

Map artwork by Bronwyn Roodenrys



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Telephone: (08) 8373 3781  
Mobile: 0439 594 363  
Email: info@sophia.org.au  
coordinator@sophia.org.au  
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)



**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. Please bring yoga mat & blanket. Weekly.  
Monday starts 6/2 10.00am-11.15am  
Cost: \$15 Members \$12 All welcome

**TUESDAYS**  
**Mindfulness Practice** 423  
**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. No experience necessary.  
Tuesday 7/2, 7/3, 4/4, 2/5, 6/6, 4/7, 1/8, 5/9, 3/10, 7/11, 5/12  
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.  
Tuesdays starts 14/2 4.00pm-6.00pm  
Cost: \$12 Members \$10 Women

**Friends of the Peace and 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  
Starts Tuesday 7/2 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 14/2, 11/4, 13/6, 8/8, 10/10 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. Any-one with an interest in writing is most welcome! 3rd Tuesdays:  
Tues 21/2, 21/3, 18/4, 16/5, 20/6, 18/7, 15/8, 19/9, 17/10, 21/11  
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 21/2, 21/3, 18/4, 16/5, 20/6, 18/7, 15/8, 19/9, 17/10, 21/11  
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 28/3, 23/5, 25/7, 26/9, 28/11  
1.00pm-3.00pm | No cost All welcome

**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 8/2 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 1/2 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 1/2, 3.30pm-4.00pm  
Cost: Gold coins All welcome

**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 1/2, 1/3, 5/4, 3/5, 7/6, 5/7, 2/8, 6/9, 4/10, 1/11, 6/12  
7.00pm-9.00pm  
Cost: \$5 Members \$3 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 8/3, 12/4, 10/5, 14/6, 12/7, 9/8, 13/9, 11/10, 8/11  
4.30pm-7.00pm  
Cost per session \$15 Members \$12 All welcome

**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.  
Thursday starts 2/2 5.45pm-7.00pm  
Cost: \$15 Members \$12 All welcome

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**  
**Serendipity Sessions** 504  
**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 3/2, 10/3, 7/4, 19/5, 23/6, 21/7, 18/8, 15/9, 13/10, 17/11  
2.00pm-4.30pm (except Fri 7/4 & 23/6 at 5.00pm-7.30pm)  
Cost: \$12 Members \$10 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. If you are interested in exploring poetry & poetry writing, please join us. No prior knowledge of poetry or writing experience is necessary.  
Saturday 11/2, 8/4, 10/6, 12/8, 14/10, 9/12 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 5/2, 5/3, 2/4, 7/5, 4/6, 2/7, 6/8, 10/9, 8/10, 5/11, 3/12, 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 8/1, 12/2, 12/3, 9/4, 14/5, 11/6, 9/7, 13/8, 10/9, 8/10, 12/11, 10/12 9.00am-11.30am  
Cost: \$6 Members \$4 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 (2-9 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)

#### 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

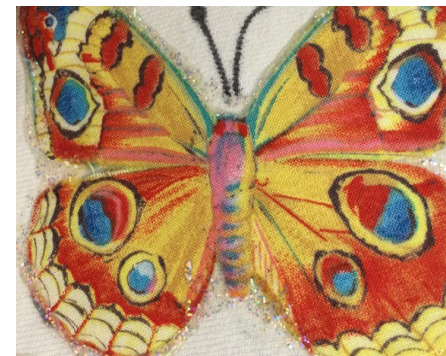
**Rebecca Kerner** BA (Hons)(UK) Postgrad, Psychotherapy (UK) MANZICA  
Rebecca works with individuals & couples to provide a safe, confidential environment in which to work with issues such as: depression, anxiety, relationship difficulties, desiring a more balanced/satisfying life. She also has a specialist 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](http://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](mailto:pacahalan@hotmail.com)

# Sophia

#### PROGRAM 2023



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](#)

#### 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 programme schedule permits. Fees inclusive of GST are \$260 full day, \$170 half day and \$100 for a 2 hour block. See website for further details.

Sophia Annual General Meeting  
Tuesday 9 May 12.30pm

### FEBRUARY

#### A Sophia Welcome to 2023

##### Maureen O'Connell & Sophia Vogt

Celebrate the beginning of our new year! Bring food & drink to share. **(FINGER food only please)**  
Tues 7/2 6.00pm-8.00pm | Cost: \$5

[All welcome](#)

#### You CAN Ask That!

##### Kaye Mehta

An opportunity for non-Indigenous Australians to explore our questions and concerns about a Referendum on a First Nations' Voice to Parliament. Join us for a thought provoking session. Refreshments provided. No need to book in.  
Saturday 18/2 2.00pm-4.00pm  
Cost: Gold coins

[All welcome](#)

### MARCH

#### An Introduction to Aboriginal Art

##### Annette Jarrett

Deepens and 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 23/3 10.30am-1.00pm  
Cost: \$50 (paid to Warriparinga on the day)

[All welcome](#)

#### 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: \$18 Members \$15

[All welcome](#)

### APRIL

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

##### Kaye Mehta

What could we do next? (See February listing) Refreshments provided. No need to book in.  
Saturday 22/4 2.00pm-4.00pm  
Cost: Gold coins

[All welcome](#)

### 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 11am and will be the tabling of annual reports at 12.30pm followed by light refreshments.

Tuesday 9/5 12.30pm

[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 11.00am-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 in.  
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: \$18 Members \$15

[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](#)

### SEPTEMBER

#### Celtic Celebrations

##### Lyn Porter

Celebrate the Spring Equinox & all things Celtic by dancing. Connect with the Celtic spirit of the Dominican Sisters who conceived & developed *Sophia* & its beautiful gardens more than 30 years ago. All welcome & no dancing experience required. All dances carefully taught with the focus on enjoying the dancing & resonating with the changing Celtic mood.  
Saturday 23/9 10.00am-1.00pm  
Cost: \$25 Members \$20

[All welcome](#)

#### Sunset Soirees: Scintillating 70s

##### 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 29/9 6.00pm-9.00pm  
Cost: \$18 Members \$15

[All welcome](#)

### OCTOBER

#### Explorations

##### Jenny Wightman

Do we need Beauty? What do we mean by beauty? What role has it in our lives? Is it essential? A unifying force? Or indulgence for the prosperous? Bring your opinions.  
Tuesday 3/10 1.30pm-3.30pm  
Cost: \$25 Members \$20

[Women](#)

### NOVEMBER

#### Pilgrimage: Ancient Wells, Ancient Voices

##### Elisabeth Kathleen

Six Sophia connected women are going on a pilgrimage to Ireland in September exploring Ancient Wells, Ancient Voices. Join them at Sophia to explore and experience the transformative power of pilgrimage and the divine feminine. BYO food.  
Friday 24/11 10.00am-4.00pm  
Cost: \$55 Members \$45

[Women](#)

#### Therapeutic Sound Bath

##### Glenyce Durdin

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 12/11 3pm-4.30pm  
Cost: \$35 Members \$25

[All welcome](#)

### DECEMBER

#### Sunset Soirees: Outrageous 80s

##### 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 8/12 6.00pm-9.00pm  
Cost: \$18 Members \$15

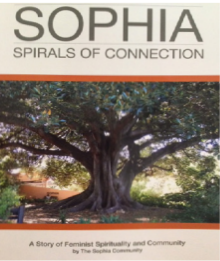
[All welcome](#)

#### 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 14/12 6.00pm-8.00pm  
Cost: \$5

[All welcome](#)



#### SOPHIA

##### Spirals of Connection

##### A Story of Feminist Spirituality & Community

##### By the Sophia Community

This is a beautiful publication, celebrating the first 30 years of Sophia. There are still a small number of copies which can be purchased. The book was launched last September and is a creative, collaborative history, bringing alive the stories of Sophia's beginnings & long history. It includes poetry, photos, art works and a Sophia chronology. It is available for borrowing in the Sophia library.

#### 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!



\*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 the 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

☐ 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

# CALENDAR OF EVENTS