

The Sophia FOUNDATION

Raising consciousness for the good of the whole



An end of the year letter from The Sophia Foundation – 2018

"KNOW THYSELF"

Delphic maxim

One of the principles in the Constitution of The Sophia Foundation states "It is understood that the achievement of the vision of The Sophia Foundation will be dependent on the commitment of those involved in the Foundation to their own inner development and to listening to what is calling to be born in our time from the future."

Personal growth has been a dominant theme flowing through the work of The Sophia Foundation this year. Lorraine took a three-month sabbatical at the beginning of the year to do some deep inner work and we are ending the year in collaboration with the Frederik van Zyl Slabbert Institute at the University of Stellenbosch with a three-day residency for participants in the JustLead! Course, focusing on self-reflection.

Socrates 470BC said 'To know thyself is the beginning of wisdom'. Sophia is the Greek word for wisdom.

A message from Cape Town from our founder Lorraine Forbes

Highlights of the year include my participation in a 3-day Impact!Africa Social Entrepreneurship Summit sponsored by [Ashoka](#) and the [British Council](#). Three hundred delegates or "changemakers" from all over Africa gathered to share their innovative solutions to Africa's most pressing problems. In these challenging times it was an inspiration to hear about the transformative work so many people are doing to create positive, inclusive and sustainable social change. The Sophia Foundation has given some support to Ashoka fellow, Farmer Tantoh as he struggles to continue his internationally recognised work of creating access to potable water for rural communities, amidst the separatist conflict of the Anglophone Crisis in Cameroon.



Another highlight has been my involvement in the JustLead! Course presented by the [Frederik van Zyl Institute](#) of Stellenbosch University. Our vision for the programme is to sow the seeds for wise, ethical and spiritually mature leaders who will be able to meet the challenges of our time and make the world a kinder and more peaceful home for all. The foundation is sponsoring six cohorts run over a period of three years. The six-month Leadership Course presented through an online platform to young South Africans from Stellenbosch University as well as other tertiary institutions and NGO's

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Some of the JustLead! team at a planning workshop.

throughout South Africa is a first for Stellenbosch University. I have worked collaboratively with the Leadership Academy at Stellenbosch University to align our respective visions and to use academic

content as a conduit for personal growth and transformation. It is innovative work in progress and we still have five more cohorts in which to refine the course material and selection procedures to facilitate greater in-depth participation and reflection and to fully exploit the potential of what is possible online within six months - refer ["A message from The Sophia Foundation at the JustLead! residency welcome dinner".](#)

Thabo Zondo, the ex-inmate we sponsored as an intern with The Sophia Foundation and [Hope House Counselling Centre](#) in 2017 shared the following: "My progress is gradually and excitingly moving towards the right direction. I started working voluntarily with 9-15 kids between the ages 7-15 and now my group has grown to 45-50 kids. For most days of the week I coach them in modern and traditional dance and anticipate to coach them in drama and poetry. Myself and two colleagues have registered a Non-Profit Company called TBM Breakthrough to provide crime awareness; facilitate rehabilitative upskilling of offenders in and out of prison; offer a loving, drug-free and safe environment for holistic child development; and use professional services to provide counselling to those in need. I have done some motivational talks and have been elected vice-chair person of my street. I am much honoured to have met those who all these years represented The Sophia Foundation in support of the change in my life and of others."



We approach our fifth year of sponsorship of the Alumni from [Earthchild Project](#).



pads and focused on sharing and education around understanding their menstrual

Janna Kretzmar the project director of Earthchild reports: "After many years of building strong relationships between each other and the Earthchild staff, a safe container has been created for the Alumni to explore and address deeper issues more openly. It became increasingly clear that for these high school youth, girls and boys needed to be separated. During the time with the girls, we distributed reusable sanitary

cycles. The males spent time exploring the pressures, challenges and expectations they experience as young men in the communities. We have learnt from the Alumni, that in order for them to be empowered and positive role models for the youth, they first need to be empowered within themselves as strong, confident and connected young men and women. We look forward to continuing to develop and grow this programme in its depth and impact on the lives of the Alumni next year." The Sophia Foundation was delighted to receive this [thank you video](#) from the Earthchild Project Team and children.

Angela Katschke sent this message from the [Butterfly Art Project \(BAP\)](#): "The Sophia Foundation has sponsored my salary as founder and managing director of BAP for the past 3 years. This means supporting our objectives and mission of bringing creativity and healing through art to the most disadvantaged of South Africa. We would like to



thank you for your extraordinary care; your listening ear in challenging times of organisational growth and when countering the many crises in the communities we serve; and for being a sound advisor with a deep interest in our vision and mission. We have been able to grow the organisation and transition safely from its pioneer phase into a solid structural phase. Our trained Community Art Facilitators are currently giving healing art classes directly to

approximately 500 children with approximately 3000 secondary beneficiaries in 36 communities. We will continue to spread The Sophia Foundation's mission with more eagerness than ever before."

The Sophia Foundation supported The [ASTAR](#) (Awakening The Spirit Through Art) Project (TAP) last year where they used healing art for self-development and well-being as a module on [SEED's](#) permaculture course for unemployed youth. We will again sponsor TAP early next year but this time with a pilot art course for the [Indoni Dance, Arts and Leadership Academy](#), a post-school professional training based in the culturally rich townships for youth who want to pursue a career in dance/multi-disciplinary arts. The course will align with Indoni's vision of working with the arts in an integrated manner and will focus on emotional exploration and expression for self-development and transformation.



A message from Durban from our development manager Jessica Chaplin

Through my work of reaching out to social entrepreneurs last year I developed a close relationship with [Freshbox](#) whose vision is to provide proper nutrition to the most at-risk children. They were seeking to upscale their operation but had limited resources.



The Sophia Foundation supported me to work directly with them this year offering them support with governance, human resources, marketing and strategic and staff development. I in turn, was able to gain further insight into the daily operations, challenges and requirements needed to run a sustainable social business in South Africa. Thanks to partnerships with [iThemba Lethu](#) and the [Durban Children's Home](#), the organisation was able to

donate 400kg of fresh produce to 300 children on a weekly basis over the year. Ben Constable, CEO of FreshBox messaged: "A big thank you to The Sophia Foundation for sponsoring Jessica's work with us. We are critically aware that in order to move from a creative start-up to an organised city wide enterprise; structure and a conscientious mind-set are essential. Jessica has been key in implementing this culture."



The Sophia Foundation supported the [Amani Institute's](#) 'Ushindi Scholarship' fund which was initiated by me, for a 2nd year. The organisation now has a 3rd office in Bengaluru where it continues to train individuals and organisations focused on creating social impact through their professional careers. This year the recipient of

the award was Ibironke Olurotimi from Nigeria. Her work is focused on providing teenage girls with life skills, education and internship opportunities to enable them to settle seamlessly into the world of work.



I have found new technical skills by guiding and implementing the development of the new Sophia Foundation [website](#). Our aim is to use the site as a platform to share the values and beliefs of the foundation; information on

some of the wonderful projects and organisations with whom we work and to share helpful insights on sustainable and conscious living practices.

The year has offered me many opportunities for personal and professional development especially since the birth of my 2nd daughter in March. I am grateful to Lorraine and The Sophia Foundation for the continued support and encouragement I have received as I strive to balance being a mother with furthering my career.

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In the words of Rudolf Steiner "...we cannot come to a knowledge of the world without self-knowledge, neither can we attain self-knowledge without a knowledge of the world. It is like the beating of a pendulum which must swing back and forth. So must man constantly search for the pendulum that beats, now between self-experience and world experience, and now between world experience and self-experience. This inner activity will bring about a strengthening of the soul. It is today a soul necessity and will be more so in the future."

In these divisive and difficult times, we wish that you will strengthen your souls by growing in self-knowledge and discovering your world and that with a clear mind and an open heart you will give yourself to it.

Thank you for your friendship, encouragement and interest as The Sophia Foundation has continued to unfold this year. We look forward to deepening our relationship with each one of you in the year ahead.

With our warmest wishes,

Lorraine and Jessica

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