



# Circulating

*An experience*

*A place*

*A symbol*

*A sign*

*Honouring women's experiences*

*Nurturing wisdom in all people*

*Working for justice in our world*

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Cumberland Park  
South Australia 5041

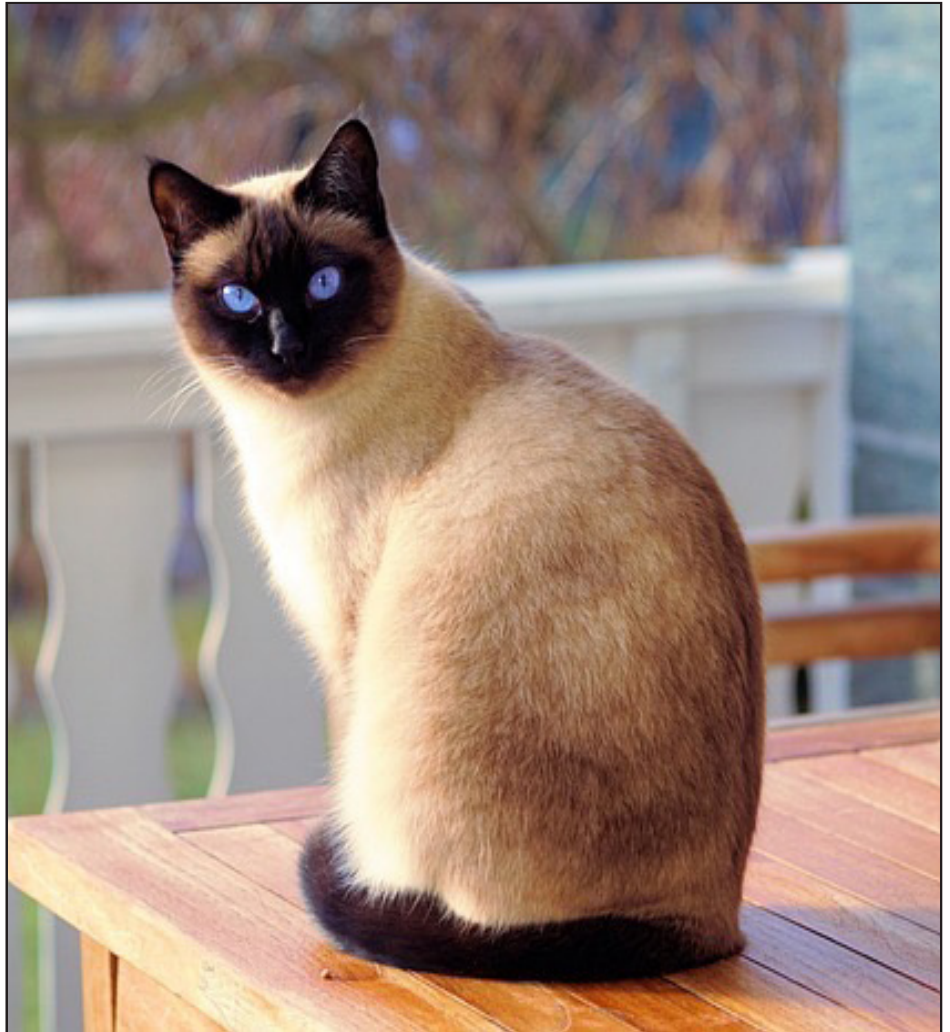
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*December 2024*



[www.pixabay.com/illustrations](http://www.pixabay.com/illustrations) (thanks to webandi)



“The way to get on with a cat is to treat it as an equal - or even better, as the superior it knows itself to be.”

*Elizabeth Peters*



# Message from the Coordinating Team

## Dear Friends

We are fast approaching the end of another year at Sophia. The season is changing, quite noticeably in the Hills at the moment, as lush green fields turn into golden yellow with freshly cut and baled hay awaiting collection and storage. The Sophia and Dominican Peace Gardens are looking especially well cared for as our conscientious gardeners continue to toil away giving much loving care and attention. Thank you all for making our surrounds so beautiful and inviting.

The Sophia Program for 2025 is almost ready to go to the printer. Thank you Marian for all the work you put in to making this happen! It will be sent out mid January, so keep an eye out for it.

We have installed a 'resting bench' in the carpark for those awaiting pick up or just feeling like a little rest. This was Nel's description, on becoming aware of it, and I love it! We are also about to get a paved walkway alongside the driveway to make it much easier for those with walking frames, wheelchairs, strollers or anything with wheels to navigate their way to the conference room door. It will also make taking the wheelie bins to the roadside much easier! We have a very generous Sophia benefactor who is funding this entire project. Thank you very much Rosanne Debats for offering to cover the costs involved, which are in excess of \$10,000! Another Sophia benefactor this year has been Maryanne Sanders who has paid for all the paving bricks around the gardens which give the botanical and common names of the plants, also at some considerable cost. We are truly blessed. It may inspire you to think about contributing a living legacy to Sophia at some time in the future.

Our Quiz afternoon /evening community event was a jolly, fun-filled time for all those who attended. Elaine MacFarlane was brilliant with her questions and pieces of music, putting our brains to the test, and Maureen O'Connell hardly had a spare moment to sit down, being a runner and adjudicator. A double act working in unison! Thank you all for making this such a lovely event.

Have a safe and enjoyable holiday break until we meet again next year!

## Best Wishes

**Sophia Vogt & Wendy Jollands**  
**Coordinator & Coordinator Support**

*\*If you are looking for a unique Christmas gift, consider [gracesgalleryandgifts.com](http://gracesgalleryandgifts.com) at 109/7 Moseley Square, Glenelg! Grace is an ex-Cabra student with Down Syndrome, an artist and an ambassador for people with disabilities.\**





# Sophia News

## FoodBank

Because of the widespread need of families in financial strife this Christmas season, FoodBank is asking for monetary donations to help the increasing number of people who require their services. So this is another area of philanthropy to consider if you are so inclined!

## Tutors Needed

The English as a Second Language group is in need of more tutors for their English classes for migrants on Wednesdays at 10.30-noon. If interested please contact the Sophia Office.

## The Personal is Political

This new group got off to a start in 2024 with 4 sessions exploring political issues such as “quality of political information”, “trust in democracy” and “the housing crisis”. We are educating ourselves with good quality information and taking action as citizens keen to play our role in creating a better future. Please join us in 2025: 10:00am - 12:00noon on Tuesday 25 February, Tuesday 25 March, Tuesday 22 April, Tuesday 27 May, Tuesday 24 June and Tuesday 22nd July.

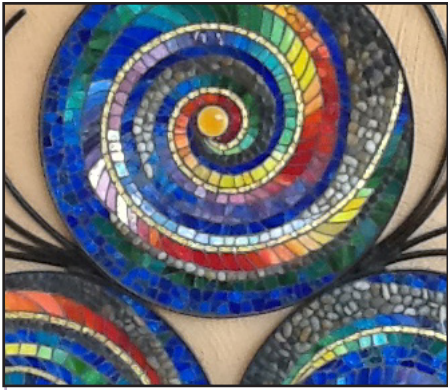
## Book Launch by Lindsay Childs: *Adapting to Hearing Loss, Tinnitus and Noise*

Hearing issues are common yet little is heard about the confusion of this invisible disability, its link to noise sensitivity, vertigo, dementia & withdrawal. Finding awe in birdsong is one way of enriching life. Maybe there is a need for sharing? Sunday 13th April 2025 2.00pm-4.00pm. Afternoon tea included. Cost: Gold coins All welcome

## Quiz Night

A low key event was held in October as an early evening get together rather than a fundraiser and Elaine MacFarlane, with Maureen’s help, provided the entertaining questions and activities!





# Sophia Library

## Remember the Sophia Library Pop-Up Book Sales!

A small number of books are always for sale in the Sophia Conference Room. These items are changed approximately every three weeks. This is proving to be a successful fund-raiser for the Sophia Library.

## Donations for the Sophia Library

The Sophia Library now welcomes donations of books suitable for the Library collection or for our regular book sales. When deciding which books to donate, please keep in mind that Sophia is feminist, honours women's experiences, nurtures wisdom and works for justice in our world. Thank you!

## New Additions to the Sophia Library: *Come in and borrow!*

*Defending Women's Spaces* Karen Ingala Smith 305 MMI

*Mary MacKillop's Sisters-A life unveiled* Anne Henderson 271.976 HEN

*ANADITJ* Denise Chapman 261.29 CHA

*Why We Sing-A memoir about the power of singing to make connections to heal and expand our lives*

Julia Hollander 920 HOL

*Split-true stories of leaving, loss and new beginnings* Lee Kofman (editor) 920 KOF

*All the Birds Singing* Eve Wyld (fiction) A823 WYL

*Growing Up Queer in Australia* Benjamin Law (editor) 306.76 LAW

*On Father* John Birmingham 155.93 BIR

*Astronomy-Sky Country* Karlie Noon and Krystal De Napoli 520.5 NOO

*Living in Gratitude-A journey that will change your life* Angela Arrien 179.9 ARR

*On Mother* Sarah Ferguson 306.874 FER

*The Voice to Parliament-All the detail you need* Thomas Mayo & Kerry O'Brien 305.8 MAY

*De-colonising the Biblical Narrative Vol. 1 -A first nations de-colonising of Genesis 1-24*

Uncle Norm (Norman Habel) and Auntie Anne (Anne Pattel-Gray) & Australian First Nations 220.6 PAT

*De-colonising the Biblical Narrative Vol. 2 -A first nations de-colonising of Genesis 12-25*

Uncle Norm (Norman Habel) and Auntie Anne (Anne Pattel-Gray) & Uncle George (George Rosendale) & Australian First Nations 220.6 PAT

*How to Keep Your Brain Young-Preserve Memory, Reduce Dementia Risk and Restore Function*

Professor Kerry Phelps 612.8 PHE

*What is Gnosticism* Karen L. King 299.93 KIN

*Christina Stead-A biography* Hazel Rowley A823.2 ROW

*Mrs Stevens Hears the Mermaids Singing* May Sarton (fiction) 813.52 SAR

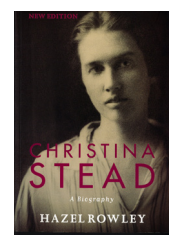
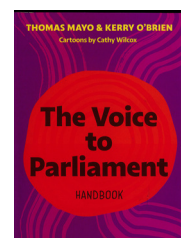
*Wisdom Ways-Introducing Feminist Biblical Interpretation* Elisabeth Schussler Fiorenza 220.6 FIO

Defending



Women's  
Spaces

Karen Ingala Smith





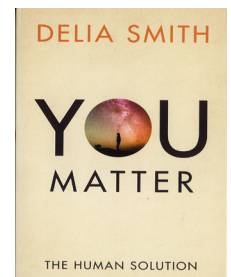
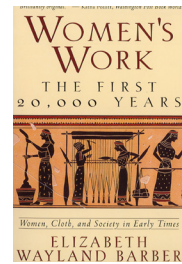


# Sophia Library

## More Holiday Reading Ideas: *Come in and borrow!*

*Radical Friendship-Seven ways to love yourself and find your people in an unjust world* Kate Johnson 302 JOH

*Women's Work-The First 20,000 Years-Women, cloth and society in early times:*  
Elizabeth Wayland Barber 305.4 BAR



*Before Dementia-20 questions you need to ask about preventing, preparing, coping*  
Dr Kate Gregorevic 616.83 GRE

*Chasing Wrongs and Rights-A personal journey of fighting for justice around the world*  
Elaine Pearson 363 PEA

*Birdsongs for Our Times* Valwyn Edwards Wishart (poetry) A821.4 WIS

*Together We Can-Everyday Australians doing amazing things to give our planet a future*  
Claire O'Rourke 363.7 ORO

*You Matter-The human solution* Delia Smith 128 SMI

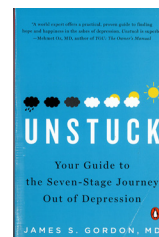


*A Year With Rumi-Daily readings: Jalal-al-Din Rumi, Editor* Coleman Barks 891.55 RUM

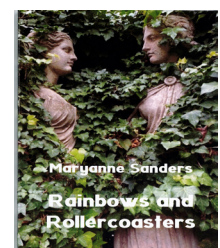
*Tibet-My story: Jetsun Pema Sister of the Dalai Lama-an autobiography* 920 PEM

*Top End Girl-A deadly memoir about being bold, black and brave in work, life and love* Miranda Tapsell 920 TAP

*Once There Were Wolves* Charlotte McConaghy (fiction) 823 MCC



*Unstuck-Your guide to the seven stage journey out of depression*  
James S. Gordon MD 158 GOR



*The Murder Room* P.D. James (fiction) 823 JAM

*Walk Back Over* Jeanine Leune (poetry) A821.3 LEA

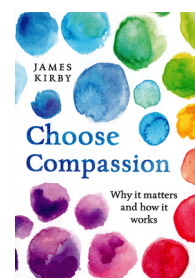
*Rainbows and Rollercoasters* Maryanne Sanders (poetry) A821.3 SAN

*Peaceful Heart-The buddhist practice of patience* Dzigar Kongtrul 294.3 KON

*Poetry of Presence-An anthology of mindfulness poems* Phyllis Cole-Dai and Ruby R. Wilson (editors) 821 COL

*Daughters of Durga-Dowries, gender violence and family in Australia* Manjula Dutta O'Connor 305.48 OCO

*Choose Compassion-Why it matters and how it works* James Kirby 158.1 KIR



*An Unconventional Wife-The life of Julia Sorell Arnold* Mary Hoban 920 HOB

*Enchantment-Reawakening wonder in an exhausted age* Katherine May 155.91 MAY

*In Her Voice-Raising women's voices in preaching the gospel* Juliette Hughes 251 HUG

*The Sea* John Banville (fiction) 823.92 BAN

*Tanya Plibersek-On her own terms* Margaret Simons 324.29 SIM



# Regular Activities

## TUESDAYS

### Mindfulness Practice - Barb Hancock

Monthly group to practice Mindfulness Meditation in the beautiful space of Sophia. Comprising of a guided meditation focusing on the breath; time to explore the natural beauty of the garden & a guided Body Scan.

**Tuesday 4/2, 4/3, 1/4, 6/5, 3/6, 1/7, 2/9, 7/10, 4/11, 2/12 9.30am-11.00 | Cost: \$10 Memb \$5 All welcome**

### Sophia Singers - 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! Weekly during school terms.

**Tuesday. Starts 11/2 4.00pm-6.00pm Cost: \$12 Members \$10 Women**

### Friends of the Peace and Sophia Gardens - Jenny Wightman, Nel Morrison

We invite you to join our enthusiastic group of volunteers for a Working Bee on 2nd Tuesday of the month to help maintain the beautiful gardens. Delicious morning tea provided. No garden experience necessary.

**Tuesday. Starts 4/2 9.30am-12.00pm All welcome**

### Feminist Theologies Re-Visited - Maureen O'Connell & Sophia Vogt

An invitation to first gather for morning tea & to connect. Please bring a book/article on Feminist Theologies to share, discuss, listen.. Stimulating conversation is always had! New participants welcome too! Women

**Tuesday 11/2, 8/4, 10/6, 12/8, 14/10 10.45am-12.30pm | Cost: \$5 Members \$3**

### Women Writing - 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 woman with an interest in writing is most welcome!

**Tuesday 18/2, 18/3, 15/4, 20/5, 17/6, 15/7, 19/8, 16/9, 21/10, 18/11 10.30am-12.30pm | Cost: \$5 Members \$3**

### Connect Play Create - 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, 18/3, 15/4, 20/5, 17/6, 15/7, 19/8, 16/9, 21/10, 18/11 1.30pm-3.30 | Cost: \$15 Members \$12 Women**

### Hula Hooping For Joy - Jo Armour

Come along and learn the basics of hula hooping. We will practice together and hoop to our favourite songs. Designed for fun and enjoyment, hula hooping is beneficial for body, mind and spirit! *\*You will need to purchase a hula hoop equal to the size of your waist plus about 10-15cm, weighing about 1.2kg and not more than 1.4kg. Hoops can be purchased online at eBay or Amazon. Contact Jo, 0416256957.*

**Tues 4/2, 4/3, 1/4, 6/5, 3/6, 1/7, 5/8, 2/9, 7/10, 4/11, 2/12 2.00pm-3.30pm | Cost: \$18 Members \$15 Women**

### Nurturing Friendships, Sharing Stories - 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 25/3, 27/5, 22/7, 23/9, 9/12 1.00pm-3.00pm | No cost All welcome**

### The Personal is Political

Join us for a series of discussions about political matters such as inequity, housing, health, education, energy, the environment and more! Politics matters because political decisions shape our lives. We will learn together and then take some action to play our part in creating a better future. *RSVP to 50mehtak55@gmail.com*

**Tuesday 25/2, 25/3, 22/4, 27/5, 24/6, 22/7 10.00am-12.00pm | Cost: Gold coins All welcome**

## WEDNESDAYS

### English as a Second Language

These classes provide English tuition and practical life skills for migrant women not able to access alternative classes.

**Wednesday. Starts 12/2 10.00am-12.30pm Weekly during school terms | No cost Women**



# Regular Activities

## WEDNESDAYS continued

### Circle Dancing with Marisa - Marisa Ala Dea

Experience the gentle joy of mindful movement to music that engages the heart & uplifts the spirit. Carefully choreographed, easy to learn, suitable for beginners & beyond! Weekly during school terms.

Wednesday Starts 5/2 1.30pm-3.00pm | Cost: \$18 Members \$15 Women

### Silent Meditation - Annette Jarrett

Do you often long for silence, quiet rest and a time to be still? Come to our weekly silent meditation, during school terms.

Wednesday Starts 5/2 3.30pm-4.00pm | Cost: Gold coins All welcome.

### The Enneagram - 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 12/2, 12/3, 9/4, 14/5, 11/6, 9/7, 13/8, 10/9, 8/10, 12/11, 10/12 4.30pm-6.30pm

Cost per session \$15 Members \$12 All welcome.

### Mary Magdalene Circle - Susan Rooney-Harding

The Gospel of Mary Magdalene - the only gospel written in a woman's name. A monthly story circle discovering Mary Magdalene's teachings and how they are needed and relevant to our times.

Wednesday 12/2, 12/3, 9/4, 14/5, 11/6, 9/6, 13/8, 10/9 7.00pm-9.30pm | Cost: \$25, Members \$15 Women

## THURSDAYS No Regular Activities

## FRIDAYS

### Serendipity Sessions - Marisa Ala Dea

Monthly gatherings exploring a variety of activities to engage & enrich our creative selves..

Friday 21/2, 21/3, 11/4, 16/5, 20/6, 18/7, 15/8, 19/9, 17/10, 21/11 2.00pm-4.30pm | Cost: \$15 Members \$12 Women

## WEEKENDS

### Saturday Women's Poetry Circle - Judith Haines

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 needed.

Saturday 8/2, 12/4, 14/6, 9/8, 11/10, 13/12 2.00pm-4.00pm | Cost: \$5 Members \$3 Women

## SUNDAYS

### Saturday & Sunday Circle Dancing - 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 carefully taught with focus on enjoying the dancing and moving meditation experience.

Saturday 1/3, 17/5, 5/7, 6/9, 8/11 9.45am-12.00pm

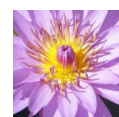
Sunday 9/2, 6/4, 1/6, 10/8, 12/10, 7/12 2.45pm-5.00pm

Cost: \$18 Members \$15 All welcome

### Sunday Buddhist Meditation - 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, 9/3, 13/4, 11/5, 8/6, 13/7, 10/8, 14/9, 12/10, 9/11, 14/12 9am-11.30am | Cost: \$6 Members \$4 All welcome







# Coming Events & Courses

**NOTE: Please book in for courses and events.**

Please phone 8373 3781, or 0439 594 363 or email to [info@sophia.org.au](mailto:info@sophia.org.au).

*(They may not run if there are too few enrolments OR it may cause problems in processing extra people on the day.)*

Payment needs to be made no less than one week before to secure booking (except for regular activities).

If cost is an issue, please talk with Coordinator.

## FEBRUARY

### A Sophia Welcome to 2025 - Maureen O'Connell & Sophia Vogt

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

Tuesday 4/2 6.00pm-8.00pm | Cost: \$5 All welcome

### Summer Haiku Workshop - Fiona Johnston

An afternoon of writing & playing with haiku & other short form poetry. Bring your pen & pencil, your favourite haiku to share and a friend! Afternoon tea included.

Thursday 13/2 2.00pm-4.30pm | Cost: \$10 Members \$8 Women

## MARCH

### Autumn Retreat - Lyn Porter and Margaret Grocke (Canada)

A retreat into our inner landscapes. Tuning in. Moving, connecting to the music & rhythms of our souls. Listening to words of inspiration. Creating cards from images that reflect windows to the soul. No prior Circle Dancing or SoulCollage® experience required. Cost includes materials.

Saturday 1/3 10.00am-3.30pm | Cost: \$50 Members \$40 Women

## APRIL

### Honouring Summer, Embracing Autumn - Elisabeth Kathleen

As each season ends & welcomes in the new one we reflect on & renew a commitment to our own healing, empowerment & the gifts each season bestows to share with the world. Bring lunch, a journal & something related to autumn.

Friday 4/4 10.00am-3.00pm | Cost: \$60 Members \$50 Women

## End of Year Celebration!

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 12/12/24

6.00pm-8.00pm

Cost: \$5

All welcome



## Mary Magdalene Monthly Circle

DATE: SECOND WEDNESDAY OF THE MONTH (START 9TH OCTOBER 2024)

TIME: 7PM-9.30PM

VENUE: THE SOPHIA CENTRE

ADDRESS: 225 CROSS RD, CUMBERLAND PARK

RSVP: SUSAN 0418833304

[HTTPS://EVENTS.HUMANITIX.COM/MARY-MAGDALENE-STORY-CIRCLE](https://events.humanitix.com/mary-magdalene-story-circle)