

♀ ON OUR WAY

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

(617) 354-8807
TTY and VOICE

Winter '93

SURVIVING THE FAMILY

On the night of Saturday, November 6, 500 women, men, and children filled the Tsai Performance Center to listen, learn, share, and discuss. The size of the crowd was surprising because of the topic: incest. Once a strictly taboo subject, on this night people could not stop expressing their ideas and feelings about incest.

One theme, which was vocalized by panelist Norma Garcia in the beginning of the event and reverberated throughout the night, was that everyone must be active in breaking the silence and preventing incest. From this idea, a group has been formed to work on the political issues of incest, such as combatting the backlash and denial of incest.

Part of this backlash and denial is accusing survivors of having "false memory syndrome". One survivor from the audience shared how she stopped speaking out about incest when this term became popular because she began to doubt her experience. But at the event she was believed and she helped others remind us what a serious problem backlash is.

The atmosphere was one of community and understanding as survivors from the panel and the audience validated other survivors' emotions and experiences. Another important point the panelists made was that healing is possible and that there are places where survivors can find support. All of the panelists named the Women's Center as a key point in their healing process, as a place to be accepted, supported, and to meet with other survivors.

The event was a benefit for the Women's Center thanks to Sam Kauffmann, who created the film "Surviving the Family" which began the evening. Sam was inspired to make this movie about a woman recalling her childhood sexual abuse because his sister was abused by their

stepfather. Sam wanted to use the opportunity of the event to help the Women's Center continue its dedication to helping incest survivors. Many people generously gave money on the night of the event and donations are still coming in.

The event was a wonderful success thanks to Sam, all the people who shared of themselves, all those who organized it, and the responsive audience. And heartfelt thanks to the panelists, Norma Garcia, Diane Loud, Maria Tramontozzi, and Elaine Westerlund, who had the courage to break the silence.

HELP!

Is what I screamed as I was being battered
From the fist in my face to the ugly words in my ears to the false accusations of thoughts I never even imagined.

HELP!

Is what I urge our public officials give immediate attention to this crisis, Because this is not just an abuse case or control of gender, but a matter of escalating violence.

HELP!

Is what I've found at the Battered Women's Support Group hosted by Besty Warrior where women of all different backgrounds, ages, financial status have one common problem and one common purpose,

SUPPORT and UNDERSTANDING.

-L.S.B.

COMING ATTRACTIONS IN DECEMBER...

SEXUAL HARASSMENT SUPPORT GROUP. Mon.,
Dec. 20, 7-9pm. Led by Louise Bonar.
WHAT PART OF "NO" DON'T YOU UNDERSTAND?
Conversations at the Non-verbal Level.
Sat. December 11, 10am-1pm. We need
more coherence between what our words
say and what our body, posture, and
voice convey. A workshop by Judi
Goodman, 862-3699, & Linda Kelly,
267-3528. Please call to register.

AND IN JANUARY...

**COUPLES SUPPORT GROUP FOR NEW LESBIAN
PARENTS.** 6-week group (1st meeting is
open, then the group will close) for
lesbian couples & their babies. Led by
Leslie Loomis. Sat., Jan 8, 2-3:30pm.

OLDER WOMEN AGING WELL. Sunday, Jan. 9
(2nd Sunday this month), 2-5pm. Music
We All Love with Sophie Paul.

**KEEPING BOUNDARIES AND HAVING GREAT
RELATIONSHIPS.** Sat., Jan. 15, 10am-
1pm. Judi Goodman, 862-3699 & Linda
Kelly, 267-3528. Call to register.

**FOR FEMINISM OR FOR PEACE: EXPERIENCES
OF "WOMEN IN BLACK" IN ISRAEL.** Tues.
Jan, 11, 7-9pm. The contributions of
Israeli women, Jewish and Palestinian,
in promoting peace. Description of the
activities of the women's peace groups
"Women in Black" & "Women in Peace" by
Hannah Safran and Dalia Sacks, Israeli
peace activists.

VOLUNTEER(S)

How is it possible for the Women's
Center to be open so many hours, offer
so many groups, overflow with referral
information, have a library, send out
this newsletter, operate so thriftily?
In short, to exist?

This community-based Women's Center
continues while most others haven't
because of the reliability, dedication,
and enthusiasm of volunteers. The crucial
contributions of these women (100 volun-
teers to 2 full-time employees) can not
be overstated. To all our volunteers, a
huge THANK YOU!

And of course more help is always
needed. Would you like to help out in any
of the following ways?

- ◆ Do childcare so mothers can attend
groups (upon request).
- ◆ Enter info into the computer.
- ◆ Be available at times to women in need
of practical support (e.g. accompany-
ing a battered woman to court).
- ◆ Update referrals on a specific topic.
- ◆ Help during a cleaning/fixing day.

If so, please call Jennifer at 354-8807.

SUPPORT GROUP FOR CANCER CARETAKERS

This group for women friends,
relatives and/or caretakers of women with
cancer provides women with a place to
share ways to care for ourselves as we
care for others. In other words, an
informal, safe place to express feelings
we may not be supposed to feel, but do.
Come as you need to. We meet the 2nd and
4th Tuesdays of each month, 7-8:30pm.

For additional information, contact
Anna at 547-6240.

SAVE THE BI RAP

We know there are plenty of you bi
women out there! To keep the Bisexual
Women's Rap group going, though, we need
one or a few women who will be committed
to attending the group regularly, so that
no one coming to the group will find an
empty room. She (they) would be contact
person(s) and possibly facilitator(s).

Over the years the group has been a
source of strength, support, and friend-
ship for countless women, and it's
important for the Women's Center to
continue to have a group for bisexual
women. But, after December, the group,
which is held Tuesday nights, can only
continue meeting if new energy is found.

So, if you're interested in
revitalizing the Bi Group, call the
Center. They'll connect you with others
who have called. Don't delay, make your
call now! DON'T LET THE BI RAP DIE!!

WRITE ON WOMEN

The Women's Center Saturday Writing
Group was begun by students of a Women's
School workshop who continued to meet
after the workshop ended. They opened
their meetings to any women who wanted to
attend, and several years later, the
group is still flourishing as an open
workshop. While membership has changed
greatly, and continues to do so, many of
the techniques of the original workshop
are still practiced.

Fundamental to the group is a non-
critical and supportive approach to
writing. It is not a place for critiqu-
ing. Feedback is positive or neutral.
The process of the writing and reading is
honored as an end in itself, not just as
a means to producing a finished piece.

New members are always welcome! The
group meets every other Saturday from
12:30 - 2:30pm. Call the Women's Center
for dates or to be put in touch with a
contact person for the group.

WEDNESDAY NIGHT BATTERED WOMEN'S SUPPORT GROUP

We would like to thank all of you who showed your concern and support for women's safety by helping us to buy a "panic alarm" and to pay for one year's monitoring of the alarm by a security agency. You have the gratitude of all of us and the comfort of knowing you're helping to keep some women safe in a very practical way. The alarm we purchased has been used by three women.

In our desperate effort last spring to get an alarm for one of our members, we contacted a member of the Middlesex County Deputy Sheriff's Association. He gave us information on borrowing an alarm from the Sheriff's office and he and two of his associates generously volunteered to install the alarm for us.

Subsequently, they decided to set up a Domestic Violence Project to provide six panic alarms for battered women with restraining orders who needed them. This was an unexpected and much appreciated aftereffect of our work.

About a year and a half ago we began a call-in campaign to Cambridge City Council members about the need for panic alarms. Recently Councilor Sheila Russell contacted us to let us know that she had introduced an order for the Council to appropriate money for the police to get alarms. Councilor Wolf also wrote us of her support.

We've had alarms installed for members of our support group in both Middlesex and Norfolk Counties, thanks to the Deputy Sheriff's Association. We are worried about women outside these two counties having access to alarms - as we have women from all over attending our group. We are trying to get some reassurance now from Suffolk County (Boston area). We have called District Attorney Ralph Martin's Office (Rachael Kimmich, 725-8600) and Rep. Barbara Gray's Office (Kate Russell, 722-2400), but so far we've received no response. We also hope to contact Boston Police Commissioner William Bratton (343-4500). If you can help us by contacting any of these officials and urging them to allocate panic alarms to battered women, it may be of critical help.

We thank you all for the support and encouragement you've given to our work.

-Betsy Warrior

*** YOUR DONATIONS KEEP THE WOMEN'S
CENTER GOING AND GROWING! ***

MULTIPLE SUPPORT

For the past three years the Women's Center has offered encouragement, information, friendship, and help to women with multiplicity (or in psychiatric language, women with Multiple Personality Disorder [MPD]) in the form of small support groups. Currently there are four such groups at the Women's Center, two of which have openings for new members after a long period of being closed.

For those women trying to come to terms with their multiplicity 'out there' who feel isolated, confused, unsupported, or just new to the discovery of multiplicity in themselves, this might be a good opportunity to find answers and validation. These support groups meet weekly or biweekly and provide a place where women like yourself share their feelings about emerging memories and frightening and threatening daily experiences. We also talk about gained strength and coping mechanisms and share information - at times appearing to be more at the forefront of MPD and all of its intricacies than the psychiatric and medical establishment, who sometimes blunder along in their own inexperience, prejudice and ignorance.

Because these groups are not facilitated by professionals and are therefore not therapy groups, each member is held responsible for herself and her 'system' (or 'alters'). While all inner people are encouraged to participate in the group meetings, including inner children, it is expected that there is always an 'adult' present who can take charge at a moment's notice. We offer warmth, encouragement and validation - but are not therapists.

If this brief description sounds like what you have been looking for, call the Women's Center now and the staff will have one of the groups' contact people return your call. And be reassured: If you are experiencing the phenomenon of multiplicity - with all the vast array of experiences, feelings, sensations, and just plain strangeness that implies - please know that we in these groups have been - and are still - there too.

BAM

A new group, Boycott Anorexic Marketing (BAM) has formed to fight against images in advertising which set up unrealistic standards of thinness for women. These standards contribute to eating disorders and women hating their bodies. BAM is seeking new members. For info call Mary Baures at (508)927-4901.

SUPPORT GROUP FOR NEW LESBIAN PARENTS

A Short-term, Six-week Support Group, on Saturday Afternoons, starting Jan. 8.

There is so much pleasure and joy in having a baby and forming a new family that lesbian couples are often caught unaware of the need to adjust to new parenting roles. Becoming a new family is often so disorienting and overshadowing that couples don't come up for air until a year later. Then they may feel alienated from each other and confused that their relationship has become less trusting, intimate and caring. The already strained family can also be undermined by pressures and discrimination an alternative family experiences in a homophobic society.

Lesbian moms need a place to feel validated and supported. They need time to share their family and couple experience in a safe environment with other lesbian couples who are going through similar situations. This can decrease the isolation which happens so easily during the initial phase of parenting. The Women's Center is responding to this need by offering a short-term, six-week, couple support group for new lesbian parents, starting January 8th. Babies are welcome and if we need childcare for older babies, the group can decide how to provide that. Leslie Loomis, a lesbian mom and psychologist will facilitate the group. It will meet on six consecutive Saturday afternoons from 2 to 3:30pm. If you are interested, please attend the first meeting. The group will be closed after that. This group will continue in six week intervals, interrupted by a two or three week hiatus. New members can join at that time and old members can decide whether or not to continue.

MANIC DEPRESSION AND DEPRESSION GROUP

This unique weekly self-help group for women in treatment for manic depression and depression meets at the Women's Center at 1pm on Thursdays.

The facilitator is a woman in recovery from long-term manic depression. She uses her experience, strength, humor and hope to create a warm, casual and empowering environment. New members are welcome!

OFFER OF FREE POLARITY MASSAGE

Free Polarity Massage for very low to no income women. Call Lin, 776-9734.

HOLIDAY WISH LIST

Here are some things we'd love to have at the Women's Center. If you could donate any of them, or know where we could get something donated, please let us know (all donations are tax deductible). Happy Holidays!

- Photocopier
 - Answering Machine
 - Laser printers for IBM or MAC
 - Books for the Library concerning women of color, parenting issues, child sexual abuse, multiple personality, ritual abuse, and self-injury
 - Household supplies (lightbulbs, tea, coffee, paper towels, etc.)
 - Office supplies (pens, white-out, tape, clipboards, notebooks, etc.)
 - Office chair, lamps, end tables
- Call Pam at 354-8807 to donate. Thanks!

FOR CRYING OUT LOUD

A quarterly newsletter for women survivors of child sexual abuse. We welcome submissions of poetry, prose, and artwork from women survivors. Also, we currently have openings for two new collective members (must live in the Boston area). Contact us at FCOL, c/o Women's Center, 46 Pleasant Street, Cambridge, MA 02139. No phone calls, please.

WRITE PHIL DONAHUE

The Phil Donahue show of October 28 featured people who claimed they were manipulated by therapists into believing that they were survivors of childhood sexual abuse. Essentially, the program promoted the views that "False Memories" of sexual abuse are common and easily implanted by unethical therapists, and that real child sexual abuse is not prevalent in our society. Many survivors feel it is irresponsible and damaging for the Phil Donahue show to present such a slanted and distorted view of the problem of child sexual abuse. Petitions protesting the show can be signed at the Women's Center, and comments may also be sent to: Phil Donahue, The Donahue Show, National Broadcasting Company, 30 Rockefeller Plaza, New York, NY 10112

THE BATUCADA BELLES

The women's percussion marching band you know and love, is opening to new members. No experience necessary. Women of color encouraged to join. For more info call Beth at 848-4981.



A YEAR TO REMEMBER

1993 has been a memorable and exciting year, a year of growth and many successes. This growth has happened in various different areas, and has meant that the Women's Center is able to reach out to more women, to serve more women and provide more and better resources for the women who use the Center. Some examples:

In 1993, 13 new groups were formed at the Women's Center. Among these groups are: Ritual Abuse Survivors Support and Education Group; Women Supporters of Women with Cancer; Single Mothers Group; International/Intercultural Women's Group; Anxiety Support Group; and two more groups for Women with Multiple Personalities. It is satisfying to be able to host so many important groups for women, although it does make coordinating use of space much more complex!

In addition to the new groups in 1993, the Women's Center also hosted several well-attended workshops including Living with Loss; Friendship; and Moving Beyond Survivor to Personal Power.

Many existing groups at the Women's Center continued to thrive in 1993. The monthly Open Discussion on Coming Out for Women of All Ages often fills two rooms and is usually ASL interpreted. More mothers also seemed to be attending groups at the Women's Center this year, childcare was provided for many groups including Parenting and Single Mother's groups, Battered Women's Support Groups, the International/Intercultural Women's Group, and Incest Survivors Anonymous.

1993 brought an influx of much-needed new volunteers to the Women's Center. We also had more interns than ever before (11 so far) who have done a tremendous amount of work staffing the Women's Center and working on our resource books. This year's group of interns had an international flair brought by Sonja, our German intern who was here for 7 months.

The year also welcomed our new full-time staff person, Pam Goldstein. We are proud to have Pam on staff, and celebrate the growth of adding this new position. Right now Pam is concentrating on raising funds to keep the Center going.

The Women's Center received a considerable amount of media attention in 1993. Articles about the Women's Center appeared in the TAB, Sojourner, and the Cambridge Chronicle. We also did outreach to our community by participating in events such as Gay/Lesbian/Bisexual Pride Day, the Cambridge River Festival, and Somerville's "Say No to Violence" event.

This fall brought the most exciting event of the year for the Women's Center, the "Surviving the Family" benefit. All the hard work that went into the event certainly paid off - the evening was a tremendous success. (Please see article about the event in this issue).

Thanks to everyone who helped the Women's Center accomplish so much in 1993! We look forward to more growth and new successes in 1994.

TITUBA: 1972(?) - 1993

Tituba the cat lived at the Women's Center for about 20 years. In the last 10 months she found a new home with me. She left us peacefully on November 5. Her favorite place was the fluffy down comforter on my bed and that is where she died.

Though I have only known Tituba for a little over a year and lived with her for less than that, she was very special to me. I believe that we were meant to be together this past year - we offered each other love and companionship that served us both. We were the best of friends and she was a wonderful roommate. She let me watch as much television as I wanted without judging me and I let her yowl for food at 4am without scolding her.

She was not only wise and gentle, but well-known. When friends and colleagues learned that I adopted "the Women's Center cat" they'd say "I know that cat! Tell her I said hello." Needless to say, it was an honor and privilege to have the dear girl in my home.

I miss her terribly but find comfort in knowing that she had the fullest life of any cat I know. Her spirit will live on in the Women's Center forever because she was there almost from the beginning and helped to create the warm, loving atmosphere that exists there. Her spirit will also live with me because of the love she brought into my home and heart.

Tituba's ashes will be buried in the back yard of the Women's Center.

So long, Titch!

by Kathleen Collins
Women's Center volunteer



WOMEN'S CENTER HOURS

Monday - Thursday	10am - 10pm
Friday	10am - 8pm
Saturday	11am - 4pm

ONGOING GROUPS

SUNDAY

- & Older Women Aging Well (1st Sun)....2-5pm
- Single Mothers Group (1st & 3rd Sundays, call if childcare is needed).....1-4pm

MONDAY

- Battered Women's Support Group...7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors (1st & 3rd Mons.)....7-8:45pm
- Lesbian Rap.....7:30-9pm

- & -Reproductive Rights Network (R2N2) (usually 2nd & 4th Mons.)...6:45-9:30pm
- Sexual Harassment Support Group (meets once every 2 months).....7-9pm

- & -Women with Disabilities (3rd Monday).....7:30-9pm

- Women's NA 12-step.....7:30-9pm

TUESDAY

- Bisexual Women's Rap.....7:30-9:30pm
- Eating Awareness and Body Image (Open to newcomers 1st Tuesday at 6:30pm)..7-9pm
- Job Search Team (Priscilla, 387-8562)

- & -30+ Lesbian Rap.....7-8:30pm
- Women Supporters of Women with Cancer (2nd & 4th Tuesdays)....7-8:30pm

WEDNESDAY

- Assessing Your Therapy (2nd Wednesday, once every 3 months).....7-9pm
- Battered Women's Support Group (weekly except 3rd Wed. of month).....7-9pm
- Boston Bisexual Women's Network: Intro Mtg. (2nd Wed., odd months)..7:30-9:30pm
- Incest Survivors' Thinktank (1st Wednesday).....7:15-9:15pm

- & -Lesbian Al-Anon.....6:30-8pm
- Women's Anxiety Support Group (open to new members 1st Wed./mo.)...6-7:30pm

THURSDAY

- & -Cancer Support Group (2nd & 4th Thursdays).....7-9pm

- & -Facilitated Open Discussion for Incest Survivors (3rd Thursday)....7:30-9:15pm

- Incest Survivors Open Discussion Group.....7:30-9:30pm
- Incest Survivors Unstructured Open Discussion Group.....7-9:30pm

- Manic Depression and Depression Support Group (lunch out after, optional)...1pm

- & -Women's Community Cancer Project, Open General Meeting (1st Thurs.).....7-9pm

FRIDAY

- & -Incest Survivors Anonymous.....6:30-8pm

SATURDAY

- Finding and Surviving the Workplace (2nd Saturday).....11:30am-1:30pm

- International/Intercultural Women's Network (usually 4th Saturday).....1pm

- Open discussion on Coming Out for Women of All Ages (lunch out after, optional; often ASL interp'd; 1st Sat.)..11am-1pm

- Write On Women (biweekly)....12:30-2:30pm
- Women Writing Life Stories (biweekly workshop).....12:30-2:30pm

TOPICS FOR DISCUSSION



LESBIAN RAP

Mondays, 7:30-9pm



- December 6 Games - Bring Your Favorite.
- 13 Biological Families, Families of Choice, and the Holidays.
- 20 Women-oriented Spirituality.
- 27 Potluck and Holiday Stories.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm

- December 7 The Joys and Hardships of Bisexuality.
- 14 Finding the Bisexual Community.
- 21 What to Tell Your Straight/Gay Friends.
- 28 Why Bisexuality.

& 30+ LESBIAN RAP

Tuesdays, 7-8:30pm

- December 7 Diversity in Relationships (Age, race, class...).
- 14 Long Distance/Internet Dating.
- 21 Lesbians Creating Community.
- 28 Lesbians and the Law.

INCEST SURVIVORS THINKTANK

1st Wednesday 7:15-9:15pm

- December 1 Rebuilding Relationships.
- January 5 Societal Responsibility of/for Offenders.

& FACILITATED OPEN DISCUSSION GROUPS FOR INCEST SURVIVORS

3rd Thursday 7:30-9:15pm

- December 16 Overcoming Feelings of Helplessness.
- January 20 Our Bodies.
- February 17 Trusting Yourself.
- March 17 Dealing with Emotions.
- April 15 Coping/Honoring Ourselves.
- May 19 Breaking the Silence.



WOMEN'S POLITICAL POETRY WORKSHOP

Saturday, January 8, 1994, 11am - 1pm.

A political poem can mean many things. Some political poems validate women's everyday experience, or our views on world events. This workshop will consider the poems of some leading women writers to discuss the politics of women's lives: in families, as workers, as activists, as world citizens. Through in-class writing exercises participants will discover the challenges of creating effective poems from their own experiences and opinions. Possible homework assignments and a follow up meeting will be discussed at the workshop.



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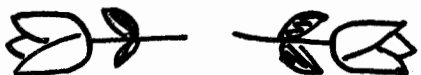
ABORTION MAY BE LEGAL ... BUT WHO CAN GET ONE?

Doctors who perform abortion are harassed and even murdered. 10% of women who want to have an abortion cannot obtain one. Only 12% of medical schools are providing abortion training to ob/gyn residents. Only eight hospitals in Mass. perform abortions.

To address this crisis in health care and reproductive freedom, the Abortion Access Project has been formed. Called together by the Reproductive Rights Network (R2N2), the project is a network of individuals and organizations that is developing a pro-active state strategy which will be a model for other states and be coordinated with a national strategy. The Abortion Access Project's goals include:

- Increasing the number of abortion providers, including nurse practitioners, midwives, and physician assistants.
- Increasing the availability and affordability of abortion services.
- Demanding accountability from health care institutions to provide training in abortion procedures and availability of abortion services.
- Returning control of the abortion issue and other women's health care issues to the women's community.

Join us! We meet the 4th Wednesday of each month at Boston City Hall.
Call (617)738-9479 for more information.



IN APPRECIATION

Thank you very much to each of the over 130 women who responded to our fundraising letter that went out with the December '92 issue of On Our Way. The Women's Center is here because of friends like you who value and support it. Many thanks for your much-needed help!

BATTERED WOMEN'S SUPPORT GROUP

I am going to the Wednesday night group for "Battered Women" because I was physically and verbally abused by my ex-husband, and so was my son age 3 1/2. The purpose of the group is for women to understand that no women, child or animal should be abused. By understanding abuse they can avoid getting involved in the same situation again so women and children can learn to live without fearing for their lives. In the Battered Women's Support Group I have learned how to prevent violence in the future. -D.B.

I joined the Wednesday night Battered Women's support group with Betsy Warrior as a result of a brief marriage to a sociopath. The teaching of Betsy has been invaluable in my recovery from that tragedy. Her wisdom, insight and expert facilitation of the group inspired me to want to help other women who have been victimized. Betsy's dedication to the justice of women's lives and to freedom for women to realize their full potential is an extraordinary statement of her use of justifiable anger. We have no language, no name, for women who have died senselessly at the caprice of a male. And we have no adequate name for a woman who dares to stand against the prevailing culture and say "No". She is a pioneer and priestess in the struggle for healing and growth of women's souls. -M.J.

CHILDCARE VOLUNTEERS NEEDED



The Women's Center is looking for volunteers to do childcare for the Battered Women's Support Group on Wednesday nights (7-9pm) and/or for other occasional meetings (days and nights). If you would like to help mothers and children and have fun at the same time, please call Judy or Jen at 354-8807.

STRUCTURED INCEST SUPPORT GROUP

For me the Structured Incest Support Group is a roomful of mirrors. Once a week, on Thursday nights from 7:30-9:30pm, I hear the anguish and hope of other women as they cope daily with the legacy of sexual abuse. Some of the abuse is vividly remembered - some is emerging in consciousness as a vague fleeting dream - and some only as a sense/feeling of "something disturbing". However the result is so often the same. No matter how vivid the memory or how disturbing the feeling - it's so hard to believe anything REALLY happened. ("I'm probably making this up" or "crazy" or "I always was different".)

I can be in this roomful of mirrors and slowly begin to believe as I see reflected back the undeniable truth in each women's voice, face and story. Things are beginning to fall into place. In this very safe space where we can all speak without fear of denial, diminishment, or reprisal can finally be heard and believed - all the while gathering the collective courage to at last lovingly and compassionately believe in ourselves.



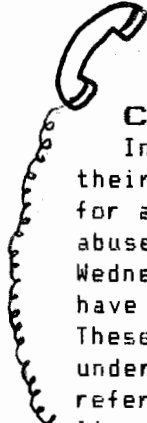
FROM VERA

In May, I'll offer a closed 4-session group on Loss and Loneliness. Loss has always been a part of life. Therefore - to live well, we must learn to deal with loss. Loneliness, often an immediate result of loss, is also part of life and something to learn about, but being alone need not make for loneliness.

If you've suffered a loss, recently or not-so-recently, come and share and learn. Meetings will be on Tuesdays, May 4, 11, 18, and 25 from 7:30-9:00pm.


And because I'm eager to have people make good use of therapy, I am continuing the 2-hour workshop on Assessing Your Therapy which meets the first Wednesday of every month from 7-9pm. This workshop will help you understand the treatment process better so you can have more ability and confidence in your therapy and in asking questions and talking openly to your therapist. You will be able to make your therapy change and be better for you or to know when that is not possible and a bigger change is necessary.

NEW HOTLINE FOR SURVIVORS OF CHILD SEXUAL ABUSE



In March 1993, Heartlines, Inc. opened their new anonymous, confidential hotline for adult survivors of childhood sexual abuse. The hotline is staffed every Wednesday from 7-10pm by survivors who have been trained in crisis intervention. These survivors can offer support and understanding, as well as information and referrals for other resources. The hotline number is 617-524-6959. Give them a call, they want to listen! (Of course, survivors are still always welcome to call the Women's Center, too.)

FOR PARENTS WHO ARE INCEST SURVIVORS




I am planning a newsletter of support and guidance for survivors who are parenting, but I need some help. I am hoping to be inclusive of all types of parents (non-perpetrators): single, lesbian, straight, adoptive, and partners or others in a parenting role.

Some issues I hope to cover are: dealing with extended family; discipline; knowing what is physically appropriate; how to be honest with your children about your history; teaching kids about their bodies; dealing with anger in families.


I have received very positive responses from the Women's Center, Mothering Magazine, Heartlines, therapists and other survivors. I hope to find at least one other woman to share ideas, resources, and of course, the work.

If you are interested please call: (508)287-0516, and say that you are calling about the newsletter.

INTERN-ALLY GRATEFUL



1993 has been a busy year for interns at the Women's Center! We had the help of three interns for the month of January: Tyrena Hunt from City Year; Aurea Kelvin from Oberlin University; and Mindy Miffitt from Hampshire College. These interns worked on a variety of projects including staffing the phone, updating referral information, organizing resource books, neatening the bulletin boards, and more. We appreciate their amazing efforts to benefit the Women's Center.



Currently, we are pleased to have two interns from Boston College, Jennifer Brya and Beth Eagen, and Sonja Berndt, a student of social work from Kassel, Germany helping out here at the Women's Center. Thanks so much for your help! You make a huge difference in the health and well-being of the Women's Center.

AGING WELL, FOR OLDER WOMEN

This group has been meeting the first and third Sundays of each month from 3 to 5pm. The first Sunday is a potluck - bring a dish to share. Women interested in meeting other older women and exploring their interests are welcome. At the potluck, we choose the topic for discussion for the 3rd Sunday of the month. Participation ranges from 7 to 12 women aged 55 to 75 each session.

We are all aging. The group offers an opportunity to present aging concerns in an informal and comfortable setting for review, sharing, solving, or further investigation - usually with a measure of good humor added to balance the dilemma. We find by talking and sharing we grow and the anxieties of aging are lessened. There is strength in knowing you have company in your concerns.

Our last session was spent discussing alternative housing options. GROUPS of people interested in sharing themselves and expenses work together planning a community setting in which to live. This could be done with a group of older women - harmonious, graceful living. Ongoing discussion on this subject will be offered in our aging group as continued research on housing alternatives are explored. As our new President promises a health care plan for all persons we discuss the health issues presently being faced by the group - expenses and procedures. Several of our members are active in the political issues of the health care complexities and they share their expertise with us. In some areas we are developing a sense of consciousness about older women's issues and the impact we can make to educate others about the need for change. And in some areas we are celebrating our aging together, creating confidence, increased self-worth, and peacefulness.

WOMEN WITH DEPRESSION AND MANIC-DEPRESSION

This is a support group for women coping with manic-depression and depression. It is a prerequisite that all women be active in treatment with a medical professional, and that they comply with their medication regimen.

This group is informative, and has a topic discussion format which includes every woman who wishes to share. Coping mechanisms and empowerment, as well as humor, are the tools for recovery used in this group.

INTERNATIONAL AND INTERCULTURAL WOMEN'S GROUP

You are invited to help decide on the goals and activities of a new women's group dealing with international and intercultural women's issues. We will empower each other by forming a network of women who are in the Boston area to work, study, live or visit.

Through these woman-to-woman connections we will tap our great potential by sharing resources, ideas, contacts and experiences concerning women locally and globally.

We can show support and sisterhood through self-education and awareness activities like talks, pot-lucks and seminars. We can also focus on ESL training, a newsletter, a speaker's bureau and important issues like discrimination and racism. Any level of commitment is welcome.

We hope to see you on Saturday, April 24 and/or May 22 at 1pm at the Women's Center!

CELIBACY ISSUES SUPPORT GROUP

The newly formed Celibacy Issues Support Group is a safe space for women to acknowledge a choice that is not often honored or considered valid by society.

In the group we explore and support our triumphs and struggles. By acknowledging our celibacy we soften and lessen our shame and judgements of ourselves.

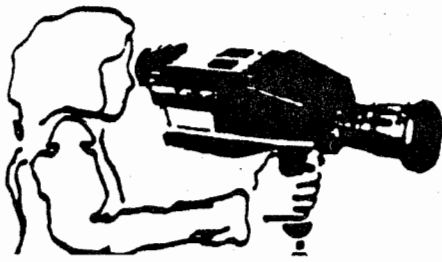
We structure our meetings with a brief focused topic and then allow open time for discussion. Some of the topics we have and want to discuss are celibacy and: prejudice that exists in our society; creativity; storytelling; every day difficulties; family beliefs; writing/making art.

Bring your ideas, thoughts and voice to this group. All women are welcome - celibate or not - bi, heterosexual or lesbian. Please come and join us!



\$\$ ADVICE WANTED

Many of us know about how to spend money, but we are looking for women to volunteer to advise us on how to save and invest the Women's Center's funds. If you are an expert on investing (particularly in a socially responsible way), we would love to hear your suggestions! Please call Judy or Jennifer at 617-354-8807.



FINDING & SURVIVING THE WORKPLACE

- Recently lost your job?
- Considering a job change?
- Unclear about what to do next?
- Bursting with ideas about what to do next, but needing some structure in order to proceed effectively?
- Wanting support from women eager to listen & with similar experiences?

If so, come join us at the Women's Center's "Finding and Surviving the Workplace" group meetings, held 11am-1pm, on the 2nd and 4th Saturdays each month.

I first began attending these meetings in January. I'd lost my job last year and found myself in need of support from someone in a similar situation. I felt my friends and family were tiring of my soul-searching and frustration, but I still needed to talk about my experiences. Little did I know, when I first inquired about the meetings, that I would not only get the support for which I was looking, but would form friendships that have proved invaluable to my ongoing process of self-discovery and self-empowerment.

Manjusree Sen, a talented, compassionate and supportive woman, created the group 2 years ago when she was wrestling with her own workplace survival and could not find a women's group on work-related issues. When she inquired at the Women's Center, she was encouraged to start a group herself. "Who, me?" was soon replaced by "If not me, who?" and, in May 1991, she began holding regular workplace survival support group meetings. In addition to facilitating this group, Manjusree occasionally offers workshops in resume writing and interviewing.

You may join the group at any time and continue to attend for as long as you wish. Manjusree facilitates the group in such a way that the women meeting on a particular day create the format of that day's sessions. And while each woman is provided with the opportunity to tell her story, nothing is required or demanded. Some women choose to simply listen, some women need to talk about a current crisis. Others come to network, explore career objectives, ask advice, and/or learn specific job hunting skills.

I have been most touched, surprised and healed by learning how much we have in common. Every woman has a different story to tell, but with each story you hear "Yeah, me too!!" from other women in the circle. Many of us have felt the injustice of being fired or laid-off in an underhanded manner and/or of not hearing from anyone at the old job after we left; some of us feel stuck, knowing we need a change, but paralyzed with the fear of taking next steps; some of us have experienced abuse from previous or current employers. All of us share the self-esteem and courage that brought us here, but it sometimes takes seeing those qualities reflected in another woman before we see them in ourselves.

In addition to providing a forum for safely airing our grievances, fears, and frustrations, the group offers support and encouragement for our next steps. Do you have even a gleam of a dream that you would like to pursue? Dare to mention it to the group and, in addition to encouragement to follow your passion, you may leave with concrete tips, contacts for information interviews, resource lists, or even a job lead.

For more information, come to our next meeting! Or call Manjusree Sen at: (617)576-2153 or (617)693-4427.

WELCOME, CINDY!

We are happy to welcome Cindy Lewis, longtime friend and volunteer at the Women's Center, as our new bookkeeper.

FAREWELL, TITCH!

For over 20 years, the Women's Center cat, Tituba, was a very special part of the Women's Center for many of us. Now, we are happy to report that Tituba has moved into a new, loving home where she is thriving! Kathleen Collins, a Women's Center volunteer, has adopted Tituba and reports that they are very happy together! We all miss Titch but are glad she is so happy in her later years.



**ONGOING GROUPS
AT THE WOMEN'S CENTER
SUNDAY**

-Aging Well, for Older Women.....3-5pm
(1st Sun/potluck; 3rd Sun/discussion)

MONDAY

-Support for Battered Women.....7:30-9pm
-Women's NA 12-step.....7:30-9pm
-Lesbian Rap.....7:30-9pm
-Reproductive Rights Network
R2N2 (2nd Mon., May/June)...6:45-9:30pm
-Lesbian Partners & Ex-Partners of Incest
Survivors (1st & 3rd Mon.).....7-8:45pm
-Women with Disabilities (3rd Monday)
(wheelchair accessible).....7:30-9pm

TUESDAY

-Bisexual Women's Rap.....7:30-9:30pm
-30+ Lesbian Rap.....7-8:30pm
-Eating Awareness and Body Image.....7-9pm

WEDNESDAY

-Assessing Your Therapy (1st Wed.)...7-9pm
-Battered Women's Support Group (Weekly
except 3rd Wed. of month).....7-9pm
-Boston Bisexual Women's Network: Intro
Mtg.(2nd Wed., odd months)..7:30-9:30pm
-Celibacy Issues (2nd/4th Weds.)..7:30-9pm
-Incest Survivors' Thinktank
(1st Wed. of the month).....7:15-9:15pm
-Lesbian Al-Anon (wheelchair
accessible).....6:30-8pm

THURSDAY

-Incest Survivors Open Discussion
Groups (weekly).....7:00-9:30pm
-Facilitated Open Discussion for Incest
Survivors (3rd Thursday)....7:30-9:15pm
-Women's Community Cancer Project (wheel-
chair accessible) (1st Thurs.)....7-9pm
-Cancer Support Group (wheelchair acces-
sible) (2nd & 4th Thursdays).....7-9pm
-Lesbians Choosing Children Network
(3rd Thursday).....7:30pm
-Manic Depression/Depression Support...1pm
-Women's Writing Group
(2nd & 4th Thursdays).....7-9pm

FRIDAY

-Incest Survivors Anonymous
(wheelchair accessible).....6:30-8pm

SATURDAY

-Open discussion on Coming Out for Women
of All Ages (and lunch out afterwards,
all participants welcome). (1st Sat,
except holiday weekends).....11am-1pm
-Finding and Surviving the Workplace
(2nd & 4th Saturdays).....11am
-International/Intercultural Women's
Group (one Sat./month).....1-2:30pm
-Lesbian and Bisexual Parents of
Adolescents (2nd Sat.).....11am-12:30pm
-Women's Writing Group
(biweekly).....12:30-2:30pm

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm
April 26 Stereotyping within the
Lesbian community.
May 3 Handling H.S./College Reunions.
10 Potluck/Post D.C. March Party.
17 Lesbian Vacations.
24 Media Sensationalism.
31 No Rap/Holiday.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm
April 27 Coming Out Stories.
May 4 Washington Weekepd in Review.
11 Potluck; open discussion.
18 Living in the Body.
25 Movie night: 'Welcome Home,
Roxy Carmichael

30+ LESBIAN RAP

Tuesdays, 7-8:30pm
April 27 Social Night.
May 4 Guess Who's Coming for Dinner?
11 Street Smarts (Video/discuss.)
18 Ask Sappho (Advice night).
25 Lesbian Pride.

**FACILITATED OPEN DISCUSSION
FOR INCEST SURVIVORS**

3rd Thursday, 7:30-9:15pm
May 20 Relationship Patterns.
June 17 Trust.

INCEST SURVIVORS THINKTANK

First Wednesday, 7:15-9:15pm
May 5 Survivor's Analysis of Depression.
June 2 Can We Talk about Sex?

SEXUAL HARASSMENT

SUPPORT GROUP, Thursday, May 20, 7-9pm.
(Monthly, different nights). Lots of info
and support. Led by Louise Bonar.

NEW GROUP FORMING

LESBIAN COUPLES AND PARENTING. Group form-
ing to help parents become more supportive
of each other and create a healthier
environment for the children. 354-8807.

COPIER NEEDED

Our copy machine, which was donated
to us in 1986, has served us well for
many years but truly seems to be on its
last legs. If anyone has a copier to
donate or ideas on where we might get
one, please call Judy, Jen or Jacqui at
354-8807. Thanks!

WOMEN'S CENTER HOURS

Monday - Thursday 10am - 10pm
Friday 10am - 8pm
Saturday 11am - 4pm

WOMEN SAY NO TO VIOLENCE

On Tuesday, May 18, 1993, the Somerville Women's Commission will be sponsoring a RALLY AND MARCH to protest violence against women. There will be speakers, music, information, and a chance to add your voice to protest violence against women in our community.

Gather at 6pm at the Somerville High School Gym Concourse at 81 Highland Ave for the rally and march to Davis Square where a candlelight vigil will be held. Participants are encouraged to wear something purple or black. ASL and foreign language interpretation will be provided. For transportation, childcare, or further info, call the Somerville Commission for Women at 625-6600 x2400.

Come Say No to Violence, and stop by the Women's Center's table while you're there!

POETRY SUBMISSIONS

Seeking poetry, letters, prose, etc. written to or for those who have died from AIDS (or are HIV+) for a book to be published, I Never Said Good-bye To Nat.

Profits will go to AIDS organizations. Please send submissions to:

Mary R. Sanders, The Nat Foundation
P.O. Box 308, Briarcliff, NY 10510

VOLUNTEER ON A FARM!

Food for Free's FIELD OF GREENS FARM seeks volunteers to work in spring, 1993

This project plants, weeds, cultivates and harvests produce to go to Food for Free, which distributes it to soup kitchens, shelters and food pantries.

We hope to be working with a crew of women who enjoy tending the earth and watching things grow while providing good things to eat for people in need. A great way to spend some weekend time!

If interested, leave a message for Maria T. at 354-8807.

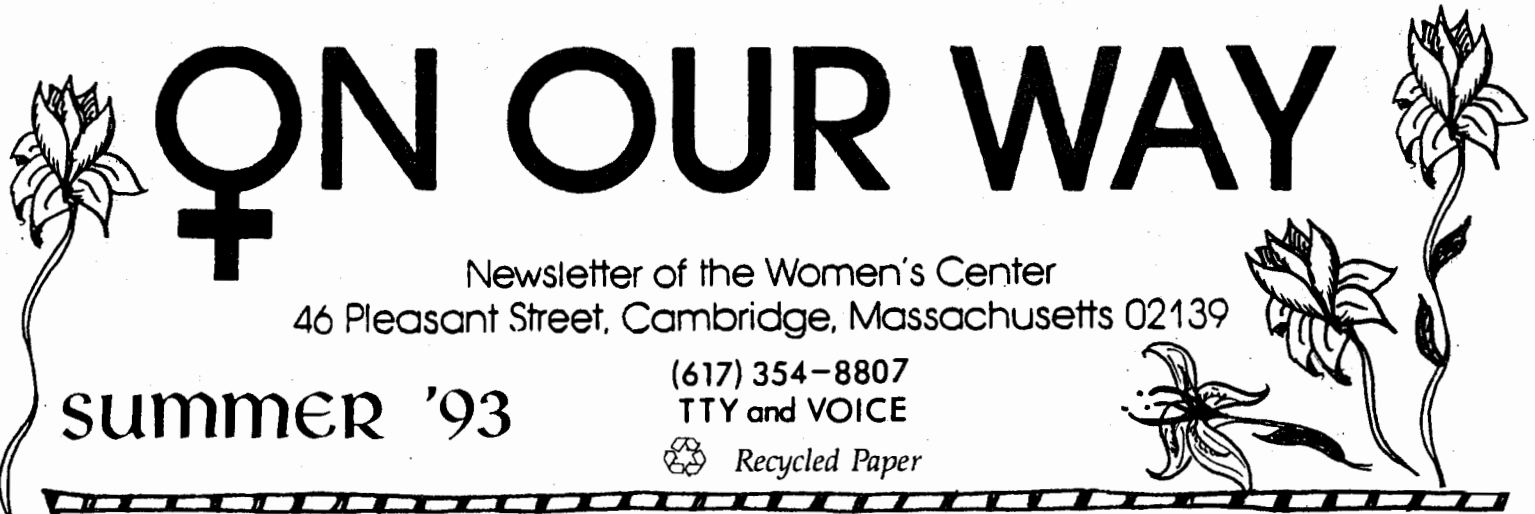
HEALTH CARE FOR ALL

On Tuesday, June 1 at 7:30pm, the Campaign for Affordable Health Care (CAHC) will be hosting a forum about health care reform at the Cambridge Rindge and Latin High School. The purpose of the forum will be to demonstrate the need for quality, universal, affordable health care and will feature testimonies from consumers, speeches from political representatives, and questions from the audience. Please come - the more people present, the more likely our elected officials will take our opinions back with them! For more info, call 354-2210.

SEEKING SONGS FOR WOMEN'S MARCH

I am collecting the songs and chants we sing at women's marches, especially ones about women's solidarity and stopping violence against women.


Please contribute to the recording of this oral tradition and phone me with songs/chants. Sabynthe 491-7642.



♀ ON OUR WAY

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

(617) 354-8807
TTY and VOICE

 Recycled Paper

summer '93

WOMEN'S COMMUNITY CANCER PROJECT TAKES ON THE AMERICAN CANCER SOCIETY

On May 24, members of the Women's Community Cancer Project staged a demonstration at the American Cancer Society headquarters in Back Bay to raise public awareness about two crucial issues affecting millions of Americans and to demand that the American Cancer Society:

1) Change their guidelines on mammography screening for women under 50 and stop the advertising campaign that falsely promotes the benefits of mammography for younger women. (The American Cancer Society continues to recommend that women have mammograms every one to two years between ages 40-49 even though there is no medical evidence to prove it is beneficial to this age group.)

2) End the silence on the environmental causes of the cancer epidemic such as industrial pollution, pesticides, herbicides, hormones and radiation exposure. (The American Cancer Society claims to be "leading the fight against cancer," yet have consistently remained silent on the issue of carcinogens in the environment.)

Women with cancer were joined on the picket line by members of Greenpeace/Boston who were also there to protest the American Cancer Society's non-action on the carcinogen issue.

The next WCCP protest will take place at the American Cancer Society's National Conference on Breast Cancer, August 26 and 27 at the Sheraton Boston.

Join us! For further information, call Jeanmarie Marshall at 523-0444.

NEW NEWSLETTER

Survivor's Action Network and Exchange (SANE) is a new monthly newsletter for/about battered women. To receive a copy or for info call (617)482-9497.

RAPE CRISIS CENTER TURNS 20!

The Boston Area Rape Crisis Center is celebrating its 20th anniversary this year! All of us here at the Women's Center wish the Rape Crisis Center a very happy anniversary. We join with you in celebrating the important work you have done for women over the last 20 years, and wish you continued success in the years to come. Congratulations!

An Anniversary celebration is planned for this fall. For more information or to help, call BARCC at (617)492-8306.

NEW GROUP FOR RITUAL ABUSE SURVIVORS

A 6 or 8 session workshop for Ritual Abuse Survivors will be meeting at the Women's Center on Tuesdays beginning October 5th from 7:30-9pm and will be FREE. The goals of this group are to:

1. Learn what others know, and share what you know about coping with being a ritual abuse survivor.
2. Maximize your quality of life.
3. Identify and practice ways to incorporate the healing process into your everyday life.

The first session on October 5th will be open, the following sessions will be closed. The group is open to survivors of ritual abuse. It is recommended that members also be in individual therapy.

This group will be co-led by Jean LaTerz, MSW, Ed.D. and Vera S. Cohen, LICSW. For more information, call the Women's Center at (617)354-8807.

JOB SEARCH SUPPORT TEAM

This group for focused job hunters seeks new members. We meet weekly to share support and resources. Call Priscilla at (617)387-8562 for more information.

WEDNESDAY NIGHT BATTERED WOMEN'S SUPPORT GROUP

Some of you may remember that last year we had a column in the newsletter reporting on a visit to the Cambridge Police Department where about 10 members of our group were given a demonstration of the "panic alarm". The panic alarm is a device that can be used by a battered woman to immediately alert police when her abuser is within 200 feet of her residence and she feels she is in danger. The police have a limited number of these alarms, so subsequent to our meeting with them, some of us called the Cambridge City Council to ask that they appropriate a small additional amount for the police budget to purchase more. We also wrote to the Mass. Coalition of Battered Women's Service Groups and the Jane Doe Fund, asking them to call in their support for budgeting in more panic alarms. We also put up leaflets at the Women's Center with information and City Councilor's telephone numbers, urging women to call. A year has now passed, and we've had no response. Our earnest efforts haven't achieved the results we'd hoped for.

Unfortunately, in the interim, sufficient money wasn't allocated to the Police Department to enable them to purchase enough alarms for women who might need them. They still have only about half a dozen of the devices. While the alarm isn't a panacea to all the protection problems of battered women any more than restraining orders (although much more practical), we can use all the help we can get when it comes to seeking safety. Restraining orders in fact are often violated with impunity. At one of our recent meetings, several women reported with outrage how their restraining orders are being violated repeatedly and the police are refusing to take action - yet we read frequent news reports on how restraining orders are "being made more effective".

Recently, this was brought home to us when one of our regular group members, Ladine (not her real name), who had a panic alarm since last January to help protect herself and her toddler daughter, had to give up the device because another battered woman, also in grave danger, had need of it. This occurred during the same week Ladine was to appear before a grand jury to charge her husband with attempted murder - and as we all know, batterers become more incensed when they feel they may be brought to justice.

Group members immediately decided they wanted to buy a panic alarm for Ladine. Since the device costs \$200, plus \$15 a month for monitoring, one of our group members volunteered to collect returnable cans and bottles to help buy the alarm (call Pat at (617)566-0573) and others will try to collect money for this purpose. The alarm we purchase will belong to the group, to be used by any member who needs it. If you would like to help out, please send donations (checks payable to the Battered Women's Directory) to Betsy Warrior, c/o The Women's Center, 46 Pleasant Street, Cambridge, MA 02139.

ABORTION ACCESS PROJECT VICTORIES

The Abortion Access Project was formed by the Reproductive Rights Network (R2N2) in 1982 with the goal of increasing access to abortion (a decreasing number of hospitals and providers do abortions). During the winter we surveyed every hospital in Massachusetts that had ob/gyn clinics or staff. Our callers stated that they were 10 weeks pregnant and wanted an abortion. **Only 12 hospitals in the state told callers that they provided abortion services.** All non-providing hospitals were notified by letter that we would be doing informational leafletting around issues of access to abortion at selected facilities on June 9. On that day, we leafletted 3 hospitals in the Boston area, and groups across the state held visibility and press events. Since then, 4 hospitals have changed their intake procedures so that women can more easily schedule abortions, and we are negotiating with 3 others. The majority of hospitals are not providing abortions, or scheduling them only through private physicians, which means that many women cannot access their services.

Many women do not live near abortion clinics, and only 5 clinics in Massachusetts accept Medicaid. Hospitals have free care funds which women without health insurance may need. The Abortion Access Project will keep working until every woman who seeks an abortion in Massachusetts can get one, regardless of her income or location. Join us! Call (617)738-9479 for meeting information.

("Non-accessible" hospitals in the Greater Boston Area include Carney, Faulkner, NE Baptist, NE Deaconess, Quincy Hospital, St. Elizabeth's, St. Margaret's, University Hospital, Mt. Auburn, and Somerville Hospital.)

OLDER WOMEN AGING WELL

We're celebrating a year at the Women's Center and we're going to do it differently as our second year begins. The first year has been triumphant and despairing in turn. We've had great response, met many wonderful women from all over the area, and found an age span of 50 to 75 works and works well. On the despairing side we've seen attendance dwindle away.

We are a core group of five dedicated members, certain we have something to offer ourselves and other women who want to explore aging and all it means to mind and body and to the ways we perceive ourselves and live our lives.

In the beginning we tried focusing on study/discussion groups around Ourselves, Growing Older. This focus dwindled.

While we want to continue to incorporate the voices of the older women in this remarkable book, using it as a guide to inform, we want to begin our second year on a new note. We want to focus on building a support group, on getting to know one another, on sharing our life experiences. To do this, we need a committed group. We need women who want to come regularly, who want to create a safe space for trust and sharing and growth.

Our potlucks on the first Sunday of the month have worked well, a celebration around good food and good company, with open discussion following. We'll keep this tradition in place. This is a good time to welcome new women who want to meet us, and those women who like to return from time to time.

The second and third Sundays of the month will be devoted to building a support group for women who want to commit to meeting on a regular basis.

The fourth Sunday will be a facilitated discussion, again an open meeting. Group members will facilitate topics of particular interest. Three of us have chosen ongoing topics to present: ageism, nutrition, exercise, and congregate housing. On the agenda are hormone replacement therapy and osteoporosis. We've had two sessions on acupuncture by an acupuncturist who's willing to return from time to time. We look toward inviting other speakers on topics of interest.

The fifth Sunday, when it happens, will be given to rest. Unless someone wants to plan something.

Summing up: starting in September, Older Women Aging Well will meet (3-5pm) each month as follows: the 1st Sunday, an open potluck meeting; the 2nd & 3rd Sundays, a committed support group; and the 4th Sunday, a facilitated open discussion with a topic ("Congregate Housing" on September 26th). Join us!

WELCOME, PAM!

We are all very pleased to be welcoming Pam Goldstein to the Women's Center staff as our new Fundraiser. Pam brings excellent skills and experience, a solid commitment to women's issues, and much enthusiasm to this position. We look forward to working with Pam and are certain she will contribute a great deal (and, as fundraiser, will get others to do the same!) to the Women's Center.

INTERNATIONAL/ INTERCULTURAL WOMEN'S GROUP

The International/Intercultural Women's Group discusses issues affecting us locally and globally. We share experiences and ideas at informal gatherings every fourth Saturday of the month at 1pm. Some of the discussion topics we have chosen: women's body image in different cultures, religion and spirituality and violence against women.

The group provides a safe atmosphere to share our feelings, cope with isolation in our daily lives, increase our exposure to the lives of other women and learn about our similarities and differences. Our June meeting was a picnic where we discussed body image in different cultures. There we all got to taste each other's ethnic food and we talked about topics like skin color, body parts vs. body wholeness, clothing, family influence and body language. We talk about issues both on a personal and societal level.

Through these woman-to-woman connections, we show support and sisterhood for women who have come to Boston to work, study, live or visit. The group began to form last March, and already we have grown to include women from India, Pakistan, Jamaica, Germany and American women with different religious and ethnic backgrounds. We welcome involvement by any and all women who are interested.

The next meeting will be on Saturday, August 28 at 1pm at the Women's Center. The discussion topic will be: "Language and Acceptance: Experiences and Feelings about Communicating with People from Different Cultures/Countries". Join us!

FINDING & SURVIVING THE WORKPLACE

I have been out of work since November and began attending this workshop in the Spring. One of the immediate benefits of my attendance was that I quickly realized that I was a victim of job burnout. Job burnout is like walking pneumonia, you can have it and not realize that you do. Job burnout refers to the stressful changes that accompany the destruction of motivation and disrupt five areas of functioning: intellectual, emotional, social, physical and spiritual. The debilitating symptoms were seriously disrupting my life and interfering with my job search. Who knows how long this would have gone undetected or how much further damage it might have caused if I had not begun to attend this workshop. I now hope to start a monthly Job Burnout Workshop to help other women with undiagnosed and untreated job burnout.

Your state of mind and your morale is one more thing that can smooth your job-hunting path. Job hunting is stressful. And, safe to say, many workplaces are stressful because of health hazards, abuse, harassment, discrimination, preferential treatment, power politics, prejudice, pressure to produce more, more, more, almost constant change and/or demand for new skills and abilities. Yet there is no place to go to discuss these difficulties which are aggravated by isolation. For me, finding a place where I can talk about my pain and frustration is very healing. Psychological support is an important part of the problem-solving process. Yet when I was employed I did not dare discuss these things in the workplace. My superiors saw me as a troublemaker, and my peers thought I was a chronic complainer. Now, I have a place to come where others like myself understand and validate me. Instead of being made to feel bad and wrong, I see that I was merely trying to improve the quality of my working life. What a relief! Because of this group I now feel confident that my next workplace will be a healthy one. But if it is not, I feel confident that I will be able to cope in a more healthy way.

"Finding and Surviving the Workplace" workshops meet from 11am-1pm on the 2nd and 4th Saturdays of each month at the Women's Center. You are welcome to come to listen, talk about a current crisis, network, explore career objectives, ask advice, learn specific job hunting skills, etc. Join us!

Beverly Cooper



LIBRARY/ARCHIVES

The Women's Center Archives has been busy with researchers this summer. The heat hasn't slowed down the business of research. We have had researchers working on a variety of topics in the archives, including the Underground Railway Theater's "Washed-Up Middle-Aged Women" Show, a video on the History of the Boston Area Women's Movement, a theatrical production on Lesbian Herstory, rape consciousness in the Women's Liberation Movement, and Women and Smoking!

The library has been fortunate to have an intern from Simmons College working on our vertical files. As many of you know, the files range from Abortion Rights to Women and Work. The material includes flyers, clippings, pamphlets, etc. It's been difficult to maintain these files over the years, and Bea has been bringing some sense back to them. She has been photocopying newsclippings onto acid free paper, refolding, and changing some of the labels which have become outdated. This is a valuable research collection which will be much easier to use when Bea finishes her project.

If you notice that the library shelves are looking tidy lately, and the return box isn't overflowing, it's because Yvonne, our new library volunteer, has been keeping things in order. Thanks Yvonne, the time and effort you have devoted to the library are much appreciated!

Speaking of the shelves, they do have some bare spots! Early in the fall, we will be doing our annual shelf-cleaning and inventory, so now is the time to return all those long overdue library books! Please check your book cases, attics and car trunks for stray Women's Center books. You don't even have to bring them up to the 3rd floor - we'll have a box located conveniently on the 1st floor for a few weeks.

WOMEN WRITING LIFE STORIES

We are all fortunate to have stories to tell. In this workshop, drawing from experience to tell our stories, we will learn how to allow our writing to exist independent of our memories. We'll use writing exercises, group discussions, readings from our own work and occasional short pieces from other writers to encourage our and our writing's growth.

Starting Sept. 11, we will be meeting every other week (on the weeks the Sat. Women's Writing Group does not meet) from 12:30-2:30pm. All women are welcome.

STRUCTURED INCEST SUPPORT GROUP

The concept of "structured" or no "cross-talk" means no verbal or non-verbal, positive or negative communication occurs amongst the meeting participants. The reason for this boundary is multifaceted:

1. Each person may talk uncensored about her issues without any judgement (positive or negative) being communicated.
2. One is not placed in a care-giver role by feeling that one must solve another's problem.
3. We had no boundaries as children, thus it is important to institute a safe environment in which one can speak freely, won't feel attacked, judged, approved or disapproved of.
4. No one interrupts you.
5. If it is difficult for an individual to speak in a group setting, one doesn't have to compete for talking time/space. Each person can speak more than once for a time-limited period. You don't have to speak at all if you choose not to.
6. If one wants feedback, this can be requested during the meeting, BUT actual feedback will be exchanged after the meeting time to avoid interrupting the meeting process.

I've been participating in this type of group for some time. I have found it to be an excellent adjunct to my therapy. In this special space, I don't feel alone because the participants share feelings, perceptions and experiences that I have found surprisingly common to my life situations; we all have our pain, shame, strength, anecdotes/stories. I feel validated, supported, safe and respected in this type of format. Everything and anything can be expressed because one realizes that every facet of one's life is affected by incest. I learn something new each time from myself and/or from others. I had always felt I was different, I was pathologized, and I suffered from low self-esteem. I now realize these feelings are not my fault, but I have to deal with the results of the abuse.

The Unstructured Incest Survivors Support Group is small and welcomes newcomers. We meet from 7-9pm on Thursdays (except the 3rd Thursday of the month). If you would like to see how this format feels to you, give us a try.



FROM OUR INTERNS



As an intern this summer, I focused on compiling a resource book on low-cost and free health care for women. I hope this book will be informative and helpful for women using the Center. I've had a great experience at the Women's Center and am truly glad to have shared in this wonderful community of women.

Sabrina

The majority of my internship here at the Center has been focused on reorganizing the child sexual abuse resources. I have spent a lot of time updating information and listings concerning recovery from child sexual abuse (Child Sexual Abuse Book I). In addition, the Child Sexual Abuse Book II has been created to offer survivors current readings, newsletters, and articles. When not obsessing over these resources, I put together the Parenting Notebook and generally tidied up wall listings and notebook covers.

Gillian

As a German intern the Women's Center helps me a lot to learn more about American culture and the women's movement in Boston. Especially through updating the Lesbian resource book I got knowledge about different places and offerings for lesbians (and bisexuals) in this area. Now I am reorganizing the legal referral book so it will be easier to find out about legal aid for a specific case. I like working in the Women's Center because making information accessible to women is an important and satisfying goal of mine.

Sonja

My work at the Women's Center has provided me with an intense and educational summer. After completing revisions of a grant proposal, I am now updating the resource book for women with disabilities. There is so much here that after three months I feel like I've just broken the ice. The atmosphere here, the patience of other Women's Center staff and the power of so many women working so hard to improve our lives has given me a huge incentive to pursue this work further. Thank You!

Rachel



NEW GROUP FORMING

LESBIAN COUPLES AND PARENTING. Group forming to help parents become more supportive of each other and create a healthier environment for the children. 354-8807.

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

- August 2 Intimate Friendships Outside of Relationships.
 9 Frisbee at the River (Leave Women's Center at 7:30pm).
 16 The Lesbian "Community".
 23 Women's Studies vs. Gender Studies.
 30 Lack of Women's Space.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm

- August 3 Coming Out Stories.
 10 Family Issues.
 17 Potluck/Open discussion.
 24 Places to Meet Women.
 31 Dealing with Ex's.

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

- August 3 Internalized Homophobia.
 10 Valuing Our Differences.
 17 Game Night.
 24 Finding a Compatible Partner.
 31 Autonomy in Relationships.

FACILITATED OPEN DISCUSSION FOR INCEST SURVIVORS

3rd Thursday, 7:30-9:15pm

- August 19 Grieving Loss and Moving Forward.
 September 16 Dealing with Emotions.
 October 21 Staying Present.
 November 18 Boundaries.

INCEST SURVIVORS THINKTANK

First Wednesday, 7:15-9:15pm

- August 4 Open Discussion.
 September 1 Beyond Either/Or Thinking: Survivors and Society.
 October 6 Anti-Racism and Incest Survivor Work.

PARENTING AND FAMILY ISSUES SUPPORT GROUP

This is a therapy group for mothers that runs in 6-week segments and is seeking new members. We talk about parenting issues such as: feeling lonely and overwhelmed, exhaustion, discipline, changing relationships with other family members, hostility between siblings, adjustment problems of our children, and identity problems in ourselves.

This group meets from 10:30am-noon on Tuesdays. Childcare is provided. The next session begins August 10th and will run through September 21st. The group will break for October with the next 6-week session beginning in November.

For more information or to register, call Diane at (617)876-2139.



ONGOING GROUPS

SUNDAY

- ☞ -Older Women Aging Well (1st Sun/potluck; 2nd & 3rd Sun/support group; 4th Sun/discussion).....3-5pm

MONDAY

- Support for Battered Women.....7:30-9pm
 -Women's NA 12-step.....7:30-9pm
 -Lesbian Rap.....7:30-9pm
 -Reproductive Rights Network (R2N2) (call for dates).....6:45-9:30pm
 -Lesbian Partners & Ex-Partners of Incest Survivors (1st & 3rd Mons.)....7-8:45pm
 ☞ -Women with Disabilities (3rd Monday).....7:30-9pm

TUESDAY

- Bisexual Women's Rap.....7:30-9:30pm
 -30+ Lesbian Rap.....7-8:30pm
 -Eating Awareness and Body Image (Open to newcomers 1st Tuesday).....7-9pm

WEDNESDAY

- Assessing Your Therapy (2nd Wed.)...7-9pm
 -Battered Women's Support Group (Weekly except 3rd Wed. of month).....7-9pm
 -Boston Bisexual Women's Network: Intro Mtg. (2nd Wed., odd months)..7:30-9:30pm
 -Incest Survivors' Thinktank (1st Wednesday).....7:15-9:15pm
 ☞ -Lesbian Al-Anon.....6:30-8pm
 -Women's Anxiety Support Group (1st & 3rd Wednesdays).....6:30-8pm

THURSDAY

- Incest Survivors Open Discussion Groups Structured (except 3rd Thursday)..7-9pm
 ☞ -Facilitated Open Discussion for Incest Survivors (3rd Thursday)....7:30-9:15pm
 ☞ -Women's Community Cancer Project (1st Thursday).....7-9pm
 ☞ -Cancer Support Group (2nd & 4th Thursdays).....7-9pm
 -Lesbians Choosing Children Network (3rd Thursday).....7:30pm
 -Manic Depression/Depression Support (on summer hiatus, resumes Sep. 23)....1pm
 -Women's Writing Group (2nd & 4th Thursdays).....7-9pm

FRIDAY

- ☞ -Incest Survivors Anonymous.....6:30-8pm

SATURDAY

- Open discussion on Coming Out for Women of All Ages (often ASL interpreted) (1st Saturday, usually).....11am-1pm
 -Finding and Surviving the Workplace (2nd & 4th Saturdays).....11am-1pm
 -International/Intercultural Women's Group (4th Saturday).....1pm
 -Lesbian and Bisexual Parents of Adolescents (2nd Sat.)....11am-12:30pm
 -Women's Writing Group (biweekly).....12:30-2:30pm
 -Women Writing Life Stories (biweekly beginning Sep. 11th).....12:30-2:30pm



JOIN A GROUP!

Got those summer doldrums? Looking for something new to get involved in? Joining a Women's Center group could be just the thing for you!

There are lots of groups with strong membership, and there are some groups that are very small and struggling to survive. Some of these groups are new, some are older and have recently seen membership dwindle. New members are needed, including women who are able to attend regularly, which is usually what's needed for a group to succeed. These groups are: the Structured Incest Survivor's Open Discussion; Thursday night Women's Writing Group; Manic-Depression and Depression Support Group; Anxiety Support Group; Survivors of Abuse by Health Care Providers; Celibacy Issues Support Group; and Lesbian/Bisexual Parents of Adolescents.

For more information on any Women's Center group, call (617)354-8807 or just drop in for a scheduled meeting. We welcome your participation!

Frankie Bunyard

Frankie Bunyard was an exceptional woman. She carved stone, a predominantly male occupation. Look up at Beth Israel's main entrance, those names cut two feet high are her beautiful work. Look down when leaving Faneuil Hall, usually beneath the feet of a singer or fire-eating juggler, and you'll see the 6' round dedication stone she cut.

Late in life Frankie, a professional peer and friend of mine for sixteen years, uncovered her childhood abuse. In fact, we each realized within one week of the other our ancient trauma!

I was introduced to many things by Frankie. Some, like sweetbreads, didn't add much to my life. The Women's Center in Cambridge did. She braved this new situation as oftentimes before - plunging in whilst expanding herself and all others involved. She was a passionate human being, one of the few I have known whose tough self-demands and standards matched my own.

Frankie died of cancer on May 21, 1993 at too young an age. I say that because her heart and spirit kept her ageless. They will also be what keeps her memory alive for those of us who chanced to walk alongside her for a while.

Colleen

(Donations to the Women's Center may be made in Frankie's name throughout this year).



FROM VERA

On Wednesday, August 11th we'll have another Learning About and Assessing Your Therapy group. I'll continue to offer this group each month on the second Wednesday of each month from 7-9pm. This open 2-hour workshop is for women who would like to know more about psychotherapy and/or who have concerns or questions about their own current or past therapy. It's a group in which you'll hear other women's experiences and dilemmas and in which I'll try to help clarify and explain the hallmarks of effective therapy.

In September there will be a 2-session workshop on Concerns about Medication. This is not a medical look at meds, but rather a psychological one: How do you feel about being on medication or having it recommended to you? How do you monitor whether it is helping you? How do you think about it? How does it effect you?

Later in the fall we'll look at Friendships: where and how to find them; how to honor them and encourage their growth. We'll discuss common pitfalls, mistakes and difficulties and some uncommon solutions in this 3-session workshop.

We may also have another 4-session workshop on Loss. Check in with the Women's Center for more information on these groups. (617)354-8807.



MARY RAFFINI

We are saddened to report that Mary Raffini, long-time friend and supporter of the Women's Center, died in January.

Mary was very involved with the Women's Center in the 1970's. She was a vital member of our decision-making collective (then called CORE) and also did fundraising for the Center.

Mary worked endlessly to ensure that "crazy" women should have options besides institutionalization. Thanks to her efforts, the Elizabeth Stone House, an alternative mental health residential program for women, became a reality.

Mary moved to the Southwest, where she continued her activism, while coping with many health problems. She kept in touch with her Boston-area friends.

Mary's death is an unexpected loss that has affected many of us at the Women's Center very deeply. Mary was a kind and loving woman who approached her work with and for women with a rare commitment and devotion that touched all who knew her.

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MANIC-DEPRESSION AND DEPRESSION SUPPORT GROUP

This group is for women in treatment for manic-depressive or depressive illness. We are an information-oriented self-help group, and have topic discussions which include every woman who wishes to share. The facilitator has long-term manic-depressive illness and is well informed, but is not a professional. Any questions about medication or therapy should be directed to each woman's treatment clinician. For those on medication, compliance with prescribed medication is essential for group attendance.

The goal of the group is to educate, support and empower women in their own personal journeys in recovery. We use humor and experience to introduce alternative coping mechanisms. We are hoping to appeal to a diverse group of women seeking support and looking for better understanding and management of depression and manic-depression.

**PLEASE NOTE: The Manic-Depression and Depression Support Group is on summer hiatus and will resume on Thursday, September 23rd, at 1pm at the Women's Center.

Joan Borowitz

WOMEN FILMMAKERS WANTED

The Women's Resource Center of New York has begun their search for independent films to be shown at the Second Annual Women's Film Festival to be held in March, 1994. We are looking for films or videos made by women about women and are interested in both new and old works. Submissions must be received by October 30, 1993. Call (212)875-8533 for more information.



SEXUAL HARASSMENT

If you believe you are being sexually harassed or discriminated against, you should know the federal, state and local laws which protect you.

We will discuss these and show a 30 minute video ("The Power Pinch") which clarifies the rights and responsibilities of both employer and employee this fall at the SEXUAL HARASSMENT SUPPORT GROUP. All are welcome to attend on Wednesday, September 15th and Monday, November 1st from 7 to 9 pm. Louise Bonar, the facilitator, is a management trainer and consultant specializing in male/female dynamics and sexual harassment training.

The term "sexual harassment" encompasses a broad range of unwelcome acts. These acts may be visual (leering, ogling, physical gestures); verbal (derogatory remarks and innuendos, jokes and outright verbal abuse); or physical (from pinching and fondling to rape). Sexual Harassment may also include requests for sex combined with threats if refused. Although both males and females can be and are sexually harassed, the victims are almost always female.

Sexual Harassment also includes harassment (not sexual in nature) that only occurs for one sex at work.

For more information, call Louise Bonar at (617)254-1729 or contact the NDW Legal Defense and Education Fund at (212)925-6635.

INCEST SURVIVORS ANONYMOUS

Incest Survivors Anonymous has weekly women's meetings at the Women's Center on Fridays, 6:30-8pm.