



Circulating

An experience

A place

A symbol

A sign

Honouring women's experiences

Nurturing wisdom in all people

Working for justice in our world

Sophia 225 Cross Rd
Cumberland Park
South Australia 5041
Entry via Gate 3

Office: 12pm-3pm 2026
Tuesday-Thursday

Phone: (08) 8373 3781
Mobile: 0439 594 363
Email: info@sophia.org.au
Website: www.sophia.org.au
Facebook: SophiaIncAdelaide
Instagram: [sophia.adelaide.92617](https://www.instagram.com/sophia.adelaide.92617)

Coordinating Team:
Coordinator:
Sophia Vogt
Coordinator Support:
Wendy Jollands

Circulating Newsletter:
Editors: Coordinating Team
Layout: Marian Gray
Email: newsletter@sophia.org.au

December 2025



*"I own a solace shut within my heart,
A garden full of many a quaint delight
And warm with drowsy, popped sunshine; bright
Flaming with lilies...."*

*Amy Lowell
(1874-1925)*



Message from the Coordinating Team

Dear Friends

We are fast approaching the end of the year. Our final event will be a celebration on Thursday, 11 December at 6.00pm, featuring some items of entertainment followed by BYO shared finger food and drinks and connecting. Please join us to bring our Sophia year to a fitting end! I wish you all a peaceful, restful break and lovely times spent with friends and family, and in Nature, ready to return refreshed in February to partake of what we have on offer!

Marian has been working hard on getting our Program 2026 ready to send off to the printer. Please note there are some small changes to some of the costs next year. Most of the old favourites are returning plus a surprise new addition.

We hope to see Penny return sometime in the new year when she feels strong enough and in need of some mental challenge. We have missed her greatly over these past weeks. Thank you to everyone who has pitched in to help out during Penny's absence.

On my recent long service trip to VietNam and Cambodia I was fortunate to be taken to a magnificent temple called Cao Dai. I was overwhelmed to see a beautiful painting on the inner most wall that depicted all of the five major religions/faiths which was so much like Sophia, in that it was ecumenical and honouring of so much. If you have the chance I suggest you look it up online as the whole temple is exquisite, a real feast for the eyes. Blessed be!

Best Wishes

Sophia Vogt & Wendy Jollands, Coordinator & Coordinator Support

Sophia Indigenous Scholarship Fund at Flinders University

Growing out of the then Reconciliation Group, in 1999 Jenny Wightman initiated establishing the Sophia Indigenous Scholarship Fund at Flinders University. The annual scholarship supports Aboriginal and Torres Strait Islander students to access resources needed to achieve their degree, as Iris Kartinyeri says, in thanking the group, "it has pushed me to keep aiming to achieve this degree at my highest ability."

Jenny has done a wonderful job over the last 26 years and I'm honoured to now be taking over her role in seeking and maintaining records of donations to the fund. Currently we have 24 donors who give an average of \$100 per year. It's tax-deductible too! I'd love to see that number increased so we can make even more of an impact at Flinders Uni. If you'd like to join the group of donors or want to know more I'd be delighted to hear from you. I'll be contacting the regular donors in February 2026. patriciafairley@icloud.com

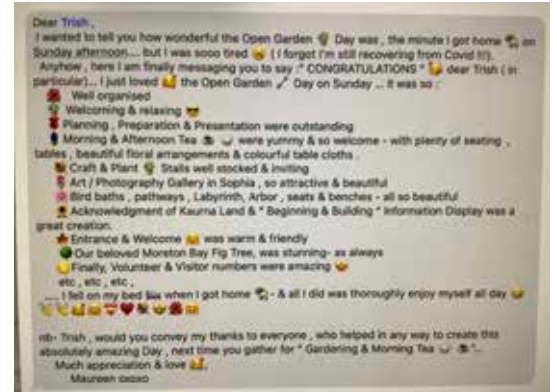
Trish Fairley



Sophia News

Open Garden in Nature Festival 2025

What a triumph! So many people raving about it! Inundated with congratulatory messages, including from the Open Garden people saying 'superb'! Thank you to all the hard working gardeners and all the volunteers who helped in the kitchen, on the stalls outside and everywhere else! Sophia made a total of \$6349.



Friends of the Peace & Sophia Gardens

More volunteers are needed on 2nd Tuesdays to help with the garden, 9.30am-12.00noon
Delicious morning tea provided!

Donation

Thanks to Alan Spence, brother to the late Maree Spence, who loves the Sophia gardens, as did Maree, and recently made a donation of \$75 towards their upkeep.
Thank you!





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!

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

Fear Thich Nhat Hahn 294.33 HAN

The Grace in Aging-Awaken as you grow older Kathleen Dowling Singh 155.67 DOW

Adapting to a World of Hearing Loss, Tinnitus and Noise: Lindsay Childs 616 CHI

Sabbath-The hidden heartbeat of our lives: Nicola See 158 SLE

Dancers on the Sea-Stories from Atauro Island Timor-Leste: Gabrielle Samson ? SAM

The Sun Walks Down: Fiona McFarlane (fiction) A823 MCF

From the River to the Sea
Reem Borrows 320 BOR

Unsettled
Kate Grenville 920 GRE

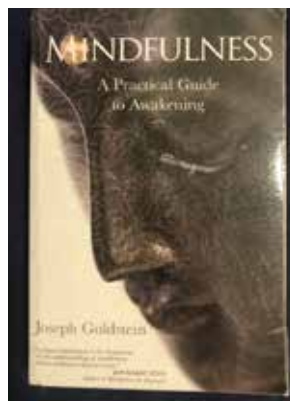
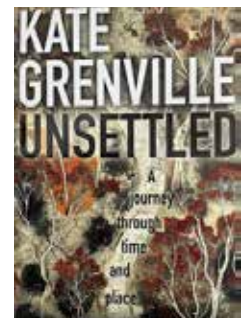
Songs from the Kitchen Table
Archie Roach & Ruby Hunter 305.8 ROA

Living Attributes Vols 1-3:
My Story My Soul; Light Leadership;
The Living Goddess Code
Elizabeth Ellames 158 ELL

Mindfulness. A Practical Guide to Awakening
Joseph Goldstein 294.3 GOL

I am Malala
Malala Yousafzai 370.8 YOU

Nature Moves
Elizabeth Cameron Dalmon 793.3 CAM





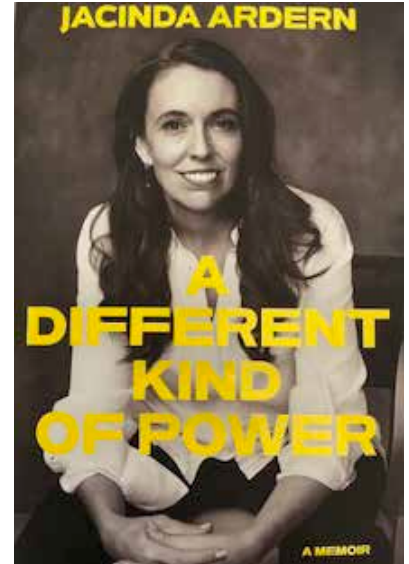
Sophia Library

A Different Kind of Power
Jacinta Arden 993.04 ARD

The Illustrated Book of Japanese Haiku
Compiled and translated by William Scott Wilson 895.61 WIL

Japanese Death Poems
Compiled by Yoel Hoffman 895.61 HOF

Studio Number 162-2024: Paul Grover (editor) A812 STU



Spring Haiku Workshop

At the final of the four seasonal workshops with Fiona Johnston we heard about another short form of Japanese poetry called 'tanka'. Maeve Archibald explained the main features and three of the tanka we wrote is below, as well as some haiku.

Birdsong wafts in
Breaking the stillness
Traffic sounds left behind
A secret garden
No-one knows about
Nel Morrison

In our grief
we can't find the path
we took yesterday
forgot to scatter
breadcrumbs
Fiona Johnston

Fiona's cake
Same as always
Moist and flavourful
Appreciation
Flows abundantly
Roseanne DeBats

Twisted tree
Feels the wind move its leaves
A conversation
Rosanne

Fig tree over lights
Over sees over stands
As I sit under
Rosanne





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 3/2, 3/3, 7/4, 5/5, 2/6, 7/7, 4/8, 1/9, 6/10, 3/11, 1/12 9.30am-11.00 | Cost: \$10 Members \$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! **Cost now payable per term at first session, \$120, Members \$100.**

Tuesday starts 10/2 4.00pm-6.00pm Weekly during school terms 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. More helpers needed!

Tuesday starts 10/2 9.30am-12.00pm All welcome

Feminist Reflections on Our World

Bring your thoughts to share with other women over coffee. Stimulating conversation and discussion is always had!

Tuesday 24/2, 28/4, 23/6, 25/8, 27/10 11.00am-12.30pm | Cost: \$7 Members \$5 Women

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 17/2, 17/3, 21/4, 19/5, 16/6, 21/7, 18/8, 15/9, 20/10, 17/11 10.30am-12.30pm | Cost: \$5 Members \$3 Women

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 17/2, 17/3, 21/4, 19/5, 16/6, 21/7, 18/8, 15/9, 20/10, 17/11 1.30pm-3.30pm | Cost: \$18 Members \$15 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.*

Tuesday 3/2, 3/3, (4month break) 4/8, 1/9, 6/10, 3/11, 1/12 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.

Tuesday 24/3, 26/5, 28/7, 22/9, 8/12 1.00pm-3.00pm | No cost All welcome (Carers and friends welcome too!)

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.

Tuesday 24/2, 24/3, 28/4, 26/5, 23/6, 28/7, 25/8, 22/9, 27/10, 24/11 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 starts 11/2 10.00am-12.30pm Weekly during school terms | No cost Women

Circle Dancing with Marisa - Marisa Ala Dea

Experience joyful, gentle movement to music that engages the heart & uplifts the spirit. Easy to learn steps & sequences, flowing rhythms & graceful gestures combine to create an activity suitable for beginners & beyond.

1st, 2nd & 3rd Wednesday of each month, *including school holidays.*

Wednesday starts 4/2 1.30pm-3.00pm | Cost: \$18 Members \$15 Women



Regular Activities

Blessing Circle - Marisa Ala Dea

To offer a blessing is an intentional act, an invocation for unconditional & unrestricted good. In this Blessing Circle, with meaningful ritual & mindful expression, we aim to generate beneficial blessing energy for the upliftment & wellbeing of all.

4th Wednesdays of each month, February to November

Wednesday starts 25/2, 1:00pm to 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 starts 4/2 3.30pm-4.00pm | Cost: Gold coins All welcome.

The Enneagram - Penny Cahalan

Join Penny on a journey to explore your inner emotional landscape and look in greater depth at how type influences our way of being.

Wednesday 11/2, 11/3, 8/4, 13/5, 10/6, 8/7, 12/8, 9/9, 14/10, 11/11, 10/12

4.30pm-6.30pm | Cost \$15 Members \$10 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 11/2, 11/3, 8/4, 13/5, 10/6, 8/7, 12/8, 9/9, 14/10, 11/11 7.00pm-9.30pm | Cost: \$25 Members \$15 Women

THURSDAYS No Regular Activities

FRIDAYS

Heart Centred Meditation Series Elizabeth Ellames

Each meditation is whole in itself, gently guiding women toward balance, peace, clarity, and purpose. You may want to book in monthly or book all the sessions at once.

Friday 20/2, 20/3, 17/4, 15/5, 19/6, 17/7, 21/8, 18/9, 16/10, 13/11 (2nd Fri.) 10.00am-12.00 Cost: \$15 Members \$10 Women

Serendipity Sessions - Marisa Ala Dea

Monthly gatherings exploring a variety of activities to engage & enrich our creative selves.

Friday 20/2, 20/3, 17/4, 15/5, 19/6, 17/7, 21/8, 18/9, 16/10, 13/11, 11/12 2.00pm-4.30pm | Cost: \$15 Members \$10 Women

SATURDAYS

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 14/2, 11/4, 13/6, 8/8, 10/10, 12/12 2.00pm-4.00pm | Cost: \$5 Members \$3 Women

SUNDAYS

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.

Sunday 8/2, 8/3, 12/4, 3/5, 14/6, 12/7, 9/8, 13/9, 11/10, 8/11, 13/12, 2.30pm-4.30pm | Cost: \$18 Members \$15 All welcome

Sunday Buddhist Meditation - Celia Karpfen

We are a non-denominational group who meet for qigong, dharma talks, sitting/walking meditations & 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 11/1, 8/2, 8/3, 12/4, 10/5, 14/6, 12/7, 9/8, 13/9, 11/10, 8/11, 13/12, 9am-11.30am | Cost: \$5 All welcome

NB Some costs have changed.



One-Off Events

A Sophia Welcome to 2026

Maureen O'Connell & Sophia Vogt

It is our tradition to gather at the beginning of the Sophia year.

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

Tues 3rd February

6.00pm-8.00pm | Cost: \$5 All welcome



Anti-Racism Course (6 sessions):

Me & White Supremacy

Joan Boylan, Sue Hetzel, Sophia Anti-Racism Group

Join us in an exciting and confronting six session course exploring White Supremacy. In a supportive environment, investigate how this racist ideology keeps us unaware of the power and privilege we have both as individuals and in societal institutions.

There will be a maximum group size to ensure that all can participate so bookings are essential.

**Copy of "Me & White Supremacy" by Layla Saad is required, with some loan copies available.*

Thursday 12th & 26th March, 9th & 23rd April, 7th & 21st May

10.00am-12.00pm | Cost: \$5 per session All welcome

What the Body Wants

Trish Fairley

Do you let your mind override what you know is best for your wellbeing? Do you listen to what others want from you rather than to your own body? Using voice, movement, story telling and stillness we'll explore joyful ways of honouring our bodywisdom. BYO Lunch. Please book in and pay no less than one week before.

Friday 8th May

10.00pm-3.00pm | Cost: \$60 Members \$50 Women

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 15th August

2.00pm-4.30pm | Cost: \$12 Members \$10 All welcome



End of Year Celebration 2026!

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 10th December

6.00pm-8.00pm | Cost: \$5 All welcome

