

Sophia

PROGRAMME 2017



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

CONSULTANCY

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.
Cost: Means tested. 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

Helen Phillips Jungian Analyst/Psychotherapist BA, Dip Analytical Psychology, MA, Member: IAAP, GAP
My interest is working with those exploring their call to individuation, particularly attending to dreams, along with other indicators or symptoms. The psychological and the spiritual seem to be inseparable. Tuesdays & Thursdays. Hourly sessions by appointment. (Also in the Barossa Valley, where I live.) Women & men. Cost: Pay as you can.

Barb Hancock Counsellor & Mindfulness Teacher Dip. Couns. & Comm. MCASA PACFA
Barb incorporates Mindfulness principles and practices in working with individuals who feel stuck or consumed by their current situation and those wanting to address ongoing stress. She also has a particular interest in the area of cancer and chronic health issues that bring the challenge of how to live well with unwelcome change. Women & men
Cost: \$75/\$65 Conc. Health fund rebate may be applicable.
Email: barb.r.hancock@gmail.com Ph: 0409 370 928

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.
By appointment. www.enneagramadelaide.com.au

JUSTICE AWARENESS

One Billion Rising: 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 2017, 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. More info can be found online at www.onebillionrising.org

United Nations Orange Day 25th of every month 25th
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 (2 - 8 July)
(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

SATURDAYS

Women's Poetry Circle 007
Judith Haines
This is a 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.
Saturday 11/2, 8/4, 10/6, 12/8, 14/10, 9/12 2.00pm-4.00pm
Cost: F\$5 C\$3 Women

The Dancing Bookclub 461
Lyn Porter
Participants review books by Oriah Mountain Dreamer & various children's classics. Come & enjoy this unique dance/discussion experience. All dances carefully taught. No dance experience needed. All welcome to one or more sessions.
Saturday 25/2, 8/4, 24/6, 26/8, 18/11 9.30am-12.30pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 per session Women

SUNDAYS
Sunday Circle Dancing 374
Lyn Porter
Let go and enjoy the peace and serenity of dancing in a non-judgemental supportive circle. All dances carefully taught. No dance experience necessary. All welcome.
Sunday 12/2, 2/4, 7/5, 4/6, 2/7, 6/8, 10/9, 8/10, 5/11, 3/12 3.00pm-5.00pm | Cost: F\$15 C\$12 MF\$13.50 MC\$10.80 Women & men

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 8/1, 12/2, 12/3, 9/4, 14/5, 11/6, 9/7, 13/8, 10/9, 8/10, 12/11, 10/12 9.00am-11.30am | Cost: F\$6 C\$4 Women & men

COST CODES: F=Full Fee; C=Concession Fee, MF = Member Full; MC= Members Concession; Payment must be made no less than one week before to secure booking (except for regular events). If cost is an issue, please talk to a Coordinator.

Nurturing Friendships, Sharing Stories 383
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 28/3, 13/6, 25/7, 26/9, 28/11 1.00pm-3.45pm | No cost Women & men

WEDNESDAYS
English Classes for Refugee Women 187
These classes provide English tuition and practical life skills for refugee women and others not able to access alternative classes. Supportive environment with child-minding provided. Weekly during school terms.
Wednesday starts 8/2 10.00am-12.30pm | No cost Women

Circle Dancing for Health & Wellbeing 263
Marisa Ala Dea
Meaningful, joyful & uplifting, Circle Dance combines easy to learn dance steps with music from around the world. Previous dance experience not required & all women welcome, from beginners to beyond! Weekly during school terms.
Wednesday starts 1/2 1.30pm-3.00pm
Cost: F\$15 C\$12 MF\$13.50 MC\$10.80 Women

Silent Meditation 298
Fiona Johnston & Annette Jarrett
Do you sometimes long for silence, quiet rest and a time to be still? Come to our weekly silent meditation.
Wednesday starts 1/2 5.15pm-6.00pm
Cost: Gold coins Women & men

Grief's Journey 320
Marian
A monthly support group for younger adults who have lost their spouse/partner. The group aims to provide support following the untimely death of a partner in a nurturing environment of shared experiences, empathy & understanding.
Wednesday 1/2, 1/3, 5/4, 3/5, 7/6, 5/7, 2/8, 6/9 4/10, 1/11, 6/12 7.00pm-9.00pm | Cost: F\$5 C\$3 Women & men

THURSDAYS
No regular events this year.

Sophia Singers 337
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! Starts 14/2
4.00pm-6.00pm | Cost: \$13 Members \$10 Women

Women Writing 002
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. Anyone with an interest in writing is most welcome!
Tues 21/2, 21/3, 18/4, 16/5, 20/6, 18/7, 15/8, 19/9, 17/10, 21/11 10.30am-12.30pm | Cost: F\$5 C\$3 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. It's a great way to connect with others, live more lightly and experience grace.
Tues 21/2, 21/3, 18/4, 16/5, 20/6, 18/7, 15/8, 19/9, 17/10, 21/11 1.45pm-3.45pm
Cost: F\$12 C\$10 MF\$10.80 MC\$9 Women & men

Exploring Feminist Liberation Theologies 218
Angela Moloney
A lively discussion group looking at current writings of feminist liberation theologies from around the world. Come and share the insights and challenges. All you need is an eagerness to discover how 'God-Talk' that begins with women's experiences changes how we understand ourselves, the world and the Sacred. New members welcome!
Tuesday 28/2, 28/3, 2/5, 30/5, 27/6, 25/7, 22/8, 26/9, 24/10, 28/11 10.30am-12.00pm | Cost: F\$5 C\$3 Women

Grow Your Food & Save the Earth 313
Jacqui Cookes, Pauline Muir & Maryanne Sanders
An enthusiastic group who share the joys and frustrations of growing food in changing climatic conditions. These sessions focus on sharing information and experience, alternated with visits to gardens. Newcomers most welcome! First session at Sophia. Bold indicates garden visits.
Tuesday 28/2, 28/3, 2/5, 23/5, 27/6, 25/7, 22/8, 26/9, 24/10, 28/11 1.45pm-3.45pm | Cost: F\$5 C\$3 Women & men

VARIED DAYS
Sophia Players 459
Tess Gibson & Anna Pike (local actor)
Build confidence & communication skills through the development of voice, movement, role-play & improvisation. Play & poetry readings with a playful approach to interact with & explore those texts. You may need commitment & a little courage to take that first step but if there is a Portia, a Puck or even just a mischievous imp inside - let her out to play!
Monday 24/4 then in 3 blocks starting 3/7, 6.30pm-8.30pm
Cost: \$5, conc \$3 Women

Women with Spirit 469
Ruby Worthy & Kizzie Rankine
A monthly gathering to share our hopes & dreams, through finding our voices, developing our sense of belonging & sisterhood and sharing stories, art, music or dance. It is a safe, confidential space & all women are welcome.
Fri 27/1, Sun 26/2, Tues 28/3, Wed 26/4, Thurs 25/5, Sat 24/6, Sun 23/7, Tues 22/8, Thurs 21/9, 19/10, Sat 18/11, Mon 18/12 7.00pm-9.00pm
Cost: F\$20 C\$15 per session Women

Storytelling & Sacred Dance 471
Marisa Ala Dea
Together we create a safe, respectful space for the purpose of witnessing, honouring & celebrating a woman's life. Each month, a different woman will take on the role of storyteller & narrate her own life journey. Each session will begin & end with Sacred Dance & Meditative Movement & there will be a short break for shared afternoon tea.
Sundays 26/3, 23/4, 21/5, 25/6, 23/7, Fridays 25/8, 22/9, Sundays 22/10, 19/11 2.30pm-5.00pm
Cost: \$10 per session Women

TUESDAYS
Mindfulness Practice 423
Barb Hancock
Mindfulness/compassion meditation - 2 guided practices of 25 min. each followed by open discussion. Will include connecting to the breath, open awareness of sounds & thoughts & body scan to assist in developing increased clarity, balance & joy in everyday life. No experience necessary.
Tuesday 7/2, 7/3, 4/4, 2/5, 6/6, 4/7, 1/8, 5/9, 3/10 7/11, 5/12 9.30am-11.00am | Cost: F\$10 C\$5 Women & men



Map artwork by Bronwyn Roodenrys

 225 Cross Road
Cumberland Park SA 5041
Telephone: (08) 8373 3781
Email: info@sophia.org.au
www.sophia.org.au



Opening Hours
Tuesday to Friday 9.30am to 4.00pm
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)

 **Finsbury Green** printed carbon neutral 215kg CO₂ saved on this project

REGULAR EVENTS



About Sophia

In 1991 Holy Cross Congregation of Dominican Sisters SA established Sophia in a spirit of openness to wisdom wherever it is found. Today women and men from a wide range of backgrounds participate in the life of Sophia and celebrate diversity. Sophia could not exist without the thousands of hours contributed by volunteers who work to maintain the life of Sophia through managing the office, facilitating courses and groups, maintaining the Sophia website and publishing four annual newsletters.

We acknowledge that Sophia is on Kaurua land.

- **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'.

FUNDING

The beautiful Sophia space is managed and staffed by volunteers, together with a part-time administrative assistant. Sophia receives an annual subsidy from the Dominican Sisters and small donations from appreciative participants and organisations. With no government support, Sophia has to rely on fundraising efforts. So wherever possible, if you can contribute to the ongoing livelihood of Sophia, this will always be appreciated.

RESOURCES

Sophia Library

The Sophia Library is a specialist public library with a feminist focus. The library has books and other resources on psychology, scripture, spiritual life, meditation and prayer. There are also books on social, health, and ecological concerns, social justice issues and a small fiction section. The Library Catalogue can be accessed on our website. Open 9.30am to 4.00pm Tuesday-Friday as well as evenings & weekends during events.

Women & men

Sophia Website

Our website is a means of reaching women locally and globally. It offers opportunities for women to contribute to our collective understanding and wisdom as feminist women today, nurturing our spirituality and our being, knowing our heart's desires, giving voice and contributing to the goal of a better world for everyone. Visit our site to keep up to date with life at Sophia: www.sophia.org.au



Follow us on Facebook: [SophiaIncAdelaide](https://www.facebook.com/SophiaIncAdelaide)
Twitter: [sophiaadelaide](https://twitter.com/sophiaadelaide)

Stories of Sophia

This 13 minute DVD introduces you to three women who reflect Sophia's values through their personal stories. They tell us how their involvement in the Sophia community has enhanced their lives. To view go to www.sophia.org.au and click on Stories of Sophia.

Self-guided retreat space

Enjoy the beauty and privacy of the Susan Sullivan Room. Reflect in peace with access to the Library, music and the beautiful gardens. For bookings phone Sophia. Fees: \$40/full day, \$25/half day (9.30am-12.30pm/1pm-4pm) including tea/coffee/biscuits. Women & men welcome.

Hiring

Sophia may be hired for purposes in harmony with our values at times when the programme schedule permits. Fees inclusive of GST are \$230 full day, \$145 half day and \$80 for a 2 hour block. See website for further details.

Sophia Annual General Meeting

Wednesday 10 May 7.00pm – 8.30pm

FEBRUARY

A Sophia Welcome to 2017 043

Maureen O'Connell & Sophia Vogt

Come & celebrate the beginning of our new year. A Meet and Greet gathering to open Sophia for 2017. Bring finger food & drink to share. (Note: FINGER food only please-no utensils!)
Tues 7/2 6.00pm-7.30pm | Cost: \$5 Women, men & children

Celebrating Summer 464

Lyn Porter

Join the dance of summer & celebrate the sunshine in our lives in air-conditioned comfort. All dances carefully taught, no experience required. All welcome. Bring afternoon tea to share.
Saturday 4/2, 2.00pm-4.00pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 Women & men

MARCH

Journeying with Adoption 478

Janie Maclay

Cradling our different journeys with adoption in a peace filled environment & schedule. Sharing our adoption symbols surrounded by times of loving kindness, elemental & walking meditation. BYO lunch.
Saturday 11/3, 10.00am-4.00pm
No cost Women & men

Entering Buddhist & Christian Peace - Pathways 479

Janie Maclay & Kathryn Bullen

Through Taize & Pali chants, Sitting & Walking meditation, Lectio Divina, Spiritual-Friendship, Yoga/Breathing & Mindfulness; all steps towards recognising our "True Nature", beyond gender.
BYO lunch.
Saturday 25/3, 10.00am-4.00pm
Cost: F\$50 C\$40 MF\$45 MC\$36 Women & men

APRIL

Making an Advance Care Directive 460

Fiona Johnston

The aim of these three sessions is for you to complete an Advance Care Directive which makes clear your wishes for your health care when you can no longer make such decisions for yourself.
Mondays 3/4, 22/5, 11/9 7.00pm-9.00pm
Cost: F\$5 C\$3 Women & men

Mysticism & Mary Oliver 462

Jenny Wightman

Mary's poetry is loved for being direct, personal & celebratory. Less recognised is its mystical quality - a deep reality, meaning beyond logic. Our discussion will include other writers. Poems supplied as well as afternoon tea!
Tuesday 4/4 1.00pm-3.30pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 Women

Imagining with Julian of Norwich 477

Annette Jarrett

Through her creative imagination, Julian crafted new images of the Divine & restored dignity & hope. We will enter the world of this 14thC English mystic & explore her revelations known as the 'sixteen shewings' which call us to challenge the dominant images of our own time.
Friday 21/4, 5/5, 12.00pm-4.00pm
Cost: F\$30 C\$25 MF\$27 MC\$22.50 Women & men

Kids' Fun Day - Dolphins 470

Kizzie Rankine

Dancing On Love, Playing Happy In New Surroundings!
Something new during school holidays - activities and nature in the Sophia gardens. Lunch included.
Wednesday 26/4, 11.00am-2.00pm
Cost: Children \$10, Adult \$15, conc \$10, Family \$50, conc \$45 Women, men & children

Dru Yoga Day 454

Katie Roast

Enjoy a nurturing day with gentle movement, long relaxation, easy meditation, revitalising body therapy. No yoga experience needed. Bring mat & blanket. Lunch \$15 or BYO.
Saturday 29/4 10.00am-3.30pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women & men

MAY

Discover the Power of Reiki 482

Shafia Waseem

Reiki healing is a pure energy form which is extremely powerful. Research shows that Reiki is excellent for healing any physical, mental, emotional & spiritual issues. Experience the power of Reiki to reach your full potential.
Thursday 4/5 10.30am-12.00pm
Cost: F\$15 C\$10 Women & men

Circle Dancing: Meet the Moomins 463

Krista Sands & Lyn Porter

Tasmanian Finnish Circle Dance Teacher & Choreographer Krista Sands shares a dancing perspective of the **Moomin** characters (archetypes) in Tove Jansson's children's books. No dance experience needed. Bring afternoon tea to share.
Saturday 6/5 2.00pm-5.00pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 Women & men

Annual General Meeting

Please join us. It is always an informal, enjoyable and interesting evening!
Wednesday 10/5 7.00pm-8.30pm Women & men

JUNE

No events this year.

JULY

Afternoon Tea in the Library 465

Gillian Cichowski, Fiona Johnston, Nel Morrison

Come & enjoy afternoon tea in the Sophia Library. Bring your favourite book to share & buy a bargain at the Book Sale!
Saturday 22/7 2.00pm-4.30pm
Cost: \$5 Women & men

Ageing Playfully & (Dis)-Gracefully 467

Trish Fairley

Ageing can be so much fun & surprisingly liberating, apart from a few aches & pains! Come celebrate the joys of ageing, using InterPlay practices in movement, voice, storytelling & stillness.
Friday 28/7 10.00am-4.00pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women

AUGUST

Feminist Theologies Day 451

Dee Michell & Bernadette Kiley

Always a thought provoking and stimulating event with presentations, lively table talk and opportunities for questions. BYO lunch. Details to follow in newsletter & website. Dedicated to the memory of Susan Sullivan OP & Anne Roder.
Saturday 12/8 10.00am-3.00pm
Cost: F\$30 C\$25 MF\$27 MC\$22.50 Women

SEPTEMBER

Sacred Circle Dance UK Style 474

Abi Thonemann (UK) & Lyn Porter

Abi leads dances from her recent teacher training with Judy King in UK. in her own gentle style. No experience required. Bring afternoon tea to share.
Sat 2/9, 2.00pm-4.00pm | Cost: F\$25 C\$20 MF\$22.50 MC\$18 Women & men

Sacred Circle Dance Workshop 475

Jan Heath (NSW) & Lyn Porter

Jan's clear gentle teaching style invites us to immerse ourselves in the feeling of the dance. Bring lunch to share.
Saturday 9/9, 10.00am-4.00pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women & men

Changing Woman 468

Ruby Worthy, Tamara Otello & Kizzie Rankine

Explores conscious rites of passage for women drawing from many cultural traditions. It is a day of self re-discovery through reflection, being in the present & gaining confidence in the future. Open to all women 18+.
Friday 29/9 9.30am-4.00pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women

Dru Yoga Day 473

Katie Roast

Enjoy a nurturing day with gentle movement, long relaxation, easy meditation, revitalising body therapy. No yoga experience needed. Bring mat & blanket. Lunch \$15 or BYO.
Saturday 30/9 10.00am-3.30pm
Cost: F\$60 C\$50 MF\$54 MC\$45 Women & men

OCTOBER

Therapeutic Sound Bath 394

Glenyce Durdin

Enjoy the luxury of a relaxing Sound Bath, letting the musical waves of Himalayan & crystal bowls, gong, rainsticks and more wash over you. Bring a yoga mat, cushions and rug.
Sunday 1/10 3.00pm-4.30pm
Cost: F\$20 C\$15 MF\$18 MC\$13.50 Women & men

Kids' Fun Day - Dolphins 472

Kizzie Rankine

Dancing On Love, Playing Happy In New Surroundings!
More activities in the Sophia gardens. Lunch included.
Wednesday 11/10, 11.00am-2.00pm
Cost: Children \$10, Adult \$15, conc \$10, Family \$50, conc \$45 Women, men & children

'The Gingernut Lady' Play: Fundraiser 480

Join us for a joyful evening with the play, games & a Pot Luck shared dinner. Major fundraiser for 2017!
Saturday 21/10 6.00pm-9.30pm
Cost: F\$20 C\$15 Women & men

NOVEMBER

Circle Dancing: The Little Prince meets the Snake 476

Lyn Porter

Enter the magical world of the children's classic by Antoine de Saint-Exupery & dance to inspiring music. Meet the Snake & indulge your Inner Child in the sadness of goodbyes. No dance experience required. Bring afternoon tea to share.
Saturday 4/11 2.00pm-4.00pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 Women

Change and Us 466

Jenny Wightman

As we age, life changes around us - and we change. How do we manage this? Help may come from books & sharing our experiences. Passages supplied - plus afternoon tea.
Tuesday 14/11 1.00pm-3.30pm
Cost: F\$25 C\$20 MF\$22.50 MC\$18 Women

DECEMBER

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.
(Note: FINGER food only please - no utensils!)
Thursday 14/12 6.00pm-8.00pm | Cost: F\$5 Women, men & children

COST CODES: F=Full Fee; C=Concession Fee, MF = Member Full; MC= Members Concession. Payment must be made no less than one week before to secure booking (except for regular events). If cost is an issue, please talk to a Coordinator.

SOPHIA MEMBERSHIP

Sophia Ecumenical Feminist Spirituality Inc.

Tax Invoice ABN 82 464 856 272

Contact Details:

Name: _____

Address: _____

Postcode: _____

Phone: (H) _____ (W) _____

Email: _____

Annual membership subscription: January - December

Group \$40.00

Single \$35.00

Concession \$25.00

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
- 10% discount on many Sophia events

CALENDAR OF EVENTS