



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

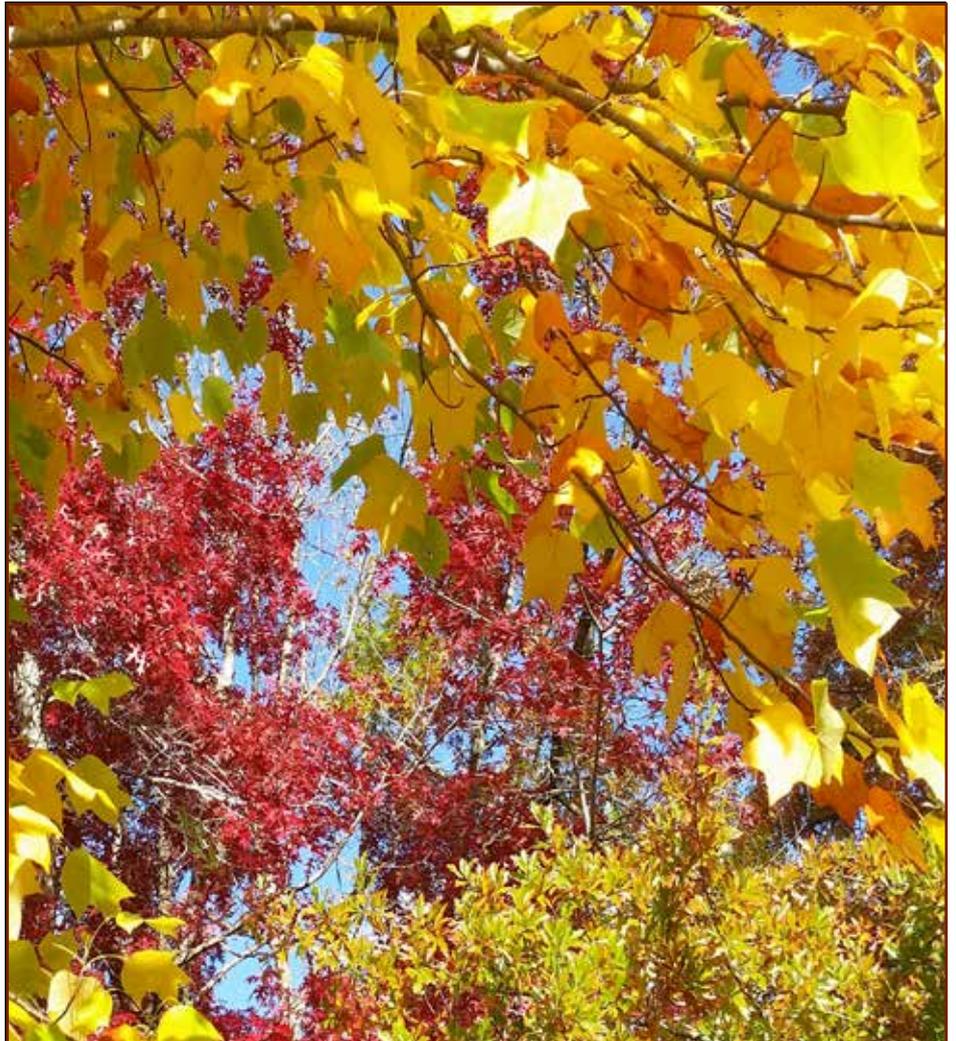
Office: 12pm-3pm 2026
Tuesday-Thursday

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

March 2026



“Is not this a true autumn day?

*Just the still melancholy that I love - that makes life and
nature harmonise.*

*....(T)he trees... begin to strew the ground, that one's very
footsteps may not disturb the repose of earth and air..*

Delicious autumn!”

*George Eliot
(Letter to Miss Lewis, 1841)*



Message from the Coordinating Team

Dear Friends

Welcome to 2026.! Hopefully many of you had a lovely, relaxing break spending time with loved ones and in nature. I certainly enjoyed my holiday time, with family visiting from Victoria in early January. It is always special to catch up and see how much my grand nephews have grown.

We had a wonderful Welcome to 2026 gathering on Tuesday, 3 February. Some attending said how they find the long break between our closing and re-opening very long, and miss coming to Sophia to attend their favourite events and being part of our vibrant community. However, by the end of the Sophia year Penny, Marian, Wendy and I are well and truly needing a well deserved break!

As I drive down to Sophia I am appreciating the beautiful golden fields. But I am saddened by the amount of dead and dying trees I see alongside the freeway. The drought has had a terrible effect over the past couple of years. I regularly see dead kangaroos and koalas every week, as they desperately seek out water and feed. It makes the effects of climate change all too evident.

To my delight, and many others no doubt, the Sophia and Dominican Peace gardens are beautifully maintained over the long break by our most dedicated gardeners, paid and volunteer. Thank you for making these beautiful surrounds for us to sit, admire and walk in. It truly uplifts the soul!

We look forward to seeing you at the many events on offer this year!

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

English as a Second Language

Tutors required again for this year. Please contact the Office if interested.

A Sophia Welcome to 2026

The 2026 Opening Ritual was a beautiful, well attended gathering, on a glorious, balmy summer evening. The Kauna Welcome was a reminder of the land Sophia shares with our First Nations sisters & brothers - for which we are so grateful, year after year.

There was time to walk in the stunning Peace Gardens, reflecting on hopes & dreams for the unfolding new year - in our own lives; at Sophia & on our Planet home ... these hopes & dreams were recorded & kept at Sophia, to honour throughout 2026.

Following other enjoyable exchange & sharing - the evening finished with a heart warming Blessing from the writing of John O'Donohue (Irish/Celtic Poet) & time to relax & enjoy each others company, over a shared supper.

Our 2026 SOHIA NEW YEAR was " well & truly "welcomed & launched".

Maureen O'Connell OP.



The Peace Garden

Between green growing things
gentle stillness clothes the earth:
Leaf litter breeds prolific life -
in utter silence.
Eucalypt trunks stand mute -
but hold within the quiet conversations
of their distant canopies
from the ariel world of breeze and birdsong.
Sit here, share this fecund noiseless life
and grow whole.

Jenny Wightman





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!*

Say You're One of Them: Uwem Akpan (fiction) 823.92

The Memory Keeper's Daughter-a novel: Kim Edwards 823 EDW

Sacred Symbols: Robert Adkinson 398 ADK

The World That We Knew: Alice Hoffman (fiction) 823 HOF

Words are Eagles: Gregory Day 808.02

A Question of Age: Jacinta Parsons 305.26 PAR

A Murder on the Cards: Katie Joy (fiction) A823.3

Art for Peace-The story of the Graham F. Smith Peace Foundation:
Mark Street and Terry Cantrell 746.46 STR

The Ruin: Dermal McTierman (fiction) 891 MCT

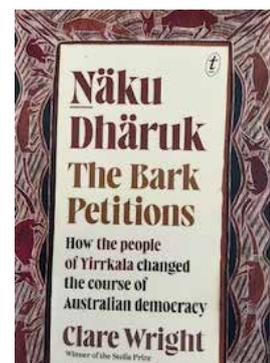
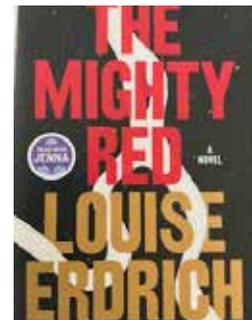
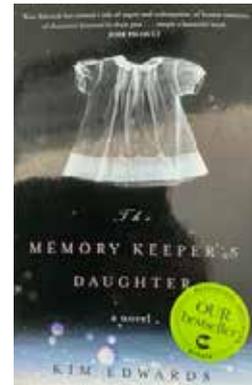
Open Hand- Studio Magazine No. 163 2025

An Everyone Story-Finding our way back to compassion, hope
and humanity: Duncan McKellar 362.7 MCK

The Mighty Red: Louise Erdrich (fiction) 813 ERD

Plains of Promise: Alexis Wright (fiction) A823 WRI

Naku Dharuk The Bark Petitions-How the people of Yirrkala changed the course of Australian Democracy: Clare Wright 338 WRI





Sophia Library

Undoing Conquest-Ancient Israel, the Bible & the Future of Christianity:
Kate Common 220.601 Com

Around the World in 80 Trees:
Jonathan Drori 582.16 DRO

The Rhythm Inside-Connecting body, mind and spirit through music-
Dalcroze Eurythmics:
Julia Schnebly-Black and Stephen F. Moore 780 71 SCH

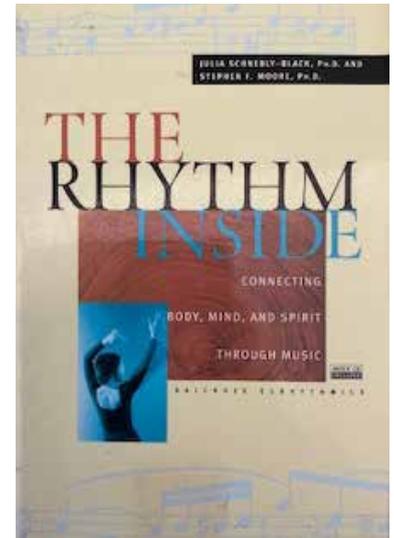
Chai Time at Cinnamon Gardens - A novel:
Shankar Chandran A823 CHA

The Enneagram Guide to Waking Up- find your path, face your shadow
and discover your true self:
Beatrice Chestnut Phd and Uranio Paes MM 155.26 CHE

Finding Forgiveness-A 7-step program for letting go of anger and bitterness:
Eileen R. Borris-Dunchungstan 158.2 BOR

The Woman Who Raised the Buddha-the extraordinary life of Mahaprajnapati:
Wendy Garling 294.3 GAR

Our Fragile Moment-how lessons from earth's past can help us survive the climate crisis:
Michael Mann 551.6 MAN



Book Review and New Regular Activity

Elizabeth Ellames offers a journey of transformation through her three books and new **Heart-Centred Meditation** monthly on Fridays at Sophia. Her books, *Living Attributes 1-3: My Story, My Soul; Light Leadership and The Living Goddess Code* (mentioned in December's newsletter last year) guide you through your soul's Archetypal Codes with practical information and useful tools to inspire understanding of your true purpose.

The monthly meditation of an hour or so is guided by Elizabeth with evocative visualisations of colours, animal guides and angels, cultivating heart-brain coherence. Each session is a complete experience in itself guiding you towards balance, peace, clarity and purpose. Whether you want to explore your archetypes or have a relaxing morning of meditation to nurture your spirituality these sessions could be helpful!

Marian Gray



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 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 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 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 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 17/3, 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 17/3, 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 (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 24/3, 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 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 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 1:00pm to 3:00pm | Cost: By donation 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 and look in greater depth at how type influences our way of being.

Wednesday 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 11/3, 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 20/3, 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 20/3, 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 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 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 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

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 & 21th 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

5.45pm-8.00pm | Cost: \$5 All welcome

What The Body Wants

*Follow your 'shoulds' or your 'wants'? Your mind or your body?
Using the tools of InterPlay with movement, voice, story-telling and stillness let's explore joyful ways of honouring our own bodywisdom.*

8 May 2026
10am-3pm

Facilitated by Trish Fairley

SOPHIA, 225 Cross Rd,
Cumberland Park

A WORKSHOP FOR WOMEN
COST: \$60. MEMBERS \$50
Register by May 1st.
Call Sophia Centre 8373 3781 or email info@sophia.org.au
BRING YOUR OWN LUNCH PLEASE

