



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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**“Everything that slows us down and
forces patience, everything that sets
us back into the slow circles of
nature, is a help.
Gardening is an instrument of grace.”**

May Sarton



Message from the Coordinating Team

Dear Friends,

Winter has arrived and at long last some substantial rain over parts of our drought stricken, parched state. Already the Hills are resplendent with green fields and paddocks and I have noticed many dams are almost full as I drive to and from Mount Barker down to the plain.

Our program events and activities are being well attended. 'Hula Hooping for Joy' has a keen and devoted little following turning up each month. Thank you Jo Armour for bringing your expertise to this new offering. 'The Personal is Political' has also attracted some newer participants to Sophia. Thank you Kaye Mehta for adding this to our Program.

You may have noticed a tall wooden pole in the garden near the front entrance. It has kindly been donated by Adelaide Rotary. It is a Peace Pole, one of over 300,000 situated around the world. It states in English, Braille, Kaurna, Ukrainian & Arabic "May Peace Prevail on Earth". There is an inscription on one side giving an explanation as to how this project came to fruition. Well worth a read!

Thank you to Maureen, Angela, Bernadette and others who were involved in obtaining this for the Sophia garden.



You may have, or not, have noticed the large rustic wooden bench that was under the Moreton Bay Fig tree is no longer there. Rest assured (pardon the pun) it has not gone entirely, but just relocated to a different spot in the grounds, under the Casuarina tree, near the labyrinth, where more people are likely to sit and have a gentle rest and reflection. Well done gardeners for moving such a sturdy item!



Jo Cookes has finished volunteering with her work on finances for Sophia. Thank you Jo; we appreciate everything you have done and wish you well on your future endeavours.

Best Wishes

Sophia Vogt & Wendy Jollands,
Coordinator & Coordinator Support

More Donations Needed for the Sophia Library Book Sales

The Sophia Library is now in need of donations of books suitable for our regular Book Sales. This is our main fundraising effort and we will be happy to take any books that can be resold!

Thank you!



Sophia News

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. Lindsay's book was launched at Sophia in April.



Authors' Display

Two Sophia members, Dinali and Maryanne had their work displayed at venues on Goodwood Road, at Goodwood Library and the Community Corner table at Bendigo Bank earlier in the year.



New Volunteer Needed

Jo Cookes is resigning to concentrate on full time study so Sophia is in need of a new finance helper. If you, or someone you know, is interested and would like more information, please contact the office. Thank you.



ESL Activities

This is Ambika and Ann-Maree. They have worked on creating Ambika's family tree last term.

Belgian Chocolates available again - Yummy!!!

Come in and try these exquisite hand made treats that now also come in delightful boxes for gifts! From \$5 - \$8.

Be quick as they disappear fast!



Open Garden on Sunday 28th September

We would dearly like the whole community to be involved in this exciting day. There will be a craft stall and a plant stall and it will be very much appreciated if you could contribute in any way to these. We are thinking of potting up plants, making jams, chutney, plant seeds and crafting products maybe made with flower materials or anything garden related such as bags, pot-pourri items etc.

Could you please give us some indication if you would like to contribute so we will get an idea what to expect. Please email the office on info@sophia.org.au

Thank you all in advance!



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.

More Donations for the Sophia Library, please!!

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 to the Library, please keep in mind that Sophia is feminist, honours women's experiences, nurtures wisdom and works for justice in our world. However, we are happy to receive any books to sell at our Book Sales as that is our main fundraising effort. Thank you!

Recent additions to the Sophia Library: *Come in and borrow!*

The Myths of Motherhood- How culture reinvents the good mother
Shari L. Thurer 306.87 THU

Beyond Calamity: A South Sudanese refugee's story
Esther Simbi 920 SIM

Tarot Talks to the Woman Within: Teach yourself to rely on her support
Cassandra Eason 133.3 EAS

Courageous Spirit - Voices from women in ministry
Pamela C. Hawkins, Susan W.N. Roach, Marion Jackson 248.4 VOI

Dying to Know - Bringing death to life
Andrew Anastasis 306.9 ANA

Chasing Slow - Courage to journey off the the beaten path
Erin Lechner 158 LOE

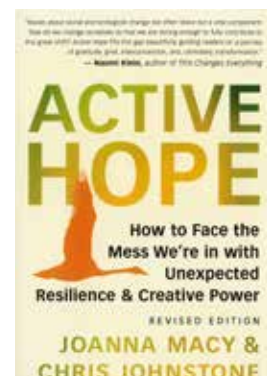
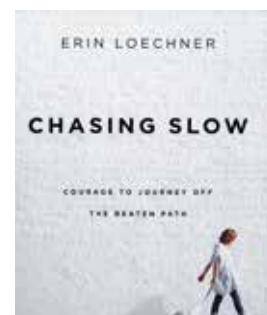
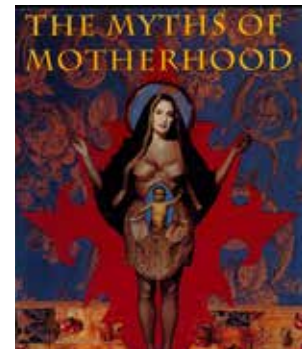
Birthing the Holy-Wisdom from Mary to nurture creativity and renewal
Christine Valters Painter 232.91 VAL

Your Name is not Anxious-A very personal guide to putting anxiety in it's place
Stephanie Dowrick 158.2 DOW

The Annotated Classic Fairy Tales
Edited by Mona Tatar (fiction) 398.2 TAT

The King's Daughter: Hildegard of Bingen, a medieval romance
Mary O'Connell (fiction) A823.4 OCO

Active Hope
Joanna Macy and Chris Johnstone 303.4 MAC





Sophia Library

More books to borrow!

gawimarra gathering
Jeanine Lenne (poetry) A821 LEA

The Rocks Remain-Black poetry and story
Karen Wyld and Dominic Guerra (editors) A 821 WYL

How to make a Basket
Jazz Money (poetry) A821 MON

Under the Same Moon-Fourth Australian Haiku Anthology
Editors Lyn Reeves, Vanessa Procter, Rob Scott A821.3 REE

That Grass Book-Identifying grasses in Southern Australia
Ellen Bennett 635.9 BEN

In the Beginning-The story of the King James Bible
Alister McGrath 220 MCG

The Hambridge Sisters
Nancy Gemmell OAM 704.04 GEM

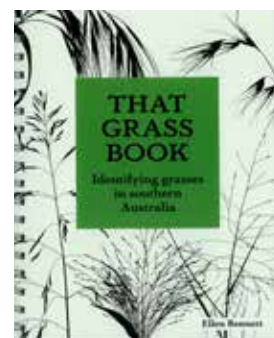
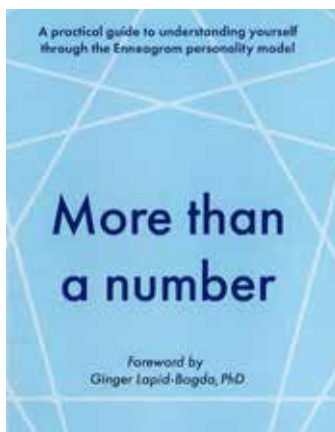
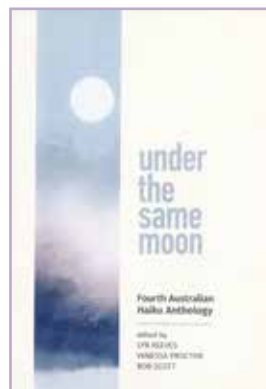
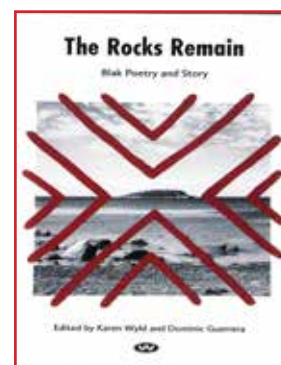
The 7 Deadly Sins of White Christian Nationalism-A call to action
Carter Hayward 261.835 HEY

More than a number-A practical guide to understanding yourself through the Enneagram personality model
Martin Quigley 155.2 QUI

Self-Compassion Kristen Neff 158.1 NEF

The White Girl Tony Birch (fiction) A823 BIR

Eleanor Oliphant is Completely Fine
Gail Honeyman 823.92 OLI



***New Library Email Address: library@sophia.org.au

If you have an enquiry or if you would like to send in a book review, please contact us.



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 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 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 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 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 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 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 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 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 11/6, 9/7, 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 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 14/6, 9/8, 11/10, 13/12 2.00pm-4.00pm | Cost: \$5 Members \$3 Women

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 5/7, 6/9, 8/11 9.45am-12.00pm

Sunday 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 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.

JUNE

Honouring Autumn, Embracing Winter - 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 winter. BYO Lunch.

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

Winter Solstice - 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 - 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 - 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 - 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

Donation Reminder

There will be a fundraising stall with garden related art/craft/produce if you would like to start making something to donate!

