

ON OUR WAY

Newsletter of the Women's Center
46 Pleasant Street, Cambridge, MA 02139

Fall ~ Winter
1995/6

(617) 354-8807 TTY and VOICE

A REVIEW OF 1995 AT THE WOMEN'S CENTER

1995 has been a full year for the Women's Center, marked by growth and perseverance. Throughout the year, our dedication to women remained steadfast, as well as our commitment to the long-term health of the Women's Center. Despite fundraising challenges, we have accomplished and offered a great deal.

In 1995, we presented many new groups, workshops, and activities (see "A Calendar Year" for more on new groups) in an effort to meet the diverse needs of women. One of the Women's Center's most successful events this year was our second annual *Women's Health Day* in May. Over 200 women took advantage of the opportunity to learn about important health issues - *free* of charge. We're glad so many of you were able to join us!

We also became more involved with our local community in 1995. As a member of the City's *Domestic Violence Summit*, the Women's Center is putting our experience with survivors of abuse to work in helping Cambridge move towards its goal of becoming a "domestic violence-free zone." In collaboration with the Cambridge Women's Commission, the Women's Center co-sponsored the *Cambridgeport Take Back the Night* march and rally in February, a moving and energizing experience. Recently, we co-sponsored the *Blow the Whistle on Violence Against Women* event which featured a march through Cambridge, a speak-out, and a collective whistle-blowing. In September, we took part in the *Cambridge River Festival*.

In addition, the Women's Center has coordinated numerous outreach efforts in neighboring communities. These included: the *Somerville Women Say No to Violence* events, the *Dorchester International Women's Day* celebration, the *Upham's Corner Health Fair*, and the *Jane Doe Walk for Women's Safety*. It is gratifying for us to join with sister

organizations to work toward an end to violence and for the empowerment of all women.

In 1995 the media helped us spread the word about the Women's Center. The Center was featured on local public radio, in local newspapers, and on *Cambridge Community Television*. A compelling, feature-length article in the *Boston Phoenix* and frequent listings in the *Boston Globe* helped us reach a wide and diverse audience.

Since the beginning, the Women's Center has relied on the support of our many dedicated volunteers. 1995 was no exception. Over 100 women volunteered regularly at the Women's Center, helping with every aspect of our operation. Our 16 interns also provided invaluable help this year. Due to the efforts of the Women's Center's volunteers, we are able to be open 63 hours each week and provide over 70 groups. In 1995, volunteer energy was crucial to the success of such events as our *Garden Party/Open House* in August, our *Bake/Book/Yard Sale* in September, and the *Magical Evening of Giving* in November. Many thanks to all of our wonderful volunteers!

And as for the Center itself (the building), 1995 brought several improvements. On the exterior, parts of the house and trim were painted. Donated plants and flowers kept the backyard looking lovely. Inside, we received donations of furniture (new couches for the living room!) and computer equipment. Beautiful new interior room signs will soon be installed, as will the exquisite kitchen tiles (for our "Honor a Woman in Your Life" commemorative tile campaign).

1995 was a memorable year for the Women's Center, and we hope to make 1996 even better! In 1996 we will celebrate the *many voices, many struggles and many strengths* that have sustained the Women's Center for 25 years. Join us in our celebration!

-Jennifer Norris

PEACE AND JOY FOR ALL SISTERS... WELCOME 1996!

FINDING & SURVIVING THE WORKPLACE

- Are you unemployed or *underemployed*?
- Are you struggling in your job or work environment?
- Do you feel *alone* in your struggle?
- Are you searching for a new career?
- Do you want a support system to help you network?
- Do you want to exchange ideas, insights, and share interests?
- Do you want to make new friendships?

Many women like you have been coming to the *Finding and Surviving the Workplace* support group. This group started in May, 1991, and is still going strong. Here, women talk about many aspects of the workplace. Here, women talk about themselves. Here, women talk about *helping one another succeed*.

Join us in a safe place to share and explore ideas, interests, insights, and guidelines to find and survive the workplace. Meet women like you who have experienced job loss, job stress, or loss of self-esteem and self-confidence. Meet women who have turned failure into success. Meet successful entrepreneurs. Meet women who need *your* help. Meet women who can help *you*.

- Let's learn together.
- Let's help one another.
- Let's *survive*!

This group is a drop-in, free, on-going forum that meets the **2nd and 4th Saturday** of every month from **11:30am to 1:30pm**. We will *not* meet on the 4th Saturday of December, 1995.



SURVIVING THE HOLIDAYS

As Autumn leaves gather on the ground and the chilling winds of winter rush to greet us, thoughts turn to Hanukkah festivals, Christmas cheer, and other holiday celebrations. Expectations build, kindled by yearnings that only good things will happen this year.

Reunions with our families are intense, often difficult, and rarely the stuff of childhood fantasies. Even if we choose not to be with our families for the holidays, strong feelings may get stirred up around holiday time.

What's your strategy for living through this holiday season? Come join us for a *Surviving the Holidays* group discussion facilitated by Betsy Ross, LICSW, on Saturday, December 9, from 11:00am to 12:30pm. To register, please call (617)354-8807.

ABORTION ACCESS PROJECT

October's **Abortion Access Action Month** was a huge success! 18 groups were involved, and the month involved a press conference, forums, films, letter-writing campaigns, and concerts highlighting issues of abortion access. In addition, informational pickets were established at hospitals that do not provide abortion services in Boston, Brighton, Somerville, Quincy, Stoneham, Malden and Cape Cod. The events were covered in newspaper articles and on several TV and radio stations. National Public Radio is working on a follow-up story for a national audience. Thank you to everyone who participated!

In preparation for October's activities, letters were sent to all hospitals that do not provide accessible abortion services, asking them to increase access, and warning of public pressure if they did not. We are pleased to announce that Melrose-Wakefield Hospital and Mt. Auburn Hospital in Cambridge changed their referral procedures in response to our campaign, and now have accessible abortion services!

Beginning in January, the Abortion Access Project will have pro-choice ads on the MBTA! The ad has our new slogan, "Abortion Access - Without it You Have No Choice. Abortion must be safe, legal and accessible." We have enough money to keep the ads up for one month -- you can help keep them up longer! \$15 keeps one ad up for an additional month.

Call (617)494-1161 for more information about the Abortion Access Project. Help us improve access to abortion for all women!

EATING AWARENESS AND BODY IMAGE GROUP NOW OPEN

The Eating Awareness and Body Image Group has decided to open to new members every week! In the past, newcomers could only come on the 1st Tuesday of each month, and were asked to come early for a brief orientation. Now, new women may join us any Tuesday from 7 to 9pm.

The group usually consists of 6 to 12 women. We have no therapist or permanent leader; instead we take turns facilitating ourselves. This is *not* a diet or 12-step group.

We are women of all sizes. We try to support each other rather than compare ourselves. We also try to be sensitive and accepting of our differences. We hope that each woman here can foster a loving, comfortable relationship with her own body. We encourage each woman to find her own truths and to believe that she is able to make satisfying choices about food and other areas of life.

AGING WELL

The September meeting of *Aging Well* marked the beginning of our fourth year of coming together at the Women's Center for discussion and fellowship.

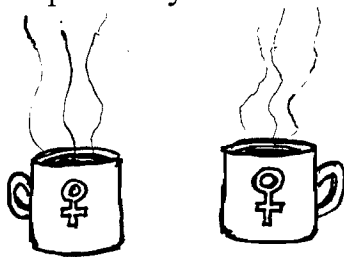
Next year is the 25th anniversary of the Women's Center and the women of *Aging Well* would like to express our thanks and appreciation to the Women's Center, which has welcomed and offered us a place to meet for three years. It gives our group a sense of stability to be able to have our meetings in the same place each month, a room which is so pleasant and comfortable. And with the use of the kitchen, we can enjoy tea and cookies while we talk of ways to age well and enjoy each others' company. We are grateful for the existence of the Women's Center, and are proud to be one with all the other women there.

At our September meeting, one of our members led a discussion of the book, *Women and Aging*, an anthology on women's aging.

Poetry and prose were the subjects of our October meeting. Some women read their own poems. One woman read the poem she had written and read at her mother's funeral. Another member read to us from a book about creativity in old age.

At our November meeting, Sylvia Miller, one of our members, talked to us about her trip to Beijing, China to attend the United Nations conference on women. She said that because of her grey hair, the Chinese people made her feel that she was someone who mattered. She was much impressed with the workshop presented by the Palestinian and Israeli women from Jerusalem who were working together for peace. Peace, they said, must begin with the children. She also attended workshops on domestic violence, educating judges on race, class, and gender bias, women in exile, and the Women Refugees Project. She said her eyes were opened to all kinds of new things, and that in all the time she was there, she never saw any anger or fighting among the women. There was real sisterhood.

The next meeting of *Aging Well* will be on Sunday, December 3rd, at 2 O'clock. Come and join us! Our topic for discussion will be *Summing Up 1995: How it Was for Women and How it Was for You*. Hope to see you then.



HOW MOVING TO TRANSFORM GOT ITS NAME

The word "exercise" carries too much baggage. It makes me feel inadequate. It stirs up memories of being chosen last for softball in elementary school; of unsympathetic gym teachers thinking I was being gauche on purpose. It makes me feel guilty because I don't exercise enough.

I have been healing from significant illness for over 30 years, a period I consider my apprenticeship. Dis-ease was how my body/mind expressed its history, a history shared by many of us. A significant discovery on this path of healing has been that specific **movements** can actually **transform** long-held patterns by releasing old trapped energies. These movements come primarily from yogic and Taoist practices. In those traditions, no distinction is created between physical and emotional symptoms. I find this attitude very freeing. Health is seen as a dynamic process, constantly renewing balance.

I hope you will join me for *Moving to Transform* from 12 to 1pm on Wednesdays. Come, explore the power of gentle movement. Enjoy, play, heal. Surprise yourself.

-Judith Poole

EXPLORING COMING OUT

The *Coming Out Exploration Group* was a very supportive and validating experience. I felt more open and more comfortable about my lesbian identity within the group. This openness helped me emerge and blossom in the rest of my life and the changes were very visible and exciting.

-Diane Carser

P.S. Another similar group will run in January!



WOMEN WRITING

Women writing continue to connect. Seeming regulars, regulars, and newcomers come to experience writing in a supportive atmosphere. We share neutral, non-critical, feeling-centered responses to our own and others' writing. The group meets every other Saturday, from 12:30 to 2:30pm. Frequently, we go out afterwards for tea-like things and company.

Amazing things have happened in this safe, supportive environment and we urge you to drop in with pen and paper and possibly have a transformative experience.

FROM THE DESK OF OUR FUNDRAISER...

As we wind down another year of serving women throughout the area, I am reminded of the Women's Center's "self-empowerment" philosophy. We believe that, with support, all women possess the power to solve our own problems and transform our lives. And we are gratified that so many women are able to locate that support at the Women's Center.

As Development Coordinator, it is my job to locate *financial* support for the Women's Center, so that we can continue to offer all of our support services free of charge. The best way to get this support is to ask for it. This is why there is an appeal accompanying your issue of *On Our Way* asking for your support!

As of November 15, 1995, the Women's Center has raised \$57,383 toward our projected annual operating expenses of \$78,569. That leaves us with a difference of \$21,186. December tends to be one of our strongest fundraising months, so... if you can, WE NEED YOU to make a donation (large or small) by the year end. Whatever you can do to help the Women's Center avert an impending deficit is greatly appreciated.

We are would like to acknowledge the following supporters for their 1995 grant awards (\$500+) to the Women's Center as of Nov. 15, 1995:

Shawmut Bank, Arthur D. Little, Inc., the DeCrow Foundation, the Ratskesky Foundation, The New England, the Jane Doe Safety Fund, A Better Place Foundation, Personal and Career Counseling, the City of Cambridge Community Development Block Grant, NYNEX, the Women in Crisis Committee of the Episcopal Diocese of Massachusetts, the Charles and Sara Goldberg Charitable Trust, First American Title Insurance Company, the Cambridge Trust Company, Gillette, the Charitable Insurance Foundation, East Cambridge Savings Bank, Loomis, Sayles & Company, GTE Laboratories, Standard-Thomson, and the Sherman Family Charitable Trust.

Thank you all for your support. I'll let you know how far *along our way* to our fundraising goal we got in your next newsletter issue.

-Pamela Goldstein



WOMEN'S CENTER'S 25th ANNIVERSARY CELEBRATION

The Women's Center is planning a 25th anniversary fundraising extravaganza to be held in 1996. Women have been meeting regularly to brainstorm ideas and lay the groundwork for an unforgettable celebration. Your input is welcome to help us create an event which reflects our commitment to women and women's issues, while raising much-needed funds.

Thus far, we have been trying to contact notable women to request their participation in this event. If you know someone who might contribute their talent and who would also draw a large audience, please call Jennifer at (617) 354-8807 or leave a message with your comments.

We need your help! If you can, please join us for any or all of our planning meetings. Your energy is greatly appreciated as we near this historic occasion. Together, we can make our 25th Anniversary celebration a great success! Thank you.

-the 25th Anniversary Committee

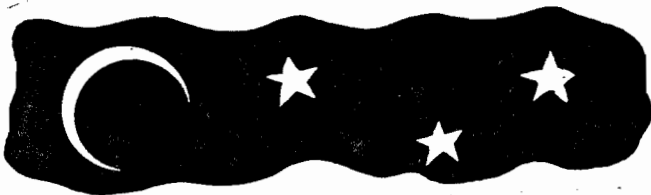
IN THE CORPORATE WORLD...

The Women's Center was one of 25 Massachusetts human service agencies to receive a grant from the Charitable Insurance Foundation. The Foundation is funded by Insurance Professionals of New England, Inc. (IPNE), which annually donates \$25,000 or 50% of its profits, whichever is greater, to the Foundation. The Foundation, in turn, supports victims of domestic violence, the homeless, and hungry. IPNE serves a variety of insurance needs, both personal and commercial. For more information, call 1-800-254-9500.

In other corporate news, IBM has launched a *Funds for Community Service* program for its employees. If you or your partner/family member are employed by IBM, the Women's Center may benefit. Your affiliation may make funding and computer equipment more accessible to the Women's Center.

And lastly... does your employer match your contributions to non-profit organizations? As an official "501(c)3" organization (tax-exempt in the eyes of the law), the Women's Center is eligible for matching funds where available (Lotus, Digital, Harvard University, and other companies already have such programs in place). Check with your employer and let us know if they have a matching gift program. We will do the rest of the paperwork.

Please contact Pamela Goldstein, (617)354-8807, if you work for IBM or have a matching donations program where you work. Thank you!





WOMEN'S INTERNATIONAL/ INTERCULTURAL GROUP

Season's Greetings everybody!!! We are planning for the upcoming year and what an exciting year it will be!

We started out by having great discussions, creating informative topics and even inviting great guest speakers.

The group is growing stronger and beginning to have a sense of ownership. Thank you to new members for their involvement and great help. Here is what they have to say about our group: Fran -- *"I wish I knew about it 30 years ago when I first immigrated to the United States."* Allison -- *"I like having an International/Intercultural Group. I admire Lisa for her strength."* Lucy -- *"I am glad I came to the International/Intercultural Group. This is the first group I belong to."*

We are going to start the New Year by dedicating our first discussion to our sisters in Bosnia. We'll proceed to our African-American sisters and then we'll talk about self-esteem and boundaries for women. We'll be having our traditional potluck picnic in May before we take a summer break. We meet on the last Saturday of every month at 1pm at the Women's Center (except in December, when we'll meet on the 16th to discuss *Women's Spirituality & the Goddess*).

So come join us, sisters, for a terrific year! Remember, our motto is: "For women by women."

Sincerely yours, In Sisterhood,

The International/Intercultural Group



BROKEN HEARTS / BROKEN RELATIONSHIPS: A SUPPORT GROUP FOR LESBIANS

This is an on-going group for lesbians who were in serious, committed relationships that have recently ended. It is a safe space to share our feelings and to experience that we are part of a healthy community larger than our own grief. Saturdays, December 9 & 16, 2 to 4pm at the Women's Center. For more information, call (617)354-8807.

WOMEN'S CENTER HOLIDAY HOURS



Monday, December 25	CLOSED
Monday, January 1	CLOSED
Monday, January 15	CLOSED

AL-ANON GRUPO FAMILIAR PARA LAS MUJERES HISPANAS

Al-anon es:

Una organización mundial que ofrece un programa de ayuda propia para los familiares (esposas, hermanas, etc.) amigas de una persona que abusa de substancia, ya sea o no que esta persona busque ayuda o reconozca la existencia de su problema. Los miembros en este caso, las mujeres dan y reciben consuelo y comprensión por medio del intercambio mutuo de experiencia fortaleza y esperanza. El compartir problemas similares estrechamente a las personas y a los grupos en un lazo que es protegido por la guía del anonimato.

El proposito de Al-anon:

Es ofrecer al grupo la oportunidad de aprender a crecer espiritualmente por medio de la práctica de los Doce Pasos adaptados de Alcohólicos Anónimos, intercambiando la experiencia de afrontar a la persona que abusa de substancia, y de cómo aprender a comprender y darle ánimo a esta persona.

Este grupo:

El grupo será en español y las reuniones serán cada lunes, 6 a 7:30pm al Centro de Mujeres. Para más información o si necesita cuidado para los niños, llame a Aleyda al (617)232-4916.

VOLUNTEER HERE!

Have you ever wondered how the Women's Center offers so much? Largely, this is due to the help of volunteers. Have you ever wanted to get more involved at the Women's Center, or wondered how you could help? Here are some volunteer opportunities currently available at the Women's Center for you:

- Work on the 25th Anniversary event.
- Help with the Women's Health Day.
- Offer support/assistance to women in crisis.
- Request donations for:
 - Funding for the Women's Center.
 - Goods (e.g. non-toxic carpets, FAX machine, office supplies/equipment).
- Run errands (pick up Sojourner each month...).
- Provide childcare for meetings.
- Help with mailings (4-5 times/year).
- Sell tickets to events.
- Coordinate outreach/tabling.

Lend your skills and energy to support women and the work of the Women's Center. Call to request a volunteer application or speak to Jennifer at (617)354-8807. Try it ~ you'll like it!



**Help realize the dream
of a supportive world for women
with a contribution to the Women's Center today!**

A CALENDAR YEAR

I write up the calendar of events at the Women's Center each month. After my anxiety subsides (are there any mistakes? are there enough rooms for all these groups? will anybody come?), I relax. Then I'm amazed that so many groups exist and impressed by the women who have initiated and nurtured them. Thank you!

1995's calendars have been fuller than ever. Because of space constraints, I can mention just a few of the **40 new** offerings:

Estamos agradecidas de darles la bienvenida a unos nuevos grupos en español. **Al-anon Grupo Familiar para las Mujeres Hispanas** (Lunes, 6 a 7:30pm), **Lesbianas Latinas**, y **Un Grupo para Latinas Sobrevivientes del Abuso** (necesitamos 2 o 3 más mujeres antes de comenzar).

We are excited about some **new/old** twists. Members of **Incest Resources**, a survivor-run organization, led the *first* group for survivors (which began in 1983), and now facilitate the **Drop-in Discussion for Survivors of Child Sexual Abuse** on the last Friday of each month. And **Lesbians Choosing Children**, for lesbians who have or want children in their lives, returns to the Women's Center after a break of several years (their first meeting will be Monday, December 4).

There has been a great deal of variety in our short-term facilitated groups. A **Self-Injury Discussion Group** (6 weeks) led by Vera S. Cohen was well-attended and well-appreciated, and will run again in 1996. Vera also led **Women with Histories of Emotional/Verbal Abuse** (4 weeks) which continued for months on its own. The 6-week **Finding Clarity in Your Life** was another popular and well-liked group, as is Betsy Ross' **Relating Better** (10 week group - starting again in January). And the **Coming Out Exploration Group** (10 weeks - a new group will start soon) filled the need for more individual attention than is possible in the popular monthly **Open Discussion on Coming Out**.

Women came from Britain (Pat Winslow's **Poetry Reading**), New York (Yvette Pennacchia's **Writing as a Tool to Healing**), California (Carol O'Hare's **Jailed for Freedom: American Women Win the Vote**) and Vermont (Kate Wylie's **How Oppression Works**) to lead special events here!

Women overflowed from the Living Room into the hall and Resource Room to participate in the **Spiral Singers' Calling Women Home to Rest; A Woman's Evening of Song**.

And let's not forget the 30-something "regular" groups, many of which began years ago. Some are not even listed in the monthly calendar because they are not drop-in groups (**Manic-Depression and**

Depression, Ritual Abuse Survivors, Women with Multiple Personalities, and Parenting groups). Call for information on these groups - most have openings.

And this year we've received appreciative responses to a new group about groups: **Solving Problems in Our Groups**. It will continue to be offered once every few months, is confidential, and is for anyone seeking solutions to any kind of group problem (size, clique-ishness, lack of time-sharing...). Of course you are also encouraged to talk in your group about any problems you experience!

Thank you to all the women who have helped groups start, keep going, become more supportive, more welcoming, and more inclusive. As always, the women attending groups make them what they are.

Don't forget to check the calendar!

-Judy Norris

THE FRIENDSHIP CONNECTION

Want to make some new **friends** (another mother to hang out with you and your 1-year old; someone to have long conversations with; someone to watch *Thelma & Louise* with; someone to play guitar with you on Thursdays)? Whatever you're looking for in a friend, bring your wish to **The Friendship Connection** on Saturday, January 13, from 1:30 to 3:30pm. Through fun, games, and exercises we'll introduce ourselves, tell what we want in friendships and, hopefully, make new friends (not for dates).



RELATING BETTER GROUP

New to the Women's Center this fall is the **Relating Better Group**, facilitated by psychotherapist Betsy Ross. This ten-week workshop is designed to increase our awareness of how and why we relate the way we do. The group is exploring a variety of topics selected by its members. Issues include: examining current relationships (with friends, co-workers, lovers, family members, etc.), identifying effective vs. ineffective relating styles, and learning about obstacles to being closer.

A new group will be forming beginning on January 10th. This Wednesday evening group runs for 10 weeks from 6 to 7:30pm. To register, call: (617)354-8807.

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

- Dec. 4 Holiday Heebie-Jeebies (Anxiety).
11 Sex: What Do We Do in Bed?
18 Power and What it Means to a Woman.
25 NO RAP - Holiday.

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

- Dec. 5 Homophobia.
12 I'm OK/You're OK (with Bisexual Rap).
19 Children in Our Lives.
26 Being Good to Ourselves.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm

- Dec. 5 Coping with the Holidays.
12 I'm OK/You're OK (with 30+ Rap).
19 The Stress of Challenging Biphobia.
26 Friends & Lovers.

INTERNATIONAL/INTERCULTURAL WOMEN'S GROUP

Usually the last Saturday/month, 1-3pm

- Dec. 16 Women's Spirituality and the Goddess,
facilitated by Marguerite Rigoglioso.

INCEST RESOURCES' FACILITATED OPEN DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE

Last Friday, each month, 6-7:30pm

(please be on time to avoid disrupting the group)

- December 29 Anger.
January 26 Survivor Health Issues.
February 23 Self-Image.

INCEST SURVIVORS' THINKTANK

1st Wednesday, each month, 7:15-9:15pm

- Dec. 6 How to Respond to the Backlash Against
Sexual Abuse Survivors.
Jan. 3 Survivors Talk About Money & Work.

AGING WELL

1st Sunday, each month, 2-5pm

- Dec. 3 Summing Up 1995: How it Was for
Women and How it Was for You.
Jan. 7 Just Being Ourselves: Walking Right
On By Media Images of Older Women.

SEXUAL HARASSMENT SUPPORT GROUP

Monday, December 11, 7 - 9pm

NEW! LESBIANS CHOOSING CHILDREN

1st meeting - Monday, December 4, 7-8:30pm

Topic: Having Children in Our Lives.

*For moms, moms-to-be, co-parents, and other
lesbians interested in having children in their lives.*

ONGOING GROUPS

SUNDAY

- ♿ • Aging Well (*1st Sunday each month*) 2-5pm

MONDAY

- Al-anon Grupo para Mujeres (*en español*) . . . 6-7:30pm
 - Battered Women's Support Group 7:30-9pm
 - Lesbian Rap 7:30-9pm
 - Lesbians Choosing Children (*Dec. 4th*) . . . 7-8:30pm
- ♿ • Reproductive Rights Network (R2N2)
(*usually 2nd & 4th Monday*) 6:30-9pm
- ♿ • Women with Disabilities and/or Chronic Illness
Support Group (*3rd Monday*) 3:30-5pm
- Women's NA 12 Step 7:30-8:30pm

TUESDAY

- Bisexual Women's Rap 7:30-9:30pm
- ♿ • 30+ Lesbian Rap 7-8:30pm
- Eating Awareness & Body Image Group . . . 7-9pm
 - Lesbian Partners & Ex-Partners of Incest Survivors
(*3rd Tuesday*) 7-8:45pm
 - Survivors for Justice (*irregular meetings*) . . 7-8:30pm

WEDNESDAY

- Battered Women's Support Group
(*weekly except 3rd Wednesday/month*) 7-9pm
 - Boston Bisexual Women's Network
(*2nd Wednesday, odd #d months*) 7:30-9pm
 - Incest Survivors' Thinktank (*1st Wed.*) . . 7:15-9:15pm
- ♿ • Lesbian Al-anon 6:30-8pm
- Moving to Transform (*centering exercises*) . . . 12-1pm
 - Women of Colors Rap (*Newcomers 1st Wed.*) 7:30-9pm

THURSDAY

- ♿ • Cancer Support Group (*2nd/4th Thursday*) . . 7-8:30pm
- Chemical Injury Information Network
(*1st Thursday*) 5:30-7pm
 - Feminist Reading Group (*2nd/4th Thurs.*) . . 7-9:30pm
 - Incest Survivors Open Discussion 7:30-9:30pm
- ♿ • Women's Community Cancer Project, Open
General Meeting (*1st Thursday*) 7-9pm
- Women over 45 (*every other Thursday*) . . . 7:30-9pm

FRIDAY

- Incest Resources' Facilitated Discussion for Survivors
of Child Sexual Abuse (*last Friday*) 6-7:30pm
- ♿ • Incest Survivors Anonymous 6:30-8pm

SATURDAY

- Broken Hearts/Broken Relationships: A Support
Group for Lesbians (*Dec. 9 & 16*) 2-4pm
- ♿ • Coming Out Discussion for Women of All Ages
(*Usually 1st Sat.; usually ASL interp'd*) . . 11am-1pm
- Finding & Surviving the Workplace (*Dec. 16, not 30.*
Usually 2nd & 4th Sats.) 11:30am-1:30pm
 - International/Intercultural Women's Group (*Dec. 16th.*
Usually the last Sat./month) 1-3pm
 - Women Writing (*biweekly*) 12:30-2:30pm
 - Works in Progress (*biweekly*) 12:30-2:30pm

THE TILES ARE HERE!
(For the Kitchen, that is...)

This time last year, the Women's Center launched our *Commemorative Tile Campaign*, the first of its kind at the Center. The project was developed to raise needed funds for the Women's Center, while allowing donors to honor important women in their lives in a permanent and elegant way. After reviewing different artists' ideas, the Women's Center Collective commissioned Bekah Perks to work with us. Bekah, a New England-based clay artist, has designed and created exquisite tiles. Together the tiles will celebrate women and add a lovely new flavor to our Kitchen. (Really, they are beautiful!)

The Kitchen tiles are now available for viewing, and we hope to install them by the end of the year. Kitchen tiles, which are painted, glazed, 6"x 6" squares, with flower designs linked together by a connecting vine, "cost" \$250. Please, contact the Women's Center if you are interested in this campaign, or would like to come see the finished products (617-354-8807 - ask for Pamela). Many thanks to those who have already supported this effort!

P.S. We are just beginning to work with a new artist on the Living Room tiles, which are \$1,000. These will be sculpted, terra cotta, 8"x 8" squares, with a connecting design; we'll let you know when they're ready! ☺☺

All contributions to the Women's Center are tax-deductible.

NEWSLETTER BY/FOR SURVIVORS OF CHILD SEXUAL ABUSE

For Crying Out Loud is a quarterly newsletter for survivors of child sexual abuse that has been published by survivors for 11 years. The theme of the Fall '95 issue is *Safety*. If you would like to receive a free sample issue, call the Women's Center at (617)354-8807. Subscriptions to *For Crying Out Loud* are \$10/year (or less if you can't...). Previous issues are available for \$2.50/each (or less if...). Topics of past issues include: *Grief and Loss, Memory and Denial, Money, Holidays/Surviving Again, Questions to Mother, Feeding Ourselves, Speaking the Unspeakable, Rebirth*, and many more.

To subscribe or order back issues (both are sent in "Women's Center" envelopes), write to:

For Crying Out Loud
 c/o The Women's Center
 46 Pleasant Street
 Cambridge, MA 02139

WOMEN SURVIVORS OF SEXUAL ABUSE GROUP

Heartlines, Inc. invites survivors of sexual abuse to attend a free, on-going, drop-in, facilitated discussion group every Friday from 6 to 7:30pm. The group meets at 50 Dudley Street in North Cambridge. Free parking. Accessible by bus or T. Call (617)524-6850 for details.

FUNDRAISING/SHOPPING EVENT A SUCCESS!

On Sunday, November 19, the Women's Center joined "*A Magical Evening of Giving*," a CambridgeSide Galleria event to benefit non-profit organizations. The evening featured door prizes, entertainment, free parking, special discounts, and more... Best of all, we raised over \$600 for the Women's Center!!! **Thank you** to all those who bought tickets to this event, and to our volunteers for selling them.

WOMEN WITH DISABILITIES AND/OR CHRONIC ILLNESS GROUP

The *Women with Disabilities and/or Chronic Illness* Support Group needs new members to keep running. In the past, this group has embraced a wide range of disabilities and chronic illnesses, both visible and invisible. Women with HIV, AIDS, Chronic Fatigue Syndrome, environmental illness, chemical sensitivity, and other illnesses are welcome, as well as those with more visible illnesses. The day and time of the meeting can accommodate members' scheduling needs. Please call Judy at (617)354-8807 if interested.



YES! I want to help the ♀'s Center "On Our Way!"

Enclosed is my **tax-deductible contribution** of:

- \$100 \$50 \$25 \$10 Other _____
- I'd like to become a regular monthly sustainer, with a pledge of \$_____/per month.
- Please send me a volunteer application.

Name: _____

Address: _____

City/State: _____ Zip: _____

Phone #(s): _____