

# Sophia

**PROGRAM 2022**  
**SPIRALS OF CONNECTION**  
 A Story of Feminist Spirituality & Community  
 by The Sophia Community



Honouring women's experiences  
 Nurturing wisdom in all people  
 Working for justice in our world

## CONSULTANCY

**Kerrie Hamilton** Analytic Psychotherapy, Cert Fund Psychotherapy, Dip Psychotherapy CCPE (London), MACA  
 The idea of this work is to provide a safe, confidential space where you are supported while you explore your inner world. Hour session by appt. Women & men

**Rebecca Kerner BA (Hons)(UK) Postgrad, Psychotherapy (UK) MANZICA**  
 Rebecca works with individuals & couples to provide a safe, confidential environment in which to work with issues such as: depression, anxiety, relationship difficulties, desiring a more balanced/satisfying life. She also has a specialist interest in working with fertility issues, having had her own struggles in that area. She is a member of the Australian & New Zealand Infertility Counsellors Association (ANZICA). 50 min sessions by appointment. Women & men

**Helen Phillips Jungian Analyst/Psychotherapist BA, Dip Analytical Psychology, MA, Member: IAAP, GAP**  
 My interest is working with those exploring their call to individuation, particularly attending to dreams, along with other indicators or symptoms. The psychological and the spiritual seem to be inseparable. Phone sessions by appointment. (Also in person in the Barossa Valley, where I live.) Women & men. Cost: Pay as you can. Ph. 0426 849 334

**Frauke Hobbs DipSocPedag, MSocSc(Couns) PACFA Reg. Clinical (www.beyondtalktherapy.com.au)**  
 Frauke is a clinically registered psychotherapist, counsellor and group facilitator with a passion to help people overcome & transform life's challenges into opportunities for growth and healing. She is an accredited Interactive Drawing Therapy (IDT) instructor with over 30 years of experience in the field. Frauke provides person-centred counselling & psychotherapy services for young people (12 yrs up) and adults. Frauke integrates conventional & expressive-creative therapy approaches to effectively help clients process trauma, grief & loss, anxiety, depression and relationship issues. Frauke is a Clinical Member of the Psychotherapy and Counselling Federation Australia (PACFA).. 60 – 90 min sessions by appointment. Women & men. Ph 0490 307 406

**Penny Cahalan BA (Hons), Grad Dip Counselling, Coaching with Enneagram Cert.**  
 The Enneagram helps you to identify your perceptions, beliefs, thoughts and actions and to challenge those beliefs and thoughts that prevent healthy change. You decide what you want to change and what new, productive behaviours you wish to develop. Women & men Cost: \$70 initial 90 min session, \$50 hourly follow up sessions. pacahalan@hotmail.com

## JUSTICE AWARENESS

**One Billion Rising: V-Day's campaign to end violence against women (14/2)**  
 Still today the UN states that 1 in 3 women on the planet will be beaten or raped during her lifetime which is more than one billion women and girls alive today. V-Day wants the world to see exactly what one billion looks like. ONE BILLION RISING is a promise that on February 14th 2018, we will ensure that millions of women and men rise up around the world to say "ENOUGH. The violence ends NOW". Sophia is pleased to support this network and urges others to sign up too. More info can be found online at [www.onebillionrising.org](http://www.onebillionrising.org)

**United Nations Orange Day 25th of every month**  
 The UN's Campaign UNiTE to End Violence against Women has proclaimed the 25th of each month as "Orange Day", a day to raise awareness and take action against violence against women and girls. As a bright optimistic colour, wearing orange represents a future free from violence and calls upon people to highlight these issues not only once a year on the International Day for the Elimination of Violence against Women on 25th November, but every month.

**IWD (International Women's Day) (8/3)**  
 International Women's Day is a global day celebrating the economic, political and social achievements of women past, present and future. It celebrates women's success, and reminds us of inequities still to be redressed. More info at [www.internationalwomensday.com](http://www.internationalwomensday.com)

**NAIDOC Week (3-10 July)**  
 (National Aboriginal & Islander Day Observance Committee) NAIDOC is a celebration of Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions of Indigenous Australians in various fields. Activities take place across the nation during NAIDOC Week in the first full week of July. All Australians are encouraged to participate. More info at [www.naidoc.org.au](http://www.naidoc.org.au)

**SATURDAYS**  
**Women's Poetry Circle 007**  
**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 12/2, 9/4, 11/6, 13/8, 8/10, 10/12 2.00pm-4.00pm Cost: \$5 Members \$3 Women

**SUNDAYS**  
**Sunday Circle Dancing 374**  
**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 such as walking, swaying, step touch, grapevines & more. All dances carefully taught each month. Suitable for newbies, novices & more experienced dancers. Open, friendly, fun-loving; visitors welcome to try us out. Tuesday starts 3/2 5.45pm-7.00pm Cost: \$12 Members \$10 Women & men

**Buddhist Meditation 253**  
**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 9/1, 13/2, 13/3, 10/4, 8/5, 12/6, 10/7, 14/8, 11/9, 9/10, 13/11, 11/12 9.00am-11.30am Cost: \$6 Members \$4 Women & men

Payment must be made no less than one week before to secure booking (except for regular events). If cost is an issue, please talk to a Coordinator.

**Grief's Journey 320**  
**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. Tues 15/2, 15/3, 19/4, 17/5, 21/6, 19/7, 16/8, 20/9, 18/10, 15/11 1.30pm-3.30pm Cost: \$5 Members \$3 Women & men

**THURSDAYS**  
**Hatha Yoga for Wellbeing 512**  
**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 during school terms. Tuesday starts 3/2 5.45pm-7.00pm Cost: \$12 Members \$10 Women & men

**The Enneagram 015**  
**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 24/2, 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

**FRIDAYS**  
**Serendipity Sessions 504**  
**Marisa Ala Dea**  
 Monthly gatherings (see also Monday listing) 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 21/2, 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

**Connect Play Create 221**  
**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 15/2, 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 383**  
**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 187**  
 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 starts 9/2 10.00am-12.30pm No cost Women

**Circle Dancing for Health & Wellbeing 263**  
**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 starts 2/2. 1.30pm-3.00pm Cost: \$15 Members \$12 Women

**Silent Meditation 298**  
**Annette Jarrett**  
 Do you often long for silence, quiet rest & a time to be still? Come to our weekly silent meditation, during school terms. Wednesday starts 23/3, 3.30pm-4.00pm Cost: Gold coins Women & men

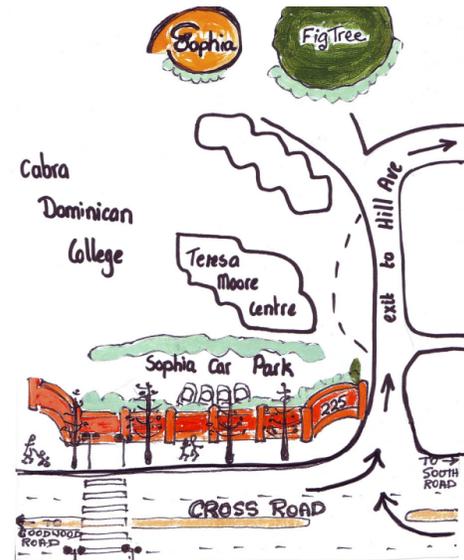
**MONDAYS**  
**Serendipity Sessions 504**  
**Marisa Ala Dea**  
 Monthly gatherings (see also Friday listing) explore activities to engage & enrich our creative selves. Includes a Midwinter Spiral Walk, arty fun during SALA & honouring our Ancestors on All Hallows Eve. We begin in Feb by constructing a simple Finger Labyrinth & 'walking' it in a gentle meditation experience. Mon 21/2, 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 Cost: \$12 Members \$10 Women

**TUESDAYS**  
**Mindfulness Practice 423**  
**Barb Hancock**  
 2 guided practices of 25min. each followed by 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 1/2, 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 \$8 Women & men

**Sophia Singers 337**  
**Margaret May**  
 Explore the beauty of women's spirit through song. Build skills, confidence and community in an enjoyable and positive environment. Newcomers welcome! Weekly during school terms. Tuesdays starts 8/2 4.00pm-6.00pm Cost: \$12 Members \$10 Women

**Feminist Theologies Re-Visited 218**  
**Maureen O'Connell & Sophia Vogt**  
 An invitation to first gather for morning tea. Please bring a book/article on Feminist Theologies to share, discuss, listen.. Stimulating conversation is always had! New guests welcome too! Tuesday 8/2, 12/4, 14/6, 9/8, 11/10 10.45am-12.30pm Cost: \$5 Members \$3 Women

**Women Writing 002**  
**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: Tues 15/2, 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



Map artwork by Bronwyn Roodenrys

  
 225 Cross Road Cumberland Park SA 5041  
 Telephone: (08) 8373 3781  
 Mobile: 0439 594 363  
 Email: [info@sophia.org.au](mailto:info@sophia.org.au)  
[coordinator@sophia.org.au](mailto:coordinator@sophia.org.au)  
[www.sophia.org.au](http://www.sophia.org.au)



**Opening Hours**  
 Tuesday-Thursday 10.00am-4.00pm, Friday 10.00am-1.00pm  
 Sophia is closed throughout January

**Public Transport**  
**Buses:**  
 G10 Stop 9 cnr Goodwood Rd & Cross Rd (5 min walk)  
 100 Stop 176 south side Cross Rd/Stop 175 North side  
**Train:**  
 Emerson station, Seaford line (15 min walk)



# REGULAR EVENTS



## RESOURCES

### Sophia Library

The Sophia Library is a specialist public library with a feminist focus. The library has books and other resources on psychology, scripture, spiritual life, meditation and prayer. There are also books on social, health, and ecological concerns, social justice issues and a small fiction section. The Library Catalogue can be accessed on our website. Open 10.00am to 4.00pm Tuesday-Friday as well as evenings & weekends during events.

[Women & men](#)

### Sophia Website

Our website is a means of reaching women locally and globally. It offers opportunities for women to contribute to our collective understanding and wisdom as feminist women today, nurturing our spirituality and our being, knowing our heart's desires, giving voice and contributing to the goal of a better world for everyone. Visit our site to keep up to date with life at Sophia: [www.sophia.org.au](http://www.sophia.org.au)



Follow us on Facebook: [SophiaIncAdelaide](#)

### Stories of Sophia

This 13 minute DVD introduces you to three women who reflect Sophia's values through their personal stories. They tell us how their involvement in the Sophia community has enhanced their lives. To view go to [www.sophia.org.au](http://www.sophia.org.au) and click on Stories of Sophia.

### Self-Guided Retreat Space

Enjoy the beauty and privacy of the Susan Sullivan Room. Reflect in peace with access to the Library, music and the beautiful gardens. For bookings phone Sophia. Fees: \$60/full day, \$30/half day (9.30am-12.30pm/1pm-4pm) including tea/coffee/biscuits. Women & men welcome.

### Hiring

Sophia may be hired for purposes in harmony with our values at times when the programme schedule permits. Fees inclusive of GST are \$240 full day, \$150 half day and \$80 for a 2 hour block. Small rooms \$60/full day, \$30/half day. See website for further details.

## Sophia Annual General Meeting

Tuesday 10 May 12.30pm

## FEBRUARY

### A Sophia Welcome to 2022

**Maureen O'Connell & Sophia Vogt** **043**

Celebrate the beginning of our new year! Bring food & drink to share. (FINGER food only please)  
Tues 1/2 6.00pm-8.00pm | Cost: \$5 [Women, men & children](#)

## MARCH

No Calendar Events but Regular Activities as normal.

## APRIL

### Pilgrimage: Calling us home

**Elisabeth Kathleen** **510**

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** **467**

Bring your WHOLE self out to play. Through movement, voice and story-telling InterPlay invites us to share our creativity, vulnerabilities, quiriness 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](#)

### Sound Bath & Self-Inquiry Meditation

**Glenyce Durdin & Wendy Davidson** **501**

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+  
Thursday 24/4 2.00pm-4.00pm  
Cost: \$40 Members \$30 [Women & men](#)

## MAY

### Explorations

**Jenny Wightman** **496**

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** **491**

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** **514**

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** **497**

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** **465**

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](#)

## SEPTEMBER

### Spring Haiku Workshop

**Fiona Johnston & Nel Morrison** **515**

Wonder - Wander: Enjoy the exploration of words while exploring the Sophia garden.  
Thursday 15/9 2.00pm-4.30pm  
Cost: \$10 Members \$8 [Women & men](#)

### An Introduction to Aboriginal Art

**Annette Jarrett** **477**

Continues the conversation with local Kaurna First Nations community who now share the management of the Warriparinga Cultural Centre at Marion. This session will complement the powerful and deeply moving experiences provided by the Cultural and Historical Tour at the centre in 2021. These activities are independent and there are no prior requirements. The Aboriginal Art topic will be led by a Kaurna artist and will include insights into traditional art and the use of materials and paints. You will be provided with materials and an individual canvas that you can keep.  
Friday 16/9 10.00am-12.30pm  
Cost: \$30 (paid to Warriparinga on the day) [Women & men](#)

## OCTOBER

### Butterfly Dancing

**Lyn Porter** **499**

Sophia & International Circle Dance Teacher, Lyn Porter shares a collection of Circle Dances inspired by the children's book "The Butterfly Dance" by Ardella Nathanael. Each dance is carefully taught & the basic folk style steps are relatively easy to learn. The uplifting & inspiring music draws from both traditional & more contemporary sources. This workshop is for people 15 years & older whether they are new to Circle Dancing or experienced Circle Dancers. Newbies are most welcome. BYO morning tea.  
Saturday 8/10 9.30am-12noon  
Cost: \$25 Members \$20 [Women & men](#)

\*Payment must be made no less than one week before to secure booking (except for regular events). If cost is an issue, please talk to a Coordinator.

## Open Garden Fundraiser

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 Kaurna garden with edible Native plants, the spiral garden, the herb garden and the larger plantations. All welcome. Morning and Afternoon tea will be available to purchase as this will be Sophia's main fundraiser.

Sunday 16/10 10.00am-4.30pm  
Cost: OGS Members \$6 Non-OGS \$8 [Women & men](#)

### Explorations

**Jenny Wightman** **498**

Community - All life evolves in community. Scientists are uncovering this law in nature. Trees care for each other, predator and prey are in balance, diversity is key. We need to accept our membership of this community. Notes in the Office.  
Tuesday 25/10 1.30pm-3.30pm  
Cost: \$25 Members \$20 [Women](#)

## NOVEMBER

### Harvesting our Strengths

**Elisabeth Kathleen** **507**

Enjoy a day of discovery, stillness, reflection and sharing, drawing on Celtic stories and wisdom. Strength-based tools will help us explore the question 'what ails ye?' and reflect on a personal issue that challenges our own centred empowerment. BYO food.  
Friday 2/11 10.00am-4.00pm  
Cost: \$55 Members \$45 [Women](#)

### Therapeutic Sound Bath

**Glenyce Durdin** **394**

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. 18+yrs.  
Sunday 27/11 3.00pm-4.30pm  
Cost: \$35 Members \$25 [Women & men](#)

## DECEMBER

### End of Year Celebration!

**458**

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 15/12 6.00pm-8.00pm | Cost: \$5 [Women, men & children](#)



# History Book Launch

## 'SOPHIA

### Spirals of Connection

A Story of Feminist Spirituality & Community

By the Sophia Community'

This beautiful publication, celebrating the first 30 years of Sophia, will be launched in 2022.

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



### Library Book Sales

There will be a continuous second-hand Book Sale at Sophia during the year with books changed every three weeks. They will be in the small book shelves in the main room. Please check them out!



## SOPHIA MEMBERSHIP

### Sophia Ecumenical Feminist Spirituality Inc.

Tax Invoice ABN 82 464 856 272

### Contact Details:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Email: \_\_\_\_\_

Annual membership subscription: January - December

Single \$40.00

Concession \$30.00

Donation \$

Donation to Sophia Library (Tax deductible) \$

**TOTAL PAID** \$

Direct Bank Deposit: BSB 035-048 Acc No 256080

Reference: Membership

Cheques payable to 'Sophia Inc', or please charge my:

Visa  Mastercard

Card No.: \_\_\_\_\_

Expiry date: / Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

The Sophia annual subscription entitles you to:

- Regular newsletters
- Library membership

# CALENDAR OF EVENTS