



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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March 2025



“The garden always made Mog very excited. She smelled all the smells. She chased the birds. She climbed the trees. She ran round and round with a big fluffed up tail.”

Judith Kerr “Mog the Forgetful Cat”



Message from the Coordinating Team

Dear Friends

Welcome to another year at Sophia! We have begun this year with a burst of extreme hot weather. Despite this, the Sophia and Dominican Peace Gardens are looking spectacular and well cared for thanks to our weekly and monthly gardeners. Thank you for all the hard work you do. It surely is a labour of love. I heard on the news recently that we are experiencing the driest summer for 33 years! I read in my local paper many dams in the Adelaide Hills are dry and there is at least a three week wait to get water delivered as all the water tankers are totally booked out.

The Teresa Moore Drive and our car park have been repaired and all the pot holes are gone. No more trip hazards! Line marking has been done also. as you would have seen. Please adhere to the 10km speed limit as there are elderly pedestrians using these areas. Thank you to Amelie Housing for arranging all this.

Our opening gathering was a lovely gentle event with the highlight being the unveiling of the 'Place of Courage' statue in the spiral garden. She is very securely in situ thanks to Mark Auld, the Dominican handyman, and Jack of many trades. Any attempts to try and steal this one will be in vain, as she is firmly cemented in!



Our English classes have resumed for the year with some new attendees. The array of nationalities represented are: Afghanistan, Bhutan, Burundi, China, Ecuador, Iran, Liberia, Sierra Leone, Singapore, Syria and Ukraine. What an incredible variety of countries. New tutors are being sought, so if you are interested, or know of someone who may be, please contact us and we will direct you to Kaye Wellington, the ESL Coordinator.

Best Wishes

Sophia Vogt & Wendy Jollands
Coordinator & Coordinator Support

PLEASE NOTE:

The new Sophia website will be live in a few days! Thanks to Wendy Jollands & Jasmine Van Der Byl.
www.sophia.org.au



The End of Year Volunteers' Brunch was held at Sublime Cafe.



Sophia News

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.

Upcoming 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

Open Gardens SA: Exciting News!

The Dominican Peace and the Sophia Garden have been selected to be showcased in the 2025 Spring Open Gardens SA season, to be held on Sunday 28th September! As many people have commented, the gardens are looking spectacular, thanks to the hard work of many people throughout the years. Regular monthly garden working bees have been taking place over the past three years and, more recently, the benches have been painted, with the support of a \$500 grant from Mitcham Council.

We would love the Sophia community to support this venture both on the day and over the next few months. Here's some ideas to inspire you!

- Save the date right now in your diary!
- Pot plants and make jams, pickles etc for the Plant and Produce Stall.
- Make beautiful craft and art pieces with a garden theme for sale on the Art/Craft Stall.
- Offer to be on the Morning/Afternoon Tea Roster and/or make biscuits.
- Offer to be on the gate welcoming people.
- Offer to be a roving helper.
- Offer to be on any of the stalls for bursts of time.

For other suggestions or enquiries as to how you can become involved, contact:

Trish Fairley on 0418 849 636 or
Nel Morrison on 0438 837 369.





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!*

Soil- The incredible story of what keeps the earth and us healthy
Matthew Evans 635 EVA

Spiritual Activism-Leadership as service:
Alastair McIntosh and Matt Carmichael 303.4 MCI

Gigi and the Cat Colette 843 COL (fiction)

Tell No One-The son of a priest and a nun uncovers long buried secrets:
Brendan Watkins 205 WAT

The Burnished Sun Miranda Riwoe A823 RIW

Art and Lies Jeanette Winterson (fiction) 823 WIN

The Path of Centering Prayer-Deepening your experience of God
David Frenette 2489.3 FRE

A Guide to the I CHING Carol K. Anthony 299.51 ANT

An Introduction to Painting in Watercolour Hazel Harrison 750 HAR

The Power of Personal Storytelling-Spinning tales to connect with others
Jack Maguire 302.34 MAG

Delta of Venus-Erotica, Little Birds-Erotica Anais Nin (fiction) 813.54 NIN

Exiles at Home-Australian women writers 1925-1945 Druscilla Modjeska A823.209 MOD

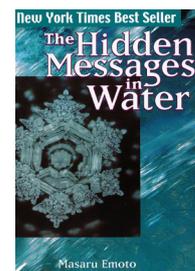
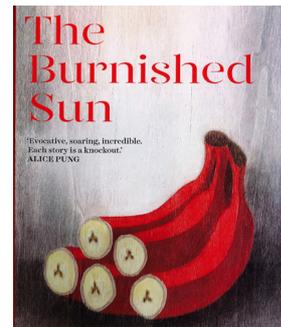
The Enneagram of Passions and Virtues-Finding the way home Sandra Maitri 202.2 MAI

The Hidden Messages in Water Masaru Emoto, translated by David A. Thyne 613 EMO

Why People Don't Heal and How They Can-A practical programme for healing body, mind and spirit
Carolyn Myss 610.1 MYS

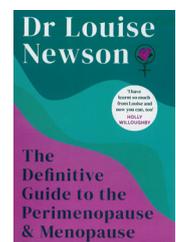
Modern Guide to Energy Clearing Barbara Moore 131 MOO

The Definitive Guide to Perimenopause and Menopause Dr Louise Newton 618 NEW



WHY PEOPLE
DON'T HEAL
AND HOW
THEY CAN

A PRACTICAL PROGRAMME
for HEALING
BODY, MIND and SPIRIT
CAROLINE
MYSS, PH.D.
TESTING AUTHORITY OF
Anatomy of the Spirit





Sophia Library

More Reading Ideas: “A book is like a garden carried in the pocket” (Chinese Proverb)!

The Madonna Secret-A novel Sophie Strand (fiction) 813 STR

Nangamay-dream, Mana-gather, Djurati-grow-First Nations Australia LGBTQIA & Poetry
edited by Alison Whittaker and Steven Lindsay A821 WHI

Love Objects Emily Macguire A823 MAG

We are the Ones we have been waiting for-Inner light in a time of darkness-meditations
Alice Walker 811.54 WAL

Healing with Sound-Self techniques using music and your voice
Olivia Dewhurst-Maddock 362.2 DEW

Beyond the Self-Teachings on the Middle Way Thich Nhat Hanh 294.39 HAN

The Eloquence of Silence-Surprising Wisdom in Tales of Emptiness
Thomas Moore 158.1 MOO

bright shining-how grace changes everything
Julia Baird 233 BAI

everyday enlightenment-how to be a spiritual warrior at the kitchen sink
Yeshe Chodron 294.34 CHO

Still Pictures-On photography and memory Jane Malcolm 920 MAL

Eleven Letters to You Helen Elliot 920 ELI

The Circle Dance of Time John S. Dunne 248.4 DUN

Seize the Fire-Three speeches Richard Flanagan 302 FLA

Saints for All Occasions Courtney Sullivan 823 SUL

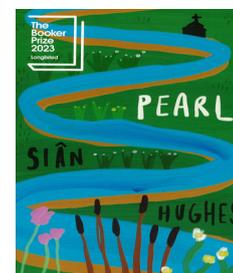
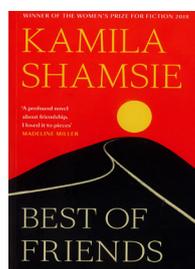
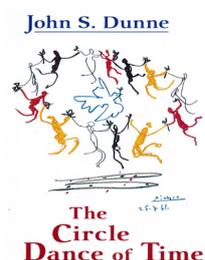
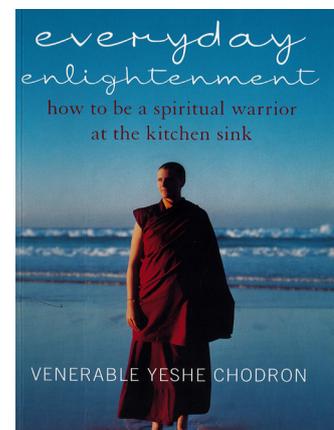
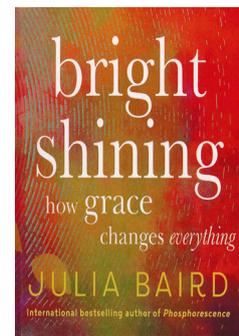
Walking to the Saints-A little pilgrimage in France Anne McPherson 263.04 MCP

Pearl Sian Hughes (fiction) 823 HUG

Best of Friends Kamila Shamsie (fiction) 823 SHA

Feminism for the 99 Percent-A manifesto Cinzia Arruzza, Tithi Bhattacharyu & Nancy Fraser 305.42 ARR

The Essential Handbook of Women's Spirituality and Ritual Barbara G. Walker 291.3 WAL





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 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 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 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 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 18/3, 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.

Tuesday 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.*

Tuesday 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 25/3, 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 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 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 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 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 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 21/3, 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 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 17/5, 5/7, 6/9, 8/11 9.45am-12.00pm

Sunday 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 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.

(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.

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

Death - 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 - Trish Fairley *(Note this is on a Thursday, not Friday as in Program)*

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.

Thursday 10/4 10.00am-3.00pm | Cost: \$60 Members \$50 Women

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 13/4 2.00pm-4.00pm. Afternoon tea included. | Cost: Gold coins All welcome

MAY

Autumn Haiku - Workshop - 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 - 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 a journal & something related to winter. BYO Lunch.

Friday 13/6 10.00am-3.00pm | Cost: \$60 Members \$50 Women