

Sophia

PROGRAM 2025



Honouring women's experiences
Nurturing wisdom in all people
Working for justice in our world



Ecumenical Feminist
Spirituality Inc.
www.sophia.org.au



FEBRUARY

A Sophia Welcome to 2025 043

Maureen O'Connell & Sophia Vogt

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

Tues 4/2 6.00pm-8.00pm | Cost: \$5

All welcome

Summer Haiku Workshop 515

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 528

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 507

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

CALENDAR

Death

496

Jenny Wightman

To be human is to be conscious of one's inevitable death. But concepts and emotions about it have varied widely from pre-biblical times to now. Let's look at the stories we have obsessively told ourselves about it.

Saturday 5/4 10.00am-12.00pm

Cost: \$25 Members \$20

Women

Living Playfully

467

Trish Fairley

Let's lighten up, get out of our heads and have more fun and laughter in our lives. Using the InterPlay forms of movement, storytelling, voice and stillness, we will explore how we can live more playfully in a very serious world. BYO lunch.

Friday 10/4 10.00am-3.00pm

Cost: \$60 Members \$50

Women

Book Launch by Lindsay Childs

524

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 13/4 2.00pm-4.00pm. Afternoon tea included.

Cost: Gold coins

All welcome

MAY

Autumn Haiku Workshop

515

Fiona Johnston

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

Thursday 8/5 2.00pm-4.30pm

Cost: \$10 Members \$8

Women

JUNE

Honouring Autumn, Embracing Winter 520

Elisabeth Kathleen

(As for the previous event in April.) Bring a journal & something related to winter. BYO Lunch.

Friday 13/6 10.00am-3.00pm

Cost: \$60 Members \$50

Women

Winter Solstice

499

Lyn Porter

Celebrating the passing of the longest night and the return of the sun with dances of Light, Hope and Peace. No experience necessary, carefully taught. Please wear white or light coloured clothing to symbolically banish fear, ignorance and darkness.

Sunday 22/6 2.15pm to 5.00pm

Cost: \$18 Members \$15

All welcome

JULY

Winter Haiku Workshop

515

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 31/7 2.00pm-4.30pm

Cost: \$10 Members \$8

Women

AUGUST

Afternoon Tea in the Library

465

Gillian Cichowski, Fiona Johnston, Nel Morrison

Come & enjoy a delicious afternoon tea. Be stimulated by our guest writer & bring your favourite book to share.

Saturday 16/8 2.00pm-4.30pm

Cost: \$10 Members \$8

All welcome

SEPTEMBER

Honouring Winter, Embracing Spring

521

Elisabeth Kathleen

As each season ends come, reflect on and renew a commitment to your own healing, empowerment and the gifts each season bestows on us to share with the world. Bring a journal & something related to spring. BYO Lunch.

Friday 5/9 10.00am-3.00pm

Cost: \$60 Members \$50

Women

Open Garden in Nature Festival 2025

The Dominican Peace and Sophia Gardens have been selected to be part of the SA Open Garden Scheme again. All are welcome to explore the tranquil, beautiful gardens and labyrinth. Morning and Afternoon Teas will be available to purchase.

Sunday 28/9 10.00am-4.30pm.

Cost: OGS Members \$8 Non-OGS \$10

All welcome

EVENTS

OCTOBER

Powerful YOU-the wonderful power within 529 **Beata Lidia**

The power of the heart, guiding participants from their thinking rational mind into their powerful heart - the power of the emotional guidance system - the power of the subconscious mind and belief system and the ultimate power of joy!

Friday 17/10 6.00pm-9.00pm

Cost: \$25 Members \$20

All welcome

Spring Haiku Workshop 515

Fiona Johnston

Bring your pen & pencil again, your favourite haiku to share and a friend! Afternoon tea included.

Thursday 23/10 2.00pm-4.30pm

Cost: \$10 Members \$8

Women

NOVEMBER

Honouring Spring, Embracing Summer 522

Elisabeth Kathleen

(As for the previous event in September.) Bring a journal & something related to summer. BYO Lunch.

Friday 28/11 10.00am-3.00pm

Cost: \$60 Members \$50

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 11/12 6.00pm-8.00pm | Cost: \$5

All welcome

About Sophia

We acknowledge that Sophia is on Kurna land to which we have been welcomed by Auntie Cherie Watkins.

People from a wide range of backgrounds participate in the life of Sophia and celebrate diversity and wisdom wherever it is found. Women's experiences especially are honoured according to the vision of the Dominican Sisters who established Sophia in 1991. They hoped that the spiral shaped building with its surrounding gardens would become a sanctuary of learning, sharing and nurturing.

This is reflected in the contribution of many volunteers to the administration of Sophia, which is both managed and staffed by volunteers, together with a part-time administrative assistant.

Sophia receives a small annual subsidy from the Dominican Sisters and small donations from appreciative participants and organisations. With no government support, Sophia relies on hiring, membership and fundraising. So wherever possible, if you can contribute to the ongoing livelihood of Sophia, this will always be appreciated!

Sophia Ecumenical Feminist Spirituality Inc:

- **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'.

RESOURCES

Sophia Library

The Sophia Library is a public feminist library of around 3000 items, including books, DVDs and CDs. Subject areas include feminist theology, spiritual life, meditation & ritual, contemporary social issues, women's health, psychology and world religions. We also have fiction, art books, poetry and biography with a growing focus on Indigenous writing. Annual membership is open to the general public, Full \$20, Conc \$15, and to current financial members of Sophia. Browse the Library Catalogue online. All welcome.



Hiring

Sophia may be hired for purposes in harmony with our values at times when the program schedule permits. It is hired extensively for workshops, seminars, meetings, meditation and yoga. Sophia is situated in native bush & gardens flanked by a grand old Moreton Bay Fig tree. There is a labyrinth marked by stones in the grounds. The gently curved building reflects a spirit of peace, beauty and harmony. Overlooking the garden, Sophia has a beautiful spacious conference room which is suitable for 80-90 people, theatre style and 60 people workshop style. It is equipped with audiovisual facilities. There is an adjoining kitchen, heating and cooling, disability access and off street parking.

Hirers need to phone or visit to discuss suitability. Sophia is NOT available for weddings, birthdays or funerals.

Fees inclusive of GST:

\$270 full day,

\$180 half day,

\$100 2 hour block



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

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 (6-13 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

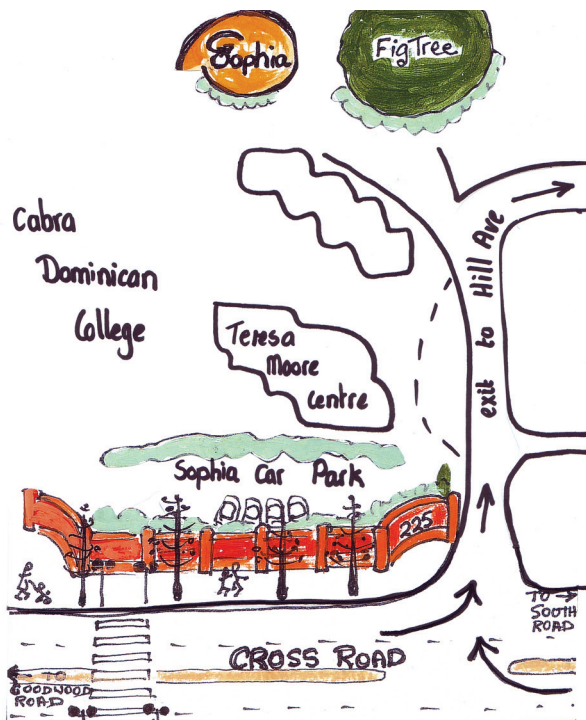
Payment must be made no less than one week before to secure booking (except for regular activities). If cost is an issue, please talk to the Coordinator.



www.sophia.org.au

Facebook: [SophiaIncAdelaide](https://www.facebook.com/SophiaIncAdelaide)

Instagram: [sophia.adelaide.92617](https://www.instagram.com/sophia.adelaide.92617)



Map artwork by Bronwyn Roodenrys



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 Email: info@sophia.org.au
 coordinator@sophia.org.au
 www.sophia.org.au



Office Hours

Tuesday-Thursday 10.00am-2.45pm
 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)



Black Cat Printing & Stationery
 197 Main Road, Blackwood SA 5051

SOPHIA MEMBERSHIP

Sophia Ecumenical Feminist Spirituality Inc.
Tax Invoice ABN 82 464 856 272

Contact Details:

Name:

Address:

Postcode:

Phone:

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

TUESDAYS

Mindfulness Practice

423

Barb Hancock

A monthly group to practice Mindfulness Meditation - a guided meditation focusing on the breath; time to explore the natural beauty of the garden & a guided Body Scan practice.

No experience necessary.

Tuesday 4/2, 4/3, 1/4, 6/5, 3/6, 1/7, 2/9, 7/10, 4/11, 2/12

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.

Tuesday starts 11/2 4.00pm-6.00pm

Cost: \$12 Members \$10

Women

Friends of the Peace & Sophia Gardens 520

Jenny Wightman, Nel Morrison

We invite you to join our enthusiastic group of volunteers for a Working Bee on 2nd Tuesdays to help maintain the beautiful gardens in preparation for the SA Open Gardens Scheme event in September. Delicious morning tea provided. No garden experience necessary.

Tuesday starts 11/2 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 11/2, 8/4, 10/6, 12/8, 14/10 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 published or a formidable wordsmith to join this group who meet to explore their experience of life through writing. Anyone with an interest in writing is most welcome!

Tues 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

Women

REGUL

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, 18/3, 15/4, 20/5, 17/6, 15/7, 19/8, 16/9, 21/10, 18/11
1.30pm-3.30pm

Cost: \$18 Members \$15

Women

Hula Hooping For Joy

532

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.*

Tuesday 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 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 25/3, 27/5, 22/7, 23/9, 9/12

1.00pm-3.00pm | No cost

All welcome

The Personal is Political:

Playing our part for a better future.

531

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

A R A C T I V

WEDNESDAYS

English as a Second Language **187**

These classes provide English tuition and practical life skills in a supportive environment for migrant women not able to access alternative classes. Weekly during school terms.

Wednesday starts 12/2 10.00am-12.30pm

No cost

Women

Circle Dancing with Marisa **263**

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 **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 5/2, 3.30pm-4.00pm

Cost: Gold coins

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 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: \$15 Members \$12

All welcome

Mary Magdalene Circle **530**

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, 9/7, 13/8, 10/9 7.00pm-9.30pm

Cost: \$25 Members \$15

Women

THURSDAYS No Regular Activities

VITIE S

FRIDAYS

Serendipity Sessions

504

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

007

Judith Haines

This is a supportive group of women 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, 12/4, 14/6, 9/8, 11/10, 13/12 2.00pm-4.00pm

Cost: \$5 Members \$3

Women

Saturday & 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!

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

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, 9/3, 13/4, 11/5, 8/6, 13/7, 10/8, 14/9, 12/10,
9/11, 14/12 9.00am-11.30am

Cost: \$6 Members \$4

All welcome

**Sophia Annual General Meeting
Tuesday 24 June 12.30pm**

CONSULTANCY

Several therapists use the Sophia space for consultancy: Enquiries for appointments can be passed on through the Sophia Office.

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)

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