

Sophia

PROGRAM 2026



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



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



A Sophia Welcome to 2026

043

Maureen O'Connell & Sophia Vogt

It is our tradition to gather at the beginning of the Sophia year. We will have an opening ritual with some meditative time spent in the gardens, followed by the sharing of our hopes and dreams for the coming months together.

Bring food & drink to share.

(FINGER food only please)

Tuesday 3rd February 6.00pm-8.00pm

Cost: \$5

All welcome

Anti-Racism Course (6 sessions):

535

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 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 & 21th May 10.00am-12.00pm

Cost: \$5 per session

All welcome

ONE - OFF

What the Body Wants

467

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

Friday 8th May 10.00pm-3.00pm

Cost: \$60 Members \$50

Women

Sophia Annual General Meeting

Join us for the presentation of annual reports and a friendly afternoon tea! All welcome.

Tuesday 30 June 12.15pm

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 15th August 2.00pm-4.30pm

Cost: \$12 Members \$10

All welcome

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 10th December 6.00pm-8.00pm

Cost: \$5

All welcome

Payment for workshops is preferred no less than one week before to secure booking (except for regular activities and celebrations).

If cost is an issue, please talk to the Coordinator.



EVENTS

About Sophia

We acknowledge that Sophia is on Kaurna 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. Sophia is a name given to female wisdom in several cultures so that was the name chosen. 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'.

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. Catalogue enquiries can be emailed to library@sophia.org.au. 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 and 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

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. 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 (5-12 July 2026)

(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

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

www.sophia.org.au



Facebook: SophiaIncAdelaide

Instagram: sophia.adelaide.92617

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



Map artwork by Bronwyn Roodenrys



225 Cross Road Cumberland Park SA 5041

Entry via Gate 3

Telephone: (08) 8373 3781

Mobile: 0439 594 363

Email: info@sophia.org.au

coordinator@sophia.org.au

www.sophia.org.au

Office Hours for 2026

Tuesday-Thursday 12.00pm-3.00pm

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

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 3/2, 3/3, 7/4, 5/5, 2/6, 7/7, 4/8, 1/9, 6/10, 3/11, 1/12

9.30am-11.00am | Cost: \$12 Members \$10 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 10/2 4.00pm-6.00pm | Cost payable per term at first session, \$120, Members \$100 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. Delicious morning tea provided. No garden experience necessary.

Tuesday starts 10/2 9.30am-12.00pm

All welcome

Feminist Reflections on Our World 218

Bring your thoughts to share with other women over coffee.

Stimulating conversation & 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

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 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: \$7 Members \$5 Women

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. Connect with others, live more lightly and experience grace.

Tues 17/2, 17/3, 21/4, 19/5, 16/6, 21/7, 18/8, 15/9, 20/10,

17/11 1.45pm-3.30pm

Cost: \$18 Members \$15

Women

Hula Hooping For Joy

532

Jo Armour

Learn the basics of hula hooping 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-3.00pm

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 24/3, 26/5, 28/7, 22/9, 8/12

1.00pm-3.00pm | No cost

All welcome

The Personal is Political

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.

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

187

These classes provide English tuition and practical life skills in a supportive environment for migrant women and their partners not able to access alternative classes.

Weekly during school terms.

Wednesday starts 11/2 10.00am-12.30pm. No cost

Circle Dancing with Marisa

263

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

Blessing Circle

534

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: By donation

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 4/2, 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 11/2, 11/3, 8/4, 13/5, 10/6, 8/7, 12/8, 9/9, 14/10, 11/11 4.30pm-6.30pm

Cost: \$15 Members \$10

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 still needed & relevant today.

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

533

Elizabeth Ellames

Each meditation is whole in itself, gently guiding you toward balance, peace, clarity, and purpose. You may want to book in monthly or book all ten 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-12.00pm

Cost per session: \$15 Members \$10

Women

ACTIVITIES

Serendipity Sessions

504

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

007

Judith Haines

This is a supportive group who meet to share their poetry, develop writing skills, experiment with style and enjoy a creative group process, including writing workshops and guest readers. No prior experience is needed.

Saturday 14/2, 11/4, 13/6, 8/8, 10/10, 12/12 2.00pm-4.00pm

Cost: \$7 Members \$5

Women

SUNDAYS

Sunday Circle Dancing

374

Lyn Porter & Abi Thoneman

Breathe in the peace & serenity from the surrounding gardens as we dance to uplifting music from around the world. All dances carefully taught. Our enthusiastic facilitators include dances from Worldwide Circle Dancing Network as well as local choreographies. Open & friendly, visitors welcome!

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

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 11/1, 8/2, 8/3, 12/4, 10/5, 14/6, 12/7, 9/8, 13/9, 11/10, 8/11, 13/12, 9.00am-11.30am

Cost: \$5

All welcome