

## SOPHIA MEMBERSHIP

Sophia Ecumenical Feminist Spirituality Inc.  
Tax Invoice ABN 82 464 856 272

### Contact Details:

Name:

Address:

Postcode:

Phone:

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
- Member discount for events

## MONDAYS

**Hatha Yoga for Wellbeing 521**

**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. Monday weekly starts 5/2 10.00am-11.15am  
Cost: \$18 Members \$15 All welcome

## TUESDAYS

**Mindfulness Practice 423**

**Barb Hancock**

A monthly group to practice Mindfulness Meditation. 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. No experience necessary. Tuesday 6/2, 5/3, 2/4, 7/5, 4/6, 2/7, 6/8, 3/9, 1/10, 5/11, 3/12 9.30am-11.00am  
Cost: \$10 Members \$8 All welcome

**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. Tuesday starts 13/2 4.00pm-6.00pm  
Cost: \$12 Members \$10 Women

**Friends of the Peace & Sophia Gardens 520**

**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 starts 6/2 9.30am-12.00pm  
All welcome

**Feminist Theologies Re-Visited 218**

**Maureen O'Connell & Sophia Vogt**

An invitation to first gather for morning tea and to connect. Please bring a book or article on Feminist Theologies to share, discuss, listen. Stimulating conversation is always had! New participants welcome too! Tuesday 13/2, 9/4, 1/6, 13/8, 8/10 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! Tues 20/2, 19/3, 16/4, 21/5, 18/6, 16/7, 20/8, 17/9, 15/10, 19/11 10.30am-12.30pm  
Cost: \$5 Members \$3 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 20/2, 19/3, 16/4, 21/5, 18/6, 16/7, 20/8, 17/9, 15/10, 19/11 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 a disadvantage. Come, connect, make new friends and share stories over a light lunch. Carers and friends welcome too! Tuesday 26/3, 28/5, 23/7, 24/9, 10/12 1.00pm-3.00pm | No cost All welcome

## WEDNESDAYS

**English Classes for Refugee & Migrant 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 14/2 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 7/2 1.30pm-3.00pm  
Cost: \$18 Members \$15 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 7/2, 3.30pm-4.00pm  
Cost: Gold coins All welcome

**The Enneagram 015**

**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 13/3, 10/4, 8/5, 12/6, 10/7, 14/8, 11/9, 9/10, 13/11 4.30pm-6.30pm  
Cost per session \$15 Members \$12 All welcome

## THURSDAYS

No regular activities.

## FRIDAYS

**Serendipity Sessions 504**

**Marisa Ala Dea**

Monthly gatherings exploring a variety of activities to engage & enrich our creative selves. Friday 15/3 2pm, 19/4 2pm, 21/6 4pm, 19/7 2pm, 16/8 2pm, 20/9 2pm, 11/10 2pm, 15/11 2pm, 13/12 2pm. (All two & a half hour session length.)  
Cost: \$15 Members \$12 Women

## SATURDAYS

**Women's Poetry Circle 007**

**Judith Haines**

This is a supportive group of women 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 10/2, 13/4, 8/6, 10/8, 12/10, 14/12 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 etc. All dances carefully taught with focus on enjoying the dancing and moving meditation experience. Open, friendly, - visitors welcome to try us out! Sunday 4/2, 3/3, 7/4, 5/5, 2/6, 7/7, 4/8, 1/9, 13/10, 3/11, 1/12, 3.00pm-5.00pm  
Cost: \$18 Members \$15 All welcome

**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 14/1, 11/2, 10/3, 14/4, 12/5, 9/6, 14/7, 11/8, 8/9, 13/10, 10/11, 8/12 9.00am-11.30am  
Cost: \$6 Members \$4 All welcome

## 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

**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

# Sophia

## PROGRAM 2024



Honouring women's experiences

Nurturing wisdom in all people

Working for justice in our world

# REGULAR EVENTS



## About Sophia

In 1991 Holy Cross Congregation of Dominican Sisters SA established Sophia in a spirit of openness to wisdom wherever it is found. Today women and men from a wide range of backgrounds participate in the life of Sophia and celebrate diversity. Sophia could not exist without the thousands of hours contributed by volunteers who work to maintain the life of Sophia through managing the office, facilitating courses and groups, maintaining the Sophia website and publishing four annual newsletters.

**We acknowledge that Sophia is on Kaurna land to which we have been welcomed by Auntie Cherie Watkins.**

- **ecumenical** - we embrace all liberating spiritual traditions.
- **feminist** - we work toward a society where all persons have opportunities for full development and where women and men live and work in equal partnership and in harmonious relations with the earth.
- **feminist spiritualities** - we honour right relations with self, others, the rest of nature and 'ultimate/intimate reality'.

### FUNDING

The beautiful Sophia space is managed and staffed by volunteers, together with a part-time administrative assistant. Sophia receives an annual subsidy from the Dominican Sisters and small donations from appreciative participants and organisations. With no government support, Sophia has to rely on fundraising efforts.

So wherever possible, if you can contribute to the ongoing livelihood of Sophia, this will always be appreciated.

### 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.

[All welcome](#)

#### 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](#) and

Instagram: [sophia.adelaide.92617](#)



#### 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: \$70/full day, \$40/half day (9.30am-12.30pm/1.00pm-4.00pm) including tea/coffee/biscuits. All welcome.

#### Hiring

Sophia may be hired for purposes in harmony with our values at times when the program schedule permits. Fees inclusive of GST are \$270 full day, \$180 half day and \$100 for a 2 hour block. See website for further details.

Sophia Annual General Meeting

Tuesday 14 May 12.30pm

### FEBRUARY

**A Sophia Welcome to 2024 043**

**Maureen O'Connell & Sophia Vogt**

Bring food & drink to share. (**FINGER food only please**)

Tues 6/2 6.00pm-8.00pm | Cost: \$5 [All welcome](#)

#### Gathering Together for Justice, Truth & Hope

Come together at Sophia to explore ways that we can move forward in responding to the voices of First Nations leaders. Sunday 18/2 2pm-4pm | Cost: Gold coins [All welcome](#)

**MARCH** No Calendar Events.

### APRIL

**Honouring Summer, Embracing Autumn 507**

**Elisabeth Kathleen**

As each season ends and welcomes in the new season you are invited to come, reflect on and renew a commitment to your own healing, empowerment and the gifts each season bestows on us to share with the world. Bring a journal & something related to autumn. BYO Lunch. Friday 12/4 10.00am-3.00pm

Cost: \$60 Members \$50 [Women](#)

#### Explorations

**Jenny Wightman 496**

What do we believe in? Why? Does it begin with trust in our parents? Or imposing order on a chaotic world? Or a response to natural beauty? Bring your opinions/beliefs. Wednesday 17/4 10.30pm-12.30pm

Cost: \$25 Members \$20 [Women](#)

### MAY

**Celtic Experience 499**

**Lyn Porter & Sophia Vogt**

Explore the Celtic Spirit through the creative processes of music, meditation, circle dance, poetry, art, story. Commune with Nature & deep listening. Experience a day of Celtic connections & blessings. BYO Lunch. Saturday 11/5 10.00am to 3:00pm

Cost: \$45 Members \$40 [All welcome](#)

### Annual General Meeting

Please join us. After our annual Volunteer & Facilitator gathering at 11am, it will be the tabling of annual reports followed by light refreshments.

Tuesday 14/5 12.30pm [All welcome](#)

### JUNE

**Be Heard. Be Seen. Be Me. 467**

**Trish Fairley**

This InterPlay workshop will provide an opportunity for us to be seen and heard in a safe, affirming space. Moving, telling stories and voicing who we really are will be fun, engaging and, maybe, totally surprising! No previous experience necessary. Only a curiosity to play and delight in our own and others' stories! Bring your own lunch. Friday 7/6 10.00am-3.00pm

Cost: \$60 Members \$50 [Women](#)

#### Honouring Autumn, Embracing Winter 520

**Elisabeth Kathleen**

As each season ends and welcomes in the new season you are invited to come, reflect on and renew a commitment to your own healing, empowerment and the gifts each season bestows on us to share with the world. Bring a journal & something related to winter. BYO Lunch. Friday 21/6 10.00am-3.00pm

Cost: \$60 Members \$50 [Women](#)

### JULY

**NAIDOC Week 7-14th**

#### Winter Haiku Workshop

**Fiona Johnston 515**

Join us to listen to and reflect on haiku written by women in Australia and to create our own. There will be time for discussion and sharing our writing. Thursday 25/7 2.00pm-4.30pm

Cost: \$10 Members \$8 [Women](#)

**\*It is hoped to run this workshop but the date is yet to be decided.**

**An Introduction to Aboriginal Art Annette Jarrett**

To deepen the conversation with the local Kaurna First Nations community. At Warriparinga, off Sturt Rd, not at Sophia - half day, cost \$50.

### AUGUST

**Honouring Winter, Embracing Spring 521**

**Elisabeth Kathleen**

As each season ends come, reflect on and renew a commitment to your own healing, empowerment and the gifts each season bestows on us to share with the world. Bring journal & something related to spring. BYO Lunch. Friday 9/8 10.00am-3.00pm

Cost: \$60 Members \$50 [Women](#)

#### Afternoon Tea in the Library

**Gillian Cichowski, Fiona Johnston, Nel Morrison 465**

Come & enjoy a delicious afternoon tea. Be stimulated by our guest writer & bring your favourite book to share. Saturday 17/8 2.00pm-4.30pm

Cost: \$10 Members \$8 [All welcome](#)

**SEPTEMBER** No Calendar Events.

### OCTOBER

**Quiz Night 523**

Sophia's main fundraiser for the year. BYO drinks & nibbles.

Saturday 26/10 5.00pm-8.30pm  
Cost: \$20 [All welcome](#)

**NOVEMBER** No Calendar Events.

### DECEMBER

**Honouring Spring, Embracing Summer 522**

**Elisabeth Kathleen**

As each season ends and welcomes in the new season you are invited to come, reflect on and renew a commitment to your own healing, empowerment and the gifts each season bestows on us to share with the world. Bring journal & something related to summer. BYO Lunch. Friday 6/12 10.00am-3.00pm

Cost: \$60 Members \$50 [Women](#)

#### 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 12/12 6.00pm-8.00pm  
Cost: \$5 [All welcome](#)

### 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 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)

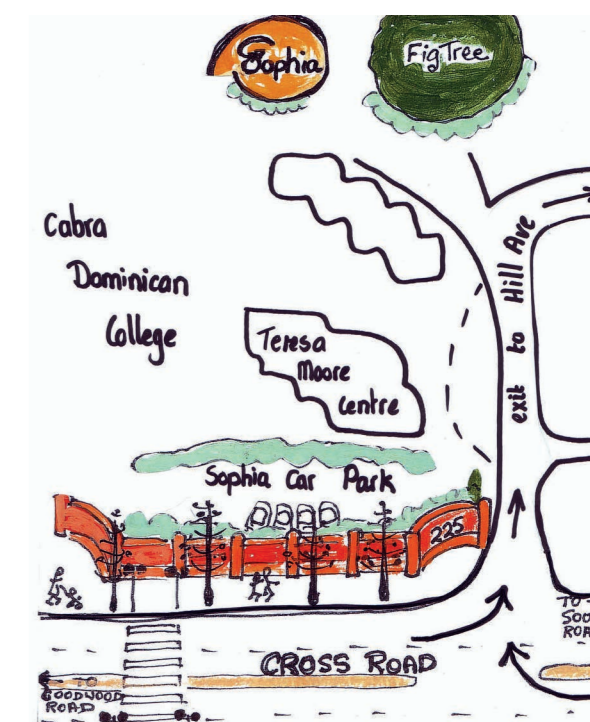
International Women's Day is a global day celebrating the economic, political and social achievements of women past, present and future. It celebrates women's success, and reminds us of inequities still to be redressed.

More info at [www.internationalwomensday.com](http://www.internationalwomensday.com)

#### NAIDOC Week (7-14 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)

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.



Map artwork by Bronwyn Roodenrys



225 Cross Road Cumberland Park SA 5041

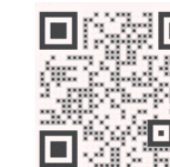
Telephone: (08) 8373 3781

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)



#### Office Hours

Tuesday-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)



Black Cat Printing & Stationery

197 Main Road, Blackwood SA 5051

# CALENDAR OF EVENTS