

There will be a Follow Up Gathering and Afternoon Tea on 4th October from 2pm to 4pm to hear what has been achieved so far.

A celebratory launch of the Story of Sophia will be held in April 2021, our 30th birthday. We will provide encouragement and support for your contribution during the project.

For more information please email Sophia Vogt or Wendy Jollands at coordinator@sophia.org.au

The Sophia History Group: Freya Cichowski, Jane Hiscock, Angela Moloney, Fiona Johnston, Sophia Vogt, Wendy Jollands.