



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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September 2025



Photo taken by Jasmine Van Der Byl in the gardens at Sophia

**“Nyasha kept a small plot of land, on
which she grew millet, sunflowers, yams
and vegetables. She always sang as
she worked and some said it was
her singing that made her crops more
beautiful than anyone else’s.”**

John Steptoe: “Mufaros’ Beautiful Daughters”



Message from the Coordinating Team

Dear Friends

We are almost at the end of a cold and, luckily, wet winter. The rain we have seen over the past few months has indeed been extremely welcome after such a long drawn out period of drought. Unfortunately, there are still lots of areas in our state that have not been as fortunate as we on the plains or Adelaide Hills have been in receiving this most welcome precipitation! It is such a delight to see overflowing dams and lush green lawns and paddocks. The Sophia and Dominican Peace Gardens have had some good soakings and our dedicated gardeners are seeing spectacular results. The upcoming SA Open Garden will no doubt be a spectacular success!

We had a well attended Volunteer and Facilitator morning tea in late June. Everyone introduced themselves and said what they did, and spoke about their connection to Sophia. It was a lovely occasion for everyone to meet as many are like 'ships in the night', coming on different days and times.

This gathering was followed by our Annual General Meeting, which many stayed on for. Our audited financial position was tabled. Sophia Inc is in a sound financial position, brought about by membership subscriptions, program events income, sale of fundraising items, the hiring out of our beautiful space to like minded people, and a subsidy from the Dominican Sisters. It was also acknowledged at the AGM, the amazing amount of volunteer hours contributed by so many that help to keep Sophia functioning so well. Thank you everyone!

This is my 20th year of coordinating Sophia Inc. There have been various configurations of Coordinating Team members over the years, the most recent being myself and Wendy Jollands, whose support I value greatly, along with Marian Gray, my assistant, and Penny Cahalan our front office assistant. I will be taking some long service leave, in three portions. During the last two weeks of September, I will be going on a fully guided tour through southern Vietnam, then travelling through Cambodia. This is quite 'out of my comfort zone' so to speak, but sounds really exotic and something totally different to anything I have ever experienced before! I will take another two weeks later this year, to visit my dear sister Metty who lives in Swan Hill, Victoria, as well as a trip to Japan, that is in the planning for next year, with my sister, who was actually born in Japan in October, 1950.

Enjoy the heralding spring everyone as renewal and rebirth abounds aplenty!

Best Wishes

Sophia Vogt & Wendy Jollands (Coordinator & Coordinator Support)

*****PLEASE NOTE: Before leaving any secondhand goods at Sophia, please speak with the Coordinator or Office personnel.**



Sophia News

Donation from Sophia Inc.

“On behalf of Women’s Community Shelters, thank you for your generous gift of \$1,000. Your support will help women and children escaping homelessness, domestic and family violence. Every woman and child has the right to a safe and secure home. The trauma of homelessness can impact every element of their life – their health, their education, their relationships, their sense of self – and their future prospects. We invite you to walk beside and support the women and children in our shelters. You won’t be just changing lives – you will be saving lives.”

Annabelle Daniel OAM, CEO Women’s Community Shelters

ESL News

ESL is again in need of more tutors. If you are interested, please contact the office. The program no longer offers childcare and so the toys they used are being given away. If you would like to look at them, please also contact the office.

Volunteer Award to Sophia Vogt

Our dedicated Coordinator, Sophia Vogt, was recently awarded a Boothby Volunteer Service Award, presented by Louise Miller-Frost, Federal Member for Boothby. The Award Ceremony was held at Club Marion on Thursday evening, July 3rd & was attended by other Award recipients, their families & friends. Sophia had been nominated for the Award by Dominican Sisters, Angela Moloney & Maureen O’Connell, in recognition of Sophia’s inspiring & committed service as a SOPHIA Volunteer for almost 30 years - 20 of those years as our committed SOPHIA Coordinator. When Sophia first came to SOPHIA in the 90’s, she had been grieving the profound loss of her dear husband, Bill. Over the years, the words: Commitment, Dedication, Loyalty, Faithfulness, Welcome, Support, Hospitality, and Generosity come to mind, in thinking of Sophia’s many years of generous, dedicated volunteering. It is with joy, warmest appreciation & gratitude that we join together to congratulate Sophia, our inspiring SOPHIA Coordinator & recipient of the 2025 Boothby Volunteer Service Award!

Maureen O’Connell OP





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!*

library@sophia.org.au

*If you would like information regarding the Sophia Library catalogue, please email and a Library volunteer will reply as soon as possible.

Griffith Review-Leaps of faith

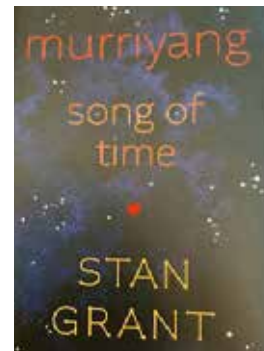
Carody Oliver (editor) 100 OLI

Being Mortal-Illness, medicine and what matters in the end

Atul Gawande 616 GAW

murriyang-song of time

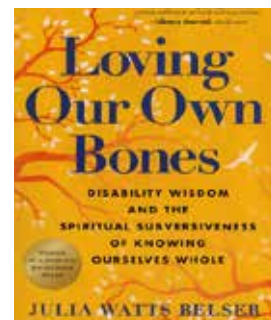
Stan Grant 920 GRA



Loving Our Own Bones-

Disability wisdom and the spiritual subversiveness of knowing ourselves whole

Julia Watts Belser 261.8324 WAT



Ten Myths About Israel

ILan Pappé 956.94 PAP

Dirrayawadha

Anita Heiss (fiction) A823.4 HEI

No God but God-The origins, evolution and future of Islam

Rezu Aslan 297 ASL

Letters to a Young Poet-A new translation and commentary

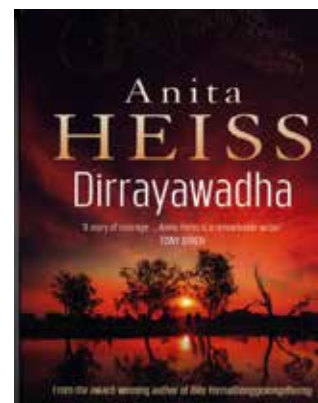
Rainer Maria Rilke 831.91 RIL

'Julia'-Women's Liberation-Inside the movement

Julia Ryan 305.42 RYA

She Flies On - A white Christian debutante wakes up

Carter Hayward 230.30 HEY





Sophia Library

Long Covid-Expert advice from diagnosis to treatment and recovery
Robert Steven Faux 616 FAU

More Than a Womb-Childfree women in the Hebrew Bible
Lisa Wilson 221.WIL

*Laudate Deum-
Apostolic Exhortation to all people of good will on the climate crisis-
with selections from the Laudato Si*
Pope Francis 262.91 FRA

The Godless Gospel-Was Jesus a great moral teacher
Julian Baggini 232.9 BAG

On Writers and Writing
Margaret Atwood 808 ATW

Building Resilience-When there's no going back to the way things were
Alice Updike Scannell 158 UPD

Advice for Future Corpses-A practical perspective on death and dying
Sallie Tisdale 155 937 TIS

*The Elements of Marie Curie-
How the glow of radio lit a path for women in science*
Dava Sobel 920 SOB

Unveiling the Peace Pole

On Sunday 10th August, the peace pole near the front entrance was officially unveiled to acknowledge the tragedies of Hiroshima and Nagasaki. Photos above.



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!



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 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 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 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 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 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 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 26/8, 23/9, 28/10, 25/11 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 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 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 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 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 6/9, 8/11 9.45am-12.00pm

Sunday 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 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.

SEPTEMBER

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

OCTOBER

Powerful YOU-the wonderful power within - 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 - 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 - 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 summer: BYO Lunch.

Friday 28/11 10.00am-3.00pm | Cost: \$60 Members \$50 Women

DECEMBER

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 11/12 6.00pm-8.00pm

Cost: \$5 All welcome

