



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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10am-1pm

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Gathering Together for Justice, Truth & Hope

*“We invite you to walk with us
in a movement of the Australian people
for a better future.”*

(Closing sentence of the Uluru Statement from the Heart)



Message from the Coordinating Team

Dear Sophia Members,

We are almost at the end of another year at Sophia. There have already been several celebratory events to mark this. The combined Core Group and Futures Group dinner was last Wednesday evening, attended by 10. It was a wonderful evening of jovial conversation, honouring of what Sophia means to us, and delicious food and drink.

The following Tuesday there was a thank-you 'Christmas' brunch for the Volunteers who work in the offices, library, gardens and beyond helping in their own way to keep Sophia functioning on a daily basis. 15 of us were in attendance with 9 apologies. We are a significant group of workers achieving so much amongst us all each week!

The Sophia Singers recently performed for the residents of Resthaven at Mitcham, a lovely early Christmas gift. (more later in the newsletter)

Lyn Porter had a magnificent day honouring the Celtic Spirit and Celtic Spirituality recently. Over 40 attended. It was delightful to see so many people filling the entire main room with circles inside circles, dancing their feet off! The visiting leaders were celebrating 20 years of offering their Celtic Confluence around parts of the globe, little old Adelaide included. Lyn and her partner Mike most kindly hosted them for their visit. They also held some workshops at Crafers, but I think their time at Sophia would have been especially rewarding being in our beautiful space. There was much feasting and celebrating, with a 20 year anniversary cake complete with candles highlighting how Adelaide can turn on a brilliant welcome. (more later in the newsletter)

There was recently a Women's Expo in the grounds surrounding the Mitcham library, arranged by the Adelaide Hills branch of Zonta, ("an international organisation of like-minded people committed to equal rights and a life free of violence for all women and girls"). Sophia was invited to have a stall, as were many other organisations. It was a wonderful opportunity to spread the word of what we have to offer at Sophia. The majority of people who came up to our display had not known of our existence. Several members of the Core and Futures Groups helped staff the stall throughout the day. This was most appreciated. Thank you to all who helped share the load!

Sophia also has taken part in promoting "ZONTA Says NO to Violence against Women. 16 Days of Activism Against Gender Based Violence" We had a display and orange ribbons on offer to wear to "raise awareness..., challenge discriminatory attitudes and call for improved laws and services to end violence against women for good".

25 November-10 December.

The anniversary of dear Nadeya Maystrenko's passing has just been commemorated with the planting of a significant Crepe Myrtle tree in her memory. (Jenny informs us that we are now at full capacity for tree planting in the Sophia gardens).

As the holiday season approaches I would like to bring attention to the many in our society having difficulty putting food on the table on a regular basis. Foodbank SA has never seen so many cases needing weekly assistance. For those who can afford to do so, Foodbank SA is desperately asking for monetary donations rather than food donations. They have special discount arrangements with the big supermarkets to purchase food items, making the dollar buying power go so much further! Please consider making a donation in the spirit of Christmas giving.

A safe holiday season to each and everyone!

Best Wishes,
Sophia Vogt & Wendy Jollands
Coordinator & Coordinator Support

The Acorn Program

The Acorn Program is a holistic, multi-disciplinary, evidence-based intervention designed to provide an opportunity for mothers with mental health difficulties to come together in groups and be supported in their relationship with their infant aged from birth to three years.

For anyone who may be interested in becoming involved in Acorn as part of the forthcoming program (August 17 - November 30) or next year. The group takes place from 10-2(ish) on Thursdays at the Unitarian Meeting Hall, Osmond Terrace, Norwood. The group time is from 10.30-12.30, with 30 minutes beforehand and afterwards for set up and pack down. There is an expectation that volunteers stay to de-brief each session as this is quite a formal aspect of our therapeutic service, however there's plenty of flexibility with this. Their website is meb4three.org.au for more info.

Expressions of interest can be emailed to Cathy Brideson:
sophiaesl1@gmail.com

Men's ESL Group

It is hoped that a men's class will be starting so if you know of anyone who could benefit from this, please let them know. If any prospective students are interested, they can contact Sophia.

Instagram

You may have noticed that Sophia now has an Instagram account: [sophia.adelaide.92617](https://www.instagram.com/sophia.adelaide.92617)

If you have any photos of events etc which might be suitable for posting, please send them to:
coordinator@sophia.org.au - thank you!



Sophia News

Friends of the Peace and Sophia Gardens

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!

Volunteer Vacancy: Garden

There are some weekly jobs that need doing around the Sophia garden. These include weeding, watering pot plants, raking paths especially under the Grevillea, cleaning and refilling bird baths. If you are interested, please contact the Sophia office. Thanks!

Thank you from the Sophia Labyrinth

Hi again from me, the labyrinth,
You may remember I was feeling unloved and uncared for and I asked for help. My plea has been answered by some kind soul. Thank you so much, dear anonymous person!
Now I feel nurtured and loved. What more can I ask?!

Celtic Celebration

More than forty of us enjoyed hearing from our visitors, Cindy Kelly & Adrian Pointon as Lyn interviewed them about Circle Dancing in UK & the background to their Celtic Confluence Circle Dance workshops & choreographies. It was also interesting to get some background on the Celts & where they lived & to learn how passionate our visitors are about the Celtic culture. It was a beautiful spring day just right for a garden party to welcome our UK visitors after they shared four of their simple Celtic Workshop dances which we thoroughly enjoyed.



Spirit of Woman

Despite being the 21st century, domestic violence remains a serious issue. The need for urgent action is greater than ever. Spirit of Woman is a charitable organisation passionate about increasing public awareness by establishing public works of art as commemorative spaces for victims and survivors. These spaces offer a place to heal and reflect and a safe space to mourn. Sophia, Maureen and Wendy attended a function at the Town Hall promoting this most worthy endeavour. A sculpture will be installed in a space here .in the gardens.
www.spiritofwoman.com.au



Childcare Volunteers & Tutors

The ESL program is looking for more childcare volunteers for the Wednesday morning classes. They would like to develop a pool of willing helpers so that it is not a weekly commitment for the carers. Please contact Sophia if you are interested in helping. Also if you know of anyone who would like to join our wonderful group as a tutor please tell them how great we are and bring them along! Thank you!

Singers Performance

Thanks so much to the thirteen Singers and Liz for a very successful performance at Resthaven yesterday. From the faces of the residents it is fair to say that they were delighted and even moved, to experience such joyful singing - us and them - after weeks of being in isolation due to Covid!
The Sophia Singers all looked wonderful in green, purple, black and white. We gratefully received a \$100 donation to Sophia and possibly two new members!
Margaret May

Zonta Women's Expo Stall

Sophia had a stall at this recent expo and had lots of interest in our activities from attendees.



Sophia Library



No More Donations, Thank you!

Our storage space is still absolutely full to overflowing and we have nowhere to put any more donations, so please take any unwanted books elsewhere!

Thanks to those who supported the recent Book Sale. We raised about \$335.

There will continue to be a book sale on the small bookshelf in the conference room in 2024.

Recent Additions to the Sophia Library

Sex, Lies & Question Time-Why the successes and struggles of women in Australia's Parliament matter to us all
Kate Ellis 324 ELL

Of Magpies and Kookaburras—Poems
Margaret Samways A821 SAM

The Other Side of the World
Stephanie Bishop A823 BIS

Stolen Focus-Why you can't pay attention
Johann Hari 158 HAR

The Secret Life of Sleep
Kat Duff 612.8 DUF

Antisemitism-Here and Now
Deborah Lipstadt 303.6 LIP

Little Bird of Auschwitz-How my mother escaped death & found our family
Alina and Jaques Peretti 920 PER

Listen-How to find the words for tender conversations
Kathryn Mannix 158.2 MAN

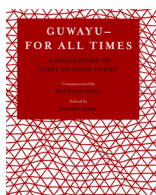
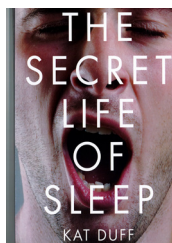
Tell Me Again-A memoir Amy Thang 920 THU

"Guwayu-For All Times"-
A collection of First Nations Poems
Jeanine Leane - editor A821 GUN

At the Foot of the Mountain
Nature & the art of soul healing
Alla Renee Bozarth 155.937 BOZ

Decolonizing Solidarity-
Dilemmas, directions for support of indigenous struggles
Clare Land 305.89 LAN

The Godmothers Monica McInerney (fiction) A823 MCI



Headscarves and Hymens-Why the Middle East needs a sexual revolution
Monica Eltahawy 305.48 ELT

After Story-Larissa Behrendt (fiction) A823 BEH

The Dialectic of Sex-The case for feminist revolution
Shulamith Firestone 305.42

Not Now, Not Ever-Ten years on from the misogyny speech: Julia Gillard 305.42 GIL

We never asked for wings Vanessa Diffenbaugh 810.DIF

Lament Michele Saint-Yves (poetry) A821 SAI

How to End a Story-Diaries 1995-1998 920 GAR

Come As You Are-The surprising new science that will transform you life:
Emily Nagoski 613.96 NAG

The Hunger for Depth and Meaning-
Learning to meditate with John Main 248.34 MAI

This Business of Love and Learning-A memoir
Erica Jolly A920 JOL

Unsheltered Barbara Kingslover (fiction) 810 KIN

Daughters Healing from Family Mobbing-Stories/approaches to recover from shunning, aggression, & family violence
Stephanie A. Sellers Phd 158.2 SEL

A Rose in Winter-A love story
Gwynneth Muir (poetry) A821 MUI

The Testaments
Margaret Atwood (fiction) 819.14 ATW

Trees of Wisdom
Noela Hjorth 759.94 HJO

Lament
Michele Saint-Yves (poetry) A821 SAI

Drop Bear
Evelyn Arleen (poetry) A821.3 ARA

Beyond Belief-The secret gospel of Thomas
Elaine Bagels 229.8 PAG

