



# 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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*March 2023*



*Tjanpi Desert Weavers*

'When Aboriginal and Torres Strait Islander people who know and understand the best way to deliver real and practical change in their communities have a say through a Voice, we will finally be able to close the gap that still exists between Indigenous and Non-Indigenous Australians. This is why it is so important.'

**[fromtheheart.com.au](http://fromtheheart.com.au)**



# Message from the Coordinating Team

## **Dear Sophia Members,**

A new year at Sophia!

On 7 February Sophia friends gathered to greet 2023 at Sophia. Hopes and aspirations for the coming year were shared by those present with the common themes of a hope for an Indigenous Voice in our parliament, justice for Indigenous Peoples and refugees, peace, harmony, spirituality, healing, connection to one another and to earth.

Sophia stands for Honouring Women's experiences; Nurturing Wisdom in all People and Working for Justice in our world. Attaining the hopes of those at our opening ceremony, the hopes of all of us as members of the Sophia Community and of the World Community depend on meaningful communication with one another. A voice is no use without a listening ear. As Stephen R Covey said "Most people do not listen with the intent to understand; they listen with the intent to reply".

Charmaine Papertalk Green is from the Wajarri, Badimaya and Southern Yamaji peoples of Mid West Western Australia. Her poem "Don't Want Me to Talk", although posted a while ago on 1 February 2016 on cordite.org.au, seems so important to our hopes for 2023.

You don't want me to talk about  
Mining or its impact on Country  
You don't want me to talk about  
The concept and construct of 'whiteness'  
Its dominance and power in society  
You don't want me to talk about  
The art vultures here and everywhere  
Modern day missionaries – the art kind  
Saving us on the great white canvas  
You don't want me to talk about  
Invasion of this land or a Treaty  
It's a shared true history – let's heal  
You don't want me to talk about  
Past injustices, cultural cruelty, cultural genocide  
And the cultural pain that is left behind  
It's a shared true history – let us heal  
You don't want me to talk about  
How reconciliation could be the wrong word

On its own and without truth  
You don't want me to talk about  
Native titles process being for the white man  
You don't want me to talk at all  
Most of the time – you have your 'exotic' pets  
You want me to nod, smile and listen to you  
And it doesn't really matter if I don't hear you  
You don't want me to talk about  
How I have got a voice  
And you don't listen.

Source: <http://cordite.org.au/poetry/theend/dont-want-me-to-talk/>

Our 2023 Program is full of opportunities to work towards realising the hopes expressed at the opening ritual. For example, discussion sessions on the Referendum for the First Nations' Voice to Parliament; Conversation with Kaurna members about Aboriginal art and culture; Explorations into Indigenous and European Cultures, and our own lives with Jenny Wightman; the power of Celtic Pilgrimage with Elizabeth Kathleen; making new memories through the sharing of music of the decades; and connecting with ourselves and others through singing, dance, meditation, creativity and discussion.

*Welcome to 2023!*

**Best Wishes,**  
**Wendy Jollands & Sophia Vogt**  
Coordinator Support & Coordinator

### **Friends of the Peace and Sophia Gardens**

We invite you to join our enthusiastic group of volunteers for a Working Bee on the second Tuesday of the month to help maintain the beautiful gardens. Delicious morning tea provided. No garden experience necessary!

### **Volunteer Vacancy: Garden**

There are some weekly jobs that need doing around the Sophia garden. These include watering pot plants, weeding the labyrinth, raking paths especially under the Grevillea, cleaning and refilling bird baths. If you are interested, please contact the Sophia office. Thanks!

### **Instagram:**

You may have noticed that Sophia now has an Instagram account: [sophia.adelaide.92617](https://www.instagram.com/sophia.adelaide.92617)  
If you have any photos of events etc which might be suitable for posting, please send them to:  
[coordinator@sophia.org.au](mailto:coordinator@sophia.org.au) - thank you!



# 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).

If cost is an issue please talk with Coordinator.

## MARCH

### Sunset Soirees: Fabulous 50s

Marisa Ala Dea

Four musical evenings of friendly fun, reminiscing, singing along to Golden Oldies and grooving to the songs that rocked your socks off all those years ago! Each evening will focus on a different decade. (See other listings) Bring your friends, your partners and make new memories!

Friday 31/3 6.00pm-9.00pm

Cost: \$15 Members \$12 All welcome

## APRIL

### The Referendum on a First Nations' Voice to Parliament.

Kaye Mehta

What could we do next? Refreshments provided.

Saturday 22/4 2.00pm-4.00pm

Cost: Gold coins All welcome No need to book

### Explorations

Jenny Wightman

Indigenous & European Cultures - Australian Indigenous people are now gifting us with more knowledge of their unique culture - we can learn valuable lessons from it. Can we gift them also?

Tuesday 4/4 1.30pm-3.30pm

Cost: \$25 Members \$20 Women

## MAY

### Annual General Meeting

Please join us. It will take place after our annual Volunteer & Facilitator gathering at 11.00am and will be the tabling of annual reports at 12.30pm followed by light refreshments.

Tuesday 9/5 12.30pm All welcome

### An Introduction to Aboriginal Art Annette Jarrett

Continues the conversation with local Kaurna First Nations community members and led by a Kaurna artist. This session, limited to 10-12 people will include insights into the cultural links between story and traditional art and also the use of paints, colours and materials. You will be provided with materials and an individual canvas to keep. At the Living Kaurna Cultural Centre at Warriparinga, off Sturt Rd, **NOT at Sophia**.

Thursday 25/5 11.00am-1.00pm

Cost: \$50 (paid to Warriparinga on the day) All welcome

### Sound Bath & Self-Inquiry Meditation

Glenyce Durdin & Wendy Davidson

Experience and enjoy the unique combination of sound bath and self-inquiry meditation, where sound and inquiry open the door to nurturing self-care and resting in your true nature. Bring your own mat, cushions, rug, snacks, lunch & water bottle. Suitable for 18+yrs.

Sunday 28/5 11.00pm-4.00pm

Cost: \$60 Members \$50 All welcome

## JUNE

### Winter Haiku Workshop Fiona Johnston

Join us to find out more about haiku and have a reflective time in the Sophia garden with pen and paper in hand.

Thursday 1/6 2.00pm-4.30pm

Cost: \$10 Members \$8 Women

### Jigsaw Swap Day

Come in to exchange a jigsaw for another one to do over the colder months! No need to book.

Tuesday 6/6 11.30am-3.30pm

No cost All welcome

### Sunset Soirees: Psychedelic 60s

Marisa Ala Dea

Four musical evenings of friendly fun, reminiscing, singing along to Golden Oldies and grooving to the songs that rocked your socks off all those years ago! Each evening will focus on a different decade. (See other listings) Bring your friends, your partners and make new memories!

Friday 9/6 6.00pm-9.00pm

Cost: \$15 Members \$12 All welcome

## JULY

### NAIDOC Week

(National Aboriginal & Islander Day Observance Committee) Various events will be on around Adelaide, 2-9 July. See [www.naidoc.org.au](http://www.naidoc.org.au)

### Explorations

Jenny Wightman

The roles of Story in our lives - there are many kinds of story, including fairy tales, religious stories, epics, gossip, literature, biography, theatre, film - told, danced, sung. We'll discuss why we respond to them.

Tuesday 4/7 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. Be stimulated by our guest speaker & bring your favourite book to share.

Saturday 19/8 2.00pm-4.30pm

Cost: \$10 Members \$8 All welcome



# Regular Events

## MONDAYS

### Hatha Yoga for Wellbeing 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. Please bring yoga mat & blanket. Weekly.

**Monday 10am-11.15am Cost: \$15 Members \$12 All welcome**

## TUESDAYS

### Mindfulness Practice Barb Hancock

A monthly group to practice Mindfulness Meditation in the beautiful space of Sophia. Each session comprising of a guided meditation focusing on the breath; time to explore the natural beauty of the garden and a guided Body Scan practice.

**Tues 4/4 2/5 6/6 4/7 9.30am-11.00 Cost: \$10 Memb \$5 All welcome**

### 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. Starts 1/4/2

**Tuesday 4.00pm-6.00pm Cost: \$12 Members \$10 Women**

### Friends of the Peace and Sophia Gardens

#### Jenny Wightman, Nel Morrison

We invite you to join our enthusiastic group of volunteers for a Working Bee on the second Tuesday of the month to help maintain the beautiful gardens. Delicious morning tea provided. No garden experience necessary

**Tuesday 9.30am-12.00pm All welcome**

### Feminist Theologies Re-Visited

#### Maureen O'Connell & Sophia Vogt

An invitation to first gather for morning tea & to connect. Please bring a book/article on Feminist Theologies to share, discuss, listen.. Stimulating conversation is always had! New participants welcome too! Women

**Tues 11/4, 13/6, 8/8, 10/10 10.45am-12.30pm Cost: \$5 Members \$3**

### 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. Any woman with an interest in writing is most welcome!

**Tues 21/3, 18/4 16/5 20/6 18/7 10.30am-12.30pm Cost: \$5 Members \$3**

### 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 21/3, 18/4 16/5 20/6 18/7 1.30pm-3.30 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 28/3, 23/5 25/7 1.00pm-3.00pm | No cost All welcome**

## WEDNESDAYS

### English Classes for Migrant & 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 8/2

**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 1/2

**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. Starts 1/2

**Wednesday 3.30pm-4.15pm Cost: Gold coins All welcome.**

### 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 5/4 3/5 7/6 5/7 7.00pm-9pm Cost: \$5 Members \$3 All welcome**

### The Enneagram Penny Cahalan

Join Penny on a journey to explore your inner emotional landscape. This year we will be looking in greater depth at how type influences our way of being.

**Wednesday 8/3, 12/4, 10/5 4.30pm-7.00pm Cost/session \$15 Members \$12 All welcome.**

## THURSDAYS

### Hatha Yoga for Wellbeing 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.

**Thursday 5.45pm-7.00pm Cost: \$15 Members \$12 All welcome**

## FRIDAYS

### Serendipity Sessions Marisa Ala Dea

Monthly gatherings exploring a variety of activities to engage & enrich our creative selves. Includes a Good Friday Peace event, a Midwinter Spiral Walk and joyful, sustaining practices for mind, heart and soul. We begin in February by constructing a simple Finger Labyrinth & 'walking' it in a gentle meditation experience.

**Fridays 10/3, 7/4, 19/5 23/6 21/7 2.00pm-4.30pm (except Fri 7/4 at 5.00pm-7.30pm) Cost: \$12 Members \$10 Women**

## SATURDAYS

### Women's Poetry Circle Judith Haines

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 needed.

**Saturday 8/4 10/6 2.00pm-4.00pm Cost: \$5 Members \$3 Women**

## SUNDAYS

### Sunday Circle Dancing Lyn Porter

Come breathe in the peace & serenity at Sophia as we dance to uplifting music from around the world with easy to learn steps carefully taught with focus on enjoying the dancing and moving meditation experience. Visitors welcome.

**Sun 2/4, 7/5 3.00-5.00pm Cost: \$18 Members \$15 All welcome**

### 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.

**Sun 12/3, 9/4 14/5 11/6 9/7 9am-11.30 Cost: \$6 Members \$4 All welcome**



# Sophia News

## Opening Ritual



## A Sophia Welcome to 2023

Our first gathering for the year was an opportunity to share highlights from our summer holiday period. To the gentle sounds of meditative music, there was a special time to reflect on "Hopes for 2023...."

These were many and varied:

- greater healing and justice for our Indigenous Peoples
- to experience the deep connections in friendship
- vote for the Voice
- constitutional change
- to fall in love with our natural world, and so to take greater care of it!

and so many more.....

All these "HOPES" were placed in the Coolamon on the Sophia piano. As always, the shared food, drinks, friendship and conversation was energising and refreshing.

Sophia was welcomed in style!

*Maureen O'Connell*

## The Indigenous Voice to Parliament

Two websites to go to for information and to support:

fromtheheart.com.au  
yes23.com.au



On Saturday 18 February the Sophia Anti-Racism Action Group hosted an afternoon workshop for non-Indigenous people about the Referendum on a First Nation's Voice to Parliament. We were amazed when 45 people turned up!

It was a vibrant and exciting afternoon and we all learned heaps. Participants in groups wrote their questions and concerns on Post-It slips that were later collated. Of course there wasn't time to address all the questions but all those attending have been given resources and information that can be accessed on the internet.

An overwhelming number of those attending want to take further action to progress the chances of a successful YES vote at the Referendum. The most pressing issue is fear about having discussions about the Voice with friends, families and other people who might not share one's viewpoint. This means that the next session on Saturday 22nd April (2-4pm) will focus on our fears about these discussions and provide suggestions, skills and information that are useful for having meaningful conversations (not debates) about the Voice. It feels such a wonderfully positive approach.

*Trish Fairley*

*on behalf of the Sophia Anti-Racism Action Group*

## YOU CAN ASK THAT!

Sophia, 225 Cross Rd, Cumberland Park

Saturday 22nd April 2023 2 - 4pm



Artwork: Alkina Edwards for the Together YES campaign

On Saturday 18 February a group of 45 non-Indigenous people gathered at Sophia and raised questions and concerns about the Referendum on a First Nation's Voice to Parliament. It was very informative and exciting! An overwhelming number of those attending want to take further action to progress the chances of a successful YES vote at the Referendum. We have provided answers to many of the questions and acknowledged fears raised. Resources to read and factual answers have been shared with those who attended.

**This next session** will focus on our fears about having discussions about the Voice and the skills and information needed for having meaningful conversations (not debates) with friends, families and people about the Voice.

ALL WELCOME REGARDLESS OF WHETHER YOU ATTENDED THE FIRST SESSION OR NOT.

PLEASE REGISTER: email [info@sophia.org.au](mailto:info@sophia.org.au) or phone 8373 3781

Gold coin donation. Refreshments provided.

This event is sponsored by the Sophia Anti-Racism Action Group

For further enquiries contact Kaye Mehta 50mehtak55@gmail.com



# Sophia Library

## No More Donations, thank you!

At present our storage space is absolutely full to overflowing and we have nowhere to put any more donations, so please take any unwanted books elsewhere! Thank you.

## Recent Additions to the Sophia Library

### ***How the Fear of Death Shaped Human Society***

Rachel E. Menzies and Ross G. Menzies 362.17 MEN

### ***The Last Train to London***

Meg Wait Clayton (fiction) 810 WAI

### ***Beyond Belief-How we find meaning with or without religion***

Hugh Mackay 204.MAC

### ***The wisdom of anxiety-how worry and intrusive thoughts are gifts to help you heal***

Sheryl Paul 152.46

### ***The Deadman Dance***: Kim Scott (fiction) A823

### ***The Art of Communicating*** Thich Nhat Hahn 177.2 HAN

### ***Awakening Through Love-Unveiling your deepest goodness:***

John Makransky 294.3 MAK

### ***Sacred Rest-recover your life, renew your energy, restore your sanity:***

Sandra Dalton-Smith 248.4 DAL

### ***Tracker-Stories of Tracker Tilmouth***

Alexis Wright 305.8 WRI

### ***Zen and the Art of Saving the Planet***

Thich Nhat Hahn 294.33 HAN

### ***Seeking Asylum-Our stories- voices Australia should hear***

Asylum Seeker Resource Centre 325 ASY

### ***Other Minds-The octopus & the evolution of intelligent life***

Peter Godfrey-Smith 501 SMI

### ***The Treeline-The last forest and the future of life on earth***

Ben Rawlence 577.37 RAW

### ***Entangled Life-How fungi make our worlds, change our minds and shape our futures:***

Merlin Sheldrake 579.5 SHE

### ***Finding the Mother Tree-Uncovering the wisdom & intelligence of the forest***

Suzanne Simarol 333.75 SIM

### ***Metazoa-Animal minds and the birth of consciousness***

Peter Godfrey-Smith 501 SMI

### ***Yuga Yarra-Our land Yarta Warlungadindha land-*** We're all talking about it. Stories from growing up in Yuga camps Flinders Ranges, South Australia:

Adnyamathanha Yuga Language and Heritage Association 305 ADN

### ***Faith Cure-Divine Healing in the Holiness and Pentecostal Movements***

Nancy A. Hardesty 234.13 HEN

### ***Country-Future fire, future farming***

Bill Gammage and Bruce Pascoe 362 GAM

### ***The Electricity of Every Living Thing-A woman's walk in the wild to find her way home:***

Katherine May 362.2 MAY

### ***Call of the Reed Warbler-A New agriculture, a new earth***

Charles Massey 362 MAS

### ***Black and Blue-A memoir of racism and resilience***

Veronica Gorrie 305.8 GOR

### ***Truganini-journey through the apocalypse***

Cassandra Pybus 305.8 PYB



## Book Review:

### 1. ***Stolen Focus: Why you can't pay attention***

Johan Hari (158 HAR)

A very readable book. I found it compelling. Particularly because I agree with Hari's premise that there is a global reduction in attention span. He proposes an Attention Rebellion movement.

Part memoir and part social critique, this is NOT a book that says "Here is the problem, here is the simple solution. I did it. Here's how you can do it, too."

Hari, a white, middle class able-bodied cis-gendered gay man and journo, takes us on his journey of understanding how digital technology and social media have been both a boon in his professional life, and the bane of his life. He writes in a storytelling style, both his personal attempts at 'digital detoxing', and, as importantly, the unintended negative consequences of doing so. But also, as with all other great social change, personal and individual behavioural changes are simply not enough. Without adopting a paranoid position, he demonstrates how technologies are designed to be addictive – particularly for those reliant on them in their paid employment. Hari interviews Silicon Valley technicians, sales people, digital programmers and designers, as well as company CEOs. He explains how many in this industry speak very publicly about the dangers of this technology. Such people are leaving these companies in droves or staying to fight worsening addictive digital programs. "Your distraction is our profit", is the underlying mantra in many of these companies.

No high knowledge of technology is required to read this.

*Sappho Ruth*