



Map artwork by Bronwyn Roodenrys



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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)



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 4/2, 3/3, 7/4, 5/5, 2/6, 7/7, 4/8, 1/9, 6/10, 3/11, 1/12
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 11/2
4.00pm-6.00pm | Cost: \$10 Members \$8 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:
18/2, 17/3, 21/4, 19/5, 16/6, 21/7, 18/8, 15/9, 20/10, 17/11
10.30am-12.30pm | 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 18/2, 17/3, 21/4, 19/5, 16/6, 21/7, 18/8, 15/9, 20/10, 17/11
1.45pm-3.45pm
Cost: F\$12 C\$10 MF\$10.80 MC\$9 Women

Grow Your Food & Save the Earth 313
Nel Morrison
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 25/2, **24/3**, 28/4, **26/5**, 23/6, **28/7**, 25/8, **22/9**, 27/10, **24/11** 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 24/3, 26/5, 28/7, 22/9, 24/11
1.00pm-3.00pm | No cost Women & men

Grandmother Gathering 502
Lindsay Childs
Anyone who is a grandmother is invited to come & share experiences; the delights & the challenges, for example, digital technology, connecting to the natural world, values & beliefs. Also, how do we cope and look after ourselves?
Tues 25/2, 24/3, 28/4, 26/5, 23/6, 28/7, 25/8, 22/9, 27/10, 24/11
10am-12pm. Morning tea provided.
Cost: \$5 Women

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 5/2 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 5/2. 1.30pm-3.00pm
Cost: MF\$14 MC\$11 Non-members \$18 Women

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

THURSDAYS
Siva Pacifica 503
Tanika Smith
In Polynesia, dancing is a form of prayer; asking for blessings, mainly the daily health & well being of the people. Want to find out more about the Hula? Check out the Siva Pacifica lessons! Thursdays fortnightly, 13/2, 27/2, 12/3, 26/3, 9/4, 23/4, NOT in May, 11/6, 25/6, 9/7, 23/7, 13/8, 27/8, 10/9, 24/9, 8/10, 22/10, 12/11, 26/11, 10/12 11.00am-12.00pm
Cost: \$10, conc \$8 Women

Gaia Grief Support & Action Circle 504
Marisa Ala Dea
We gather in acknowledging the truth of our deepening global climate crisis. We create a confidential, respectful space where we can voice our concerns in the presence of compassionate witnesses. We collaborate to share strategies, resources & actions that serve to keep hope, joy & gratitude alive in this most challenging of times.
Thursday 13/2, 27/2, 12/3, 26/3, 9/4, 23/4, 14/5, 28/5, 11/6, 25/6, 9/7, 23/7, 13/8, 27/8, 10/9, 24/9, 8/10, 22/10, 12/11, 26/11, 10/12 2.00pm-4.30pm
Cost: F\$5, C\$3 Women

The Enneagram - Who in the world am I? 015
Penny Cahalan
Like Alice in Wonderland, many of us don't know 'who in the world am I?' Penny can help you, by using the Enneagram, to become more self-aware, to recognise your issues and overcome life's hurdles.
Thursday 27/2, 26/3, 30/4, 28/5, NOT in June, 30/7, 27/8, 24/9, 29/10, 26/11 7.30pm-9.30pm
Cost: F\$15 C\$10 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.

FRIDAYS
Storytelling & Conviviality 505
Nadeya Maystrenko & Michele Langman
"To speak is to sow, to listen is to reap." Turkish proverb. Through Storytelling we rediscover the ancient art of speaking to each other - & listening. Stories connect us & add meaning to our lives giving us a stronger sense of self & greater intimacy with each other. They also enrich our creativity; our courage; our confidence and make our lives more memorable - & fun!
Fridays (fourth) 28/2, 27/3, 24/4, 22/5, 26/6, 24/7, 28/8, 25/9, 23/10, 27/11 7.00pm-9.00pm
Cost: \$10 Women & men

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 8/2, 11/4, 13/6, 8/8, 10/10, 12/12 2.00pm-4.00pm
Cost: F\$5 C\$3 Women

SUNDAYS
Sunday Circle Dancing 374
Lyn Porter
Savour the tranquility & joy of Sacred Circle Dancing as body, mind & spirit move to uplifting music from around the world. Easy to learn steps, carefully taught, no partners or dance experience necessary. All welcome. Bring afternoon tea to share.
Sunday 2/2, 1/3, 29/3, NOT in April, 3/5, 7/6, 5/7, 2/8, 13/9, 18/10, 1/11, 6/12
2.45pm - 5.00pm
F\$15 C\$12 MF\$13.50 MC\$10.80 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 12/1, 9/2, 8/3, 12/4, 10/5, 14/6, 12/7, 9/8, 13/9, 11/10, 8/11, 13/12 9.00am-11.30am | Cost: F\$6 C\$4 Women & men

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
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 (5-12 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

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.

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

Sophia

PROGRAM 2020



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.

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: [SophiaIncAdelaide](https://www.facebook.com/SophiaIncAdelaide)
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. Small rooms \$60/full day, \$30/half day. See website for further details.

Sophia Annual General Meeting
Tuesday 9 June 2.00pm

FEBRUARY
A Sophia Welcome to 2020 043
Angela Moloney & Sophia Vogt
Celebrate the beginning of our new year! Bring finger food & drink to share. (Note: FINGER food only please!)
Tues 4/2 6.00pm-8.00pm | Cost: \$5 Women, men & children

MARCH
Vision Boarding 501
Donna Meyer
Use the wisdom of DRU Yoga to tune into your dreams, focus your intentions & create your own vision board for the year.
Monday 30/3 & 6/4 2.00pm-4.00pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women

APRIL
Vision Boarding 501
Donna Meyer
Course continues..
Monday 6/4 2.00pm-4.00pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women

MAY
iRest Yoga Nidra 506
Donna Meyer
5-week program to cultivate deep rest, relaxation & mind-body awareness. Learn to understand the changing nature of emotions & thoughts, rising & falling from unchanging eternal spirit.
Monday 4/5, 11/5, 18/5, 25/5, 1/6 2.00pm-3.30pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women & men

Explorations 496
Jenny Wightman
All are welcome to discuss a subject chosen by the group. Our first topic will be "Shaping Our Lives", introduced by extracts from Homer's *Odyssey* & Voltaire's *Candide*. Copies available in the Sophia office. Friendly, open & informal!
Tuesday 5/5 1.30pm-3.30pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 Women

Living Well with Pain & Illness 492
Louise Portway
Living with pain & illness can be debilitating & challenging. Over four weeks, Louise will lead a discussion group exploring ways of living life as fully as possible within the constraints of various health conditions. In the first session, group members will be invited to nominate topics of most concern to them.
Thursday 7/5, 14/5, 21/5, 28/5 10.30am-12.00pm
Cost: F\$40 C\$32 Women

Being All That I Am 467
Trish Fairley
Bring your WHOLE self out to play. Through movement, voice and story-telling InterPlay invites us to share our creativity, vulnerabilities, quirkiness and sense of fun without fear of judgement, censorship or criticism. Just being ourselves!
BYO lunch.
Friday 8/5 10.00am-3.00pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women

Exploring Eco-Theology 508
Jo Armour
An afternoon of exploring the work of several eco-theologians including Denis Edwards, Sallie McFague, Ilia Delio & Elizabeth Johnson. If you love the natural environment, if you enjoyed the "War on Waste" on ABC TV or if you want to explore the relationship between God & caring for the earth, then this afternoon might be for you!
Saturday 23/5 2.00pm-4.00pm
Cost: F\$20 C\$15 Women & men

JUNE
Pilgrimage and the Sacred Feminine 507
Elisabeth Kathleen
Enjoy a day of meditation, reflection, creativity & sharing with Elisabeth drawing on her 2019 Pilgrimage to Irish sacred sites. Register early for your 'pilgrimage' to receive pre-reading & reflective exercises. BYO lunch.
Saturday 6/6 10.00am-4.00pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women

Annual General Meeting
Please join us. It will take place after our annual Volunteer & Facilitator Meeting/Light Lunch at 12.15pm and will just be the tabling of annual reports at 2pm followed by light refreshments.
Tuesday 9/6 2pm 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 20/6 2.00pm-4.30pm
Cost: \$5 Women & men

Dru Yoga Winter Retreat Day 509
Donna Meyer
Celebrate International Day of Yoga with special yoga practices to enhance the energy of winter & build inner & outer strength & courage. Bring a mat, blanket, cushion, wear comfortable clothes & BYO lunch.
Sunday 21/6 10.00am-3.30pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women & men

JULY
Recycling Workshop 511
Gemma Chambers from Mitcham Council
Thursday 2/7 1.30pm-3.30pm No cost Women & men

AUGUST
No Calendar Events scheduled for August as yet.

SEPTEMBER
Explorations 497
Jenny Wightman
HAIKU: What can be expressed in the 17 syllable popular Japanese poetic form? We'll look at some poems by 10thC Heian court women before the Zen-influenced works of Basho, Buson & Issa.
Tuesday 1/9 1.30pm-3.30pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 Women

Vigil for Gaia 510
Joan Boylan
Bring poems, prayers, petals to place in vessels to heal the Earth. Candlelight vigil followed by a BYO finger food meal.
Friday 11/9 5.00pm-7.30pm
Cost: gold coins Women, men & children

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Dru Yoga Spring Retreat Day 454
Donna Meyer
Celebrate International Day of Peace by cultivating harmony in body, mind & spirit. Gentle yoga & meditation.. BYO mat, blanket, cushion, comfortable clothes, water & lunch to share.
Monday 21/9 10.00am-3.30pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women

OCTOBER
Pot Luck Dinner
This will be our main fundraiser for 2020. Book a table, bring your friends & have a night of fun and games with a shared meal while raising funds for Sophia's ongoing costs!
Friday 9/10 6.30pm-9.00pm
Cost: F\$20 C\$15 Women & men

Therapeutic Sound Bath 394
Glenyce Durdin
Enjoy 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 25/10 3.00pm-4.30pm
Cost: F\$30 C\$25 MF\$27 MC\$22.50 Women & men

NOVEMBER
Explorations 498
Jenny Wightman
Our need to change is made urgent by global warming. We can learn much from Indigenous culture. If possible, read ***Dark Emu*** by Bruce Pascoe (extracts in Office & the book is in the Sophia Library). We will share our understandings. Presenter: Judith Condon.
Tuesday 3/11 1.30pm-3.30pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 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 10/12 6.00pm-8.00pm | Cost: F\$5 Women, men & children



Sophia History Project

We are two and a half years into the four year Sophia History project!

Many Sophia people have contributed their stories of Sophia from the last 28 years and the Sophia archive has been drawn on to tell in detail the big picture Sophia story.

The engaging manuscript, including poetry, photos, art works and a Sophia time-line is completed and is now with our design/publication team for 2020.

We plan to launch the beautiful book (which doesn't have a title yet), to be published by Finsbury Green, at a celebration on our 30th birthday in April 2021.

The Sophia history book will be for sale (price unknown at this stage). It would help us greatly if you could let us know if you hope to buy the book in 2021.

Please phone 83733781 or phone/text 0439 594 363.

Thank you!

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