

Sophia

PROGRAMME 2018



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. Tuesdays & Thursdays. Hourly sessions by appointment. (Also in the Barossa Valley, where I live.) Women & men. Cost: Pay as you can.

Barb Hancock Counsellor & Mindfulness Teacher Dip. Couns. & Comm. MCASA PACFA
Barb incorporates Mindfulness principles and practices in working with individuals who feel stuck or consumed by their current situation and those wanting to address ongoing stress. She also has a particular interest in the area of cancer and chronic health issues that bring the challenge of how to live well with unwelcome change. Women & men
Cost: \$75/\$65 Conc. Health fund rebate may be applicable. Email: barb.r.hancock@gmail.com Ph: 0409 370 928

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. By appointment. www.enneagramadelaide.com.au

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

United Nations Orange Day 25th of every month 25th
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

NAIDOC Week (8-15 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

SUNDAYS
Sunday Circle Dancing 374
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.
Sunday 4/2, 4/3, 6/5, 3/6, 1/7, 5/8, 16/9, 14/10, 25/11
3.00pm-5.00pm | Cost: F\$15 C\$12 MF\$13.50 MC\$10.80
Women & men

Dancing Devotions 486
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 11/2, 11/3, 8/4, 13/5, 10/6, 8/7, 12/8, 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 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, 11/3, 8/4, 13/5, 10/6, 8/7, 12/8, 9/9, 14/10, 11/11, 9/12 9.00am-11.30am | Cost: F\$6 C\$4
Women & men

COST CODES: F=Full Fee; C=Concession Fee, MF = Member Full; MC= Members Concession; 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.

Silent Meditation 298
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 starts 7/2 5.15pm-6.00pm
Cost: Gold coins
Women & men

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.
Wednesday 7/2, 7/3, 4/4, 2/5, 6/6, 4/7, 1/8, 5/9 3/10, 7/11, 5/12 7.00pm-9.00pm | Cost: F\$5 C\$3
Women & men

THURSDAYS
No regular events this year.

FRIDAYS
Telling Our Beads 485
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 9/3, 6/4, 4/5, 25/5, 15/6, 6/7, 27/7, 17/8, 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 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.
Saturday 10/2, 14/4, 9/6, 11/8, 13/10, 8/12 2.00pm-4.00pm
Cost: F\$5 C\$3
Women

Exploring Feminist Liberation Theologies 218
Angela Moloney
A lively discussion group looking at current writings of feminist liberation theologians 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. New members welcome!
Tuesday 27/2, 27/3, 24/4, 22/5, 26/6, 24/7, 28/8, 25/9, 23/10, 27/11 10.30am-12.00pm | Cost: F\$5 C\$3
Women

Grow Your Food & Save the Earth 313
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 27/2, 27/3, 24/4, 22/5, 26/6, 24/7, 28/8, 25/9, 23/10, 27/11 1.45pm-3.45pm | Cost: F\$5 C\$3
Women & men

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 27/3, 22/5, 24/7, 25/9, 27/11 1.00pm-3.45pm | 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 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: F\$18 C\$15 MF\$13.50 MC\$10.80
Women

TUESDAYS
Mindfulness Practice 423
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 6/2, 6/3, 3/4, 1/5, 5/6, 3/7, 7/8, 4/9, 2/10 6/11, 4/12 9.30am-11.00am | Cost: F\$10 C\$5
Women & men

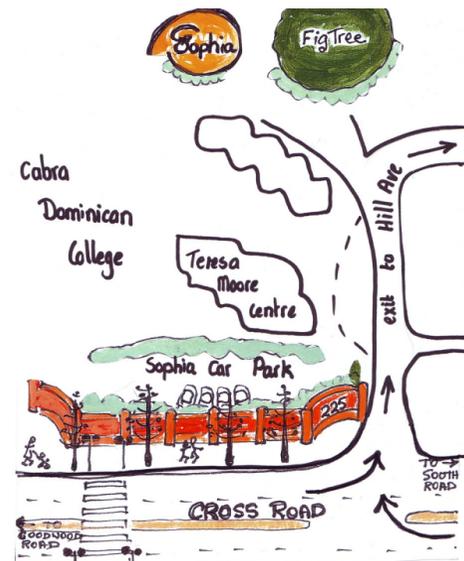
Sophia Singers 337
Margaret May
Come and explore the beauty of women's spirit through song. Build skills, confidence and community in a fun and positive environment. Newcomers welcome! Starts 13/2 4.00pm-6.00pm | Cost: \$10 Members \$8
Women

Women Writing (1) 484
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-one with an interest in writing is most welcome!
2nd Tuesdays:
13/2, 13/3, 10/4, 8/5, then 11/9, 9/10 10.00am-12.00pm | Cost: F\$5 C\$3
Women

Women Writing (2) 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. Any-one with an interest in writing is most welcome!
3rd Tuesdays:
20/2, 20/3, 17/4, 15/5, 19/6, 17/7, 21/8, 18/9, 16/10, 20/11 10.00am-12.00pm | Cost: F\$5 C\$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, 20/3, 17/4, 15/5, 19/6, 17/7, 14/8, 18/9, 16/10, 20/11 1.45pm-3.45pm
Cost: F\$12 C\$10 MF\$10.80 MC\$9
Women

REGULAR EVENTS



Map artwork by Bronwyn Roodenrys

Sophia
225 Cross Road
Cumberland Park SA 5041
Telephone: (08) 8373 3781
Email: info@sophia.org.au
coordinator@sophi.org.au
www.sophia.org.au

Opening Hours
Tuesday to Friday 10.00am to 4.00pm
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)





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



Follow us on Facebook: [SophialncAdelaide](https://www.facebook.com/SophialncAdelaide)
Twitter: [sophiaadelaide](https://twitter.com/sophiaadelaide)

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 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. See website for further details.

Sophia Annual General Meeting

Wednesday 29 May 12.30pm-1.00pm

FEBRUARY

A Sophia Welcome to 2018 043

Maureen O'Connell & Sophia Vogt

Celebrate the beginning of our new year! A Meet & Greet gathering to open Sophia for 2017. Bring finger food & drink to share. (Note: FINGER food only please!)
Tues 6/2 6.00pm-8.00pm | Cost: \$5 [Women, men & children](#)

Tura Lura - Sit with Women (1) 469

Ruby Worthy

Seasonal gatherings in a safe, confidential space where all women are welcome, drawing from Transpersonal, Narrative & Shamanic traditions of exploring the transitions of life. Includes Talking Circle, Meditation, Medicine Wheel, Music & Sound. Child/Summer honours the qualities of innocence & trust. Friday 16/2, (& Mon 14/5, Fri 10/8, Fri 9/11) 2.00pm-4.00pm
Cost: F\$20 C\$15 per session [Women](#)

MARCH

Due to "Mad March" no Calendar events this month.

APRIL

Isolated in the Bush 483

Jenny Wightman

Short stories by Henry Lawson - "The Bush Undertaker" & his contemporary, Barbara Baynton's "Squeaker's Mate". Copies of both available in the Sophia office. Fascinatingly different accounts of bush privation. Saturday 7/4 2.00pm-4.30pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 [Women](#)

Making an Advance Care Directive 460

Fiona Johnston & Margaret Brown

The aim of the 3 sessions is for you to complete an Advance Care Directive which makes clear your wishes for your health care when you can no longer make such decisions for yourself. Monday 9/4, 21/5, 27/8 2.00pm-4.00pm
Cost: F\$5 C\$3 [Women & men](#)

Ageing Playfully & (Dis)-Gracefully 467

Trish Fairley

Ageing for women can be surprisingly liberating as we break free of society's expectations and pressures. Through the tools of InterPlay, using movement, voice, storytelling and stillness, explore how you can be lighter, more outrageous and more deeply contented as you gracefully age. Expect to laugh lots. Thursday 12/4 10.00am-3.00pm (Bring lunch to share.)
Cost: F\$60 C\$50 MF\$54 MC\$45 [Women](#)

Dru Yoga Retreat Day 454

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 14/4 10.00am-3.30pm
Cost: F\$60 C\$50 MF\$54 MC\$45 [Women](#)

Conscious Ageing 490

Penny Cahalan & Rosanne De Bats

The third phase of life is a great opportunity for spiritual, emotional & psychological growth. It's a time to celebrate a life journey and to harvest our wisdom. This 8 week program was developed specifically for those ready to explore and share their experiences. Workbook will cost \$15 extra. Thursday 19/4, 26/4, 3/5, 10/5, 17/5, 24/5, 31/5, 7/6 2.00pm-4pm
Cost: F\$60, C\$50 MF\$54 MC\$45 [Women & men](#)

Brazil & Australia Community Event 491

Lyn Porter

Welcome Renata Ramos from Brazil - Master Circle Dance Teacher & Choreographer. Open invitation to meet Renata & learn more about Brazil, its people & culture. Bring afternoon tea to share. Friday 27/4 3.00pm-7.00pm
Cost \$5 (individual), \$10 (family) [Women & men](#)

MAY

Tura Lura - Sit with Women (2) 487

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. Maiden/Autumn honours the qualities of clarity, purpose & direction. Monday 14/5, (& Fri 10/8, Fri 9/11) 2.00pm-4.00pm
Cost: F\$20 C\$15 per session [Women](#)

Annual General Meeting

Please join us. It will take place after our annual Volunteer & Facilitator Meeting and will just be the tabling of annual reports followed by afternoon tea. Wednesday 29/5 12.30pm-1pm [Women & men](#)

JUNE

Three Women in John's Gospel: A Jar of Water, an

Accusation & a Pound of Precious Ointment. 477

Annette Jarrett

We all have our stories, but do we ever tell our own story? This workshop invites you to engage with the stories and silent voices of three women, two un-named plus Mary of Bethany. This will be a contemplative workshop exploring through meditation, music and art works, the themes of grief, loss & resilience. We will access the wisdom & experience of the group through discussion & dialogue. BYO lunch, nibbles provided.. Friday 1/6, 8/6 12.00pm-4.00pm
Cost: F\$30 C\$25 MF\$27 MC\$22.50 [Women & men](#)

Special Event with Interstate Speakers

Feminist Theologies Day 451

Anne Elvey & Kerrie Handasyde

Anne is a Melbourne-based poet, editor & researcher and will present climate change poetry by women in Australia & the Pacific Islands. These poets, Indigenous & non-Indigenous, weave narratives and imagery around this central concern of our times. Kerrie will present "Figs & Eucalypts" about Mary Packer Harris. Mary, described as "an ardent pacifist, a visionary and a vegetarian" (1891-1978) was a great innovator in art in Adelaide from the 1930s onwards as an educator; arranging Art exhibitions and as an artist in her own right. The Art Gallery of SA holds five of her works. Her work was infused with her Quaker beliefs and her interest in other faiths. <http://adb.anu.edu.au/biography/harris-mary-packer-10438>

The presentation will focus on the themes of environment, Indigenous spirituality and the eschatological vision of the 'peaceable kingdom on the Tonnens'. BYO lunch. Dedicated to the memory of Susan Sullivan OP & Anne Roder. Saturday 23/6 10.00am-3.00pm
Cost: F\$30 C\$25 MF\$27 MC\$22.50 [Women](#)

JULY

Deep Listening & Healing 492

Vineta Lagzdina

This workshop introduces a variety of breathing techniques, as well as sounds & mantras, postures & movement, from various Eastern traditions. Vineta is a musician & music therapist and aims to develop mental focus, creativity and joy for the participants. Saturday 28/7 10.00am-3.00pm
Cost: F\$60 C\$50 MF\$54 MC\$45 [Women & men](#)

AUGUST

Tura Lura - Sit with Women (3) 488

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. Mother/Winter honours the qualities of courage & endurance. Friday 10/8, (& Fri 9/11) 2.00pm-4.00pm
Cost: F\$20 C\$15 per session [Women](#)

SEPTEMBER

Circle Dancing the Generations 474

Lyn Porter & Abi Thonemann

Experience the joy of dancing with family & friends to a variety of uplifting music from around the world. All dances carefully taught. No dance experience necessary. All welcome especially generations of family & friends. Saturday 1/9 1.30pm-4.00pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 [Women & men](#)

Afternoon Tea in the Library 465

Gillian Cichowski, Fiona Johnston, Nel Morrison

Come & enjoy a delicious afternoon tea in the Sophia Library. Bring your favourite book to share & be stimulated by our guest speaker. Saturday 8/9 2.00pm-4.30pm
Cost: \$5 [Women & men](#)

Changing Women 468

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
Cost: F\$70 C\$60 MF\$63 MC\$54 [Women](#)

Therapeutic Sound Bath 394

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 30/9 3.00pm-4.30pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 [Women & men](#)

OCTOBER

Gilead, Home & Lila 466

Jenny Wightman

This Trilogy by Marilynne Robinson gently & thoroughly explores our notion of 'goodness'. Please try to read at least "Gilead" - copies in the Library. Saturday 6/10 2.00pm-4.30pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 [Women](#)

Quiz Night Fundraiser 480

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 475

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) 489

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](#)

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 13/12 6.00pm-8.00pm | Cost: F\$5 [Women, men & children](#)

COST CODES: F=Full Fee; C=Concession Fee, MF = Member Full; MC= Members Concession. 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.

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

Group \$40.00

Single \$35.00

Concession \$25.00

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
- 10% discount on many Sophia events

CALENDAR OF EVENTS