



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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June 2026



“The quiet transition from autumn to winter is not a bad time at all. It’s a time for protecting and securing things.... to store up your warmth and your thoughts and burrow yourself into a deep hole inside, a core of safety where you can defend what is important and precious and your very own.”

Tove Jansson, Moominvalley in November



Message from the Coordinating Team

Dear Friends

Recently it was National Volunteers Week. I would like to take this opportunity to thank all the Volunteers who contribute their time, with such devotion, to a large range of tasks that keeps Sophia functioning and provides us with such a beautiful space to enjoy both inside and out. Every Volunteer deserves a big pat on the back!

On a less cheerful note: 'Hutt Street Centre reported in March demand for services increased by 42% over past 4 years as more than 18,000 people across the State sought support from homelessness services.' (The Courier)

Foodbank SA & NT CEO writes ...'Due to the crippling effect of the cost of living crisis on middle and lower class Australian families, we can no longer ignore the situation that hundreds of thousands of Australian families are going hungry every day..More than two-thirds of food-insecure households have someone in paid employment. Even households with mortgages are not immune, as a third of them have experienced hunger in the past year, often resorting to skipping meals or going entire days without eating. These are people who never imagined they would need to ask for assistance. Yet, the harsh reality of struggling to put food on their table forces them to turn to Foodbank in their time of need.'

So many of us are in a much more fortunate position. As such, please consider making a financial donation to Foodbank, Oz Harvest or any charity of your choice to help our fellow humans in their time of dire need.

Winter is here and we are told by BOM it will be warmer and drier than in the past. Hopefully though, we will see some good amounts of rain falling in all the areas that desperately need it. Dams in the Adelaide Hills are nowhere near capacity. and desperately need inflows. Climate change is here, no denying it as my following paragraph demonstrates!

Earlier this year I was shocked to find a 30 year old pine tree that I had planted was absolutely 'dead as a doornail'! It was so well established and hadn't been watered for many years but due to the ongoing effects of the drought it died. I hadn't needed to water this tree for many years and I was stunned and saddened by its loss.

Best Wishes

Sophia Vogt & Wendy Jollands, Coordinator & Coordinator Support



Sophia News

English as a Second Language

Tutors required. If you are interested, please contact the office.

Yummy chocolates available again!

Hand made delicious chocolates made by Ian are for sale again now that the weather is cool enough to make them. Get in quick for a dark chocolate brandy truffle or a pineapple and ginger fondant - to name just a couple!

Anti-Racism Course

Me and White Supremacy, was held recently at Sophia and attended by 13 participants. The 6 session course took participants through the book **Me and White Supremacy** by Layla Saad, examining at a personal level issues such as internalised racism, White superiority, White apathy, anti-Blackness, cultural appropriation and losing privilege. Positive participant feedback summarised the experience as challenging, educative, insightful and extremely valuable.

The course was facilitated by Sue Hetzel and Joan Boylan on behalf of the Sophia Anti-Racism Action Group (SARAG). It was run as a 'one-off' but copies of the book **Me and White Supremacy** are available in the Sophia library and borrowing is highly recommended.

Louise Portway

Sophia Singers News

The Singers recently enjoyed a heart warming 'Song Sharing' with three other choirs at Pt Augusta. Margaret and the other choir directors led us in sharing and learning warm up rounds and four part songs. At an evening dinner and concert each choir performed a couple of our own songs. We then had a wonderful massed choir of the songs we had learnt during the day. A special sharing which brought much joy and connection.

Thank you to our 'Desert Choir' hosts at Pt Augusta, celebrating their 30th Anniversary.

Annie Gleeson

It is with great sadness that our choir mourns the death of one of our members, Pamela Ball.

She is very much missed. It was such a privilege for the Sophia Singers to sing at her funeral.





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!

BUT if you have any overdue Sophia Library books, please return them as we are looking for our lost books! Fiona & Mariette

Devotion: Hannah Kent (fiction) A823 KEN

Changing Minds-The go-to guide to mental health for you, family and friends

Dr Mark Cross and Dr Catherine Hanrahan 362.2 CRO

The Sunbird: Sara Haddad (fiction) 920 HAD

Ammachi-A living saint: Judith Cornell 294.5 COR

To Speak of Grasses: Kathryn Fry (poetry) A 821.3 FRY

Making Dances That Matter - Resources for community creativity
Anna Halprin with Rachel Kaplan 291.37 HAL

home body: rupi kaur (poetry) 811.54 KAU

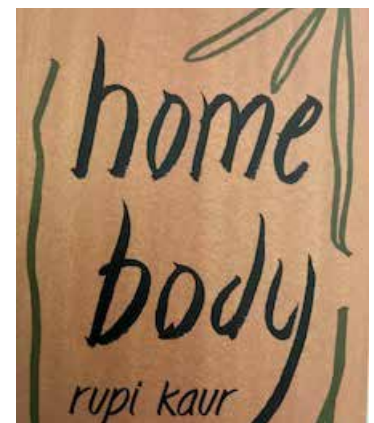
the sun and her flowers: rupi kaur (poetry) 811.54 KAU

milk and honey: rupi kaur (poetry) 811.54 KAU

Live Better - Colour therapy-exercises and inspirations for well-being
Pauline Wills 199.9 WIL

Circle Dancing: June Watts 291.37 WAT

Princess Behaving Badly - Real stories from history without fairy-tale endings
Linda Rodriguez 398 MCR





Sophia Library

Superstition and Science - Mystics, sceptics, truth seekers and charlatans Derek Wilson 508 WIL

Black Witness - The Power of Indigenous Media: Amy McQuire 305.80 MCQ

Another Day in the Colony: Chelsea Watego 305.80 WAT

Inconvenient Women- Australian radical writers 1900-1970 Jacqueline Kent 305.409 KEN

Boudicca-Rebel, Warrior Queen: P.C. Cast (fiction) 813.CAS

How to stop breaking your own heart: Meggan Roxanne 158.1 ROX



Please return any overdue Sophia Library books!

Book Review

(See Coming Events page)

Mij Tanith's book *Laila's Story* is a fabulous and important testament to how persistence and self-less care can brighten another's life. Heartwarming, funny and honest, this book grabs you and doesn't let go until the last page. I read it in one evening.

Mij adeptly uses a mix of prose and poetry to give us a glimpse into the horrendous, stressful process of securing visas for Laila and her five daughters to travel to Australia and the naturally bumpy start of their journey of settling into their new home. Through this shines the unexpected love and deep connection that develops between these women across culture and language.

Well done to Mij and all of Circle 108 for enabling Laila to come to Australia, and to Laila and her family for their strength and determination in making the most of their life and opportunities. I am sure every reader will be wishing Laila and her family all the very best.

Dinali Devasagayam



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

Sophia Annual General Meeting

Join us for the presentation of annual reports. It will be followed by a friendly afternoon tea.

Tuesday 30th June 12.15pm All welcome.

Afternoon Tea in the Library with Mij Tanith

Gillian Cichowski, Fiona Johnston, Nel Morrison

Come & enjoy a delicious afternoon tea. (See Library Pages).

Be stimulated by our guest writer, **Mij Tanith** & bring your favourite book to share.

In a career spanning over 40 years, Mij Tanith has written plays, short stories, poetry and articles for a number of magazines and online publications. She has been Writer-in-Residence in different communities, taught creative writing at TAFE, and produced several highly successful literary events. She combines this output with long-term advocacy and support for refugees.

Laila's Story (her latest book) tells us the inspiring story of Mij Tanith's and others' experience of sponsoring a single mother, Laila, and her five daughters to settle in Australia. We hear about the year-long journey of connection, resilience and unexpected friendship before the family arrives in Adelaide. Then, through the story of Laila settling in Adelaide and her growing relationship with Mij, we realise the power of human connection across seemingly insurmountable divides in language, culture, age, sexuality and faith.

Saturday 15th August

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

Talk by Paramita Roy: humanist, playwright, independent film maker , worker for equality & women's rights.

Paramita is an Adelaide independent film maker, playwright, director, producer & writer. Her theatre productions have been showcased at both Adelaide and Edinburgh.

Among other work she is the founder of the Virtual School Australia, recipient of the 2025 SA Premier's award. This school provides free education to underprivileged students, particularly girls in exile.

Our Sophia community is fortunate to hear from such a multi talented woman who works in our home city to make the world a better place. Come along to hear her share her story and work.

Sunday 6th September at Sophia, 2pm - 4pm

Everyone is welcome, cost is \$10 at the door.

Please RSVP if possible so we can plan for numbers.

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 | No cost. All welcome!

