

♀ ON OUR WAY

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

(617) 354-8807 TTY and VOICE



Winter 96/97

HIGHLIGHTS OF 1996

1996 marked an exciting and eventful year in the history (herstory) of the Women's Center. Not only did we celebrate our 25th year in existence, we continued to expand and grow, providing essential services to the thousands of women who walked through the door or called on the phone. The combined efforts of many volunteers, interns, and staff made this year like no other.

One of the biggest highlights of 1996 was the **25th Anniversary Celebration and Benefit Concert** on October 19th (see related article). You can hold onto the spirit of celebration by purchasing a beautiful commemorative hat or T-shirt. To order by mail, use the form on the back page of this newsletter.

June brought the unveiling ceremony for the **Commemorative Tile Mural**. If you haven't already done so, stop by the Center and take a look at the kitchen tile mural. It is a moving and touching tribute. Thank you to all who purchased tiles and helped make this special display happen.

We continued our community involvement this year by participating in the **Jane Doe Walk for Women's Safety**, the **Blow the Whistle Against Violence Against Women** rally in Harvard Square, the **Cambridge River Festival**, the **Dyke March**, and Boston's **Pride March**. We also offered up a host of new support groups. They included: **Writers Circle**, **Exploring our Creativity for Healing**, **Codependents Anonymous**, and time-limited, facilitated support groups such as the **Post-Traumatic Stress Women's Group**, **One:One, Self Esteem Support Group**, and the **Support Group for Women with Multiple Personalities**.

The Women's Center broke onto the local television scene this year by hosting a monthly Cable Access show called **WomanSpeak**. Topics ranged from a discussion of **For Crying Out Loud**, a newsletter by and for women survivors of child sexual abuse, to an interview with members of the **Women's Community Cancer Project**. The show airs on Cambridge Community Television, Channel 55, the second Wednesday of every month from 5:30-6pm. Tune in this month (or come watch at the

Women's Center) and see what happens!

It was hard to miss the Women's Center during this high-profile year, as we were featured in many news articles and programs. In addition to guest appearances on the radio, we were profiled in several newspapers including the **Boston Globe**, **Sojourner**, and the **Cambridge TAB**. All of this media attention helped us reach a wide audience for our 25th Anniversary event and other important Center activities.

This year also marked a major staff transition, as the Women's Center said goodbye to long-time staff member, Jennifer Norris. After five years of full-time work and many more as a volunteer, Jennifer left to attend law school at Boston College. We wish her well and thank her for her years of dedication and commitment to the women's community. We're sure she'll shine wherever she goes!

With Jennifer's exit, I came on board as the new Volunteer and Administrative Coordinator. My first several months at the Women's Center have been both busy and inspiring. I am amazed at the strength and courage of the women I meet here and am so glad to be part of such a vital community of women. I look forward to the coming year and hope to continue to grow and learn in my new position.

1996 was a year filled with transition and excitement, celebration and hard work. We hope you were able to be a part of it and will continue to support the Women's Center as we enter our next 25 years. Best wishes for a happy new year!

-Dawn Dougherty

ACCOUNTANT NEEDED

The Woman's Center is looking for an accountant to do our Federal 990 form, state public charities filing, and a reviewed financial statement. We'd like to find someone who can do this job *pro-bono* or for a reduced fee, but we are open to other arrangements regarding payment. This person must be experienced with non-profit filings and able to do the job by May 15, 1997. If you are interested or know of someone who might be, please call Nancy Kackley during the day at (617) 497-4609 or in the evening at (617) 862-9964.

WOMEN'S INTERNATIONAL/ INTERCULTURAL GROUP



The *Women's International/Intercultural Group* continues to thrive! We have had an exciting couple of months. In September we welcomed Battina Brown, a spiritual teacher and healer, who discussed her experiences in Bosnia teaching spiritual healing practices to women survivors of war, rape, and violence. It was a dynamic, fascinating, but sobering meeting.

In October we tackled the difficult subject of violence against women, with local and long-time activist Ruth Winsbouer. Together we explored the root causes of violence in our society, linking violence against women to global domination, environmental degradation, and the exploitation of Third World peoples.

In 1997 we have some exciting discussions ahead of us: January 25th we'll discuss our racial and ethnic identities as we share our unique personal histories. In the following months we hope to discuss international violence against women (with the Women's Rights Network); we will also discuss the work of young U.S. women working in Latin American countries (with the Global Women's Project). It promises to be an exciting new year for us!

We invite women of all cultures and nationalities to join in our discussions. They are always lively, interesting and global. Please contact the Women's Center at (617) 354-8807 for more information about our meeting times and topics.

Join us on Saturday, December 14th for our Annual Holiday Potluck Brunch from 1-3pm. Happy Holidays from the *Women's International/Intercultural Group*!!

AN APPRECIATION FOR THE COMING OUT EXPLORATION GROUP

I am so grateful for the caring and acceptance I felt in the *Coming Out Exploration Group*. It was the first time I'd ever participated in a group focused on issues related to coming out, and the first time I'd been to the Women's Center. With the support of all the women in the group, I've learned that there is great positive power in that kind of sharing, no matter where you are in your process.

- Louise Grasmere

The next 10-week *Coming Out Exploration Group* will begin on February 13, 1997. Please call Anna at 547-6240, for more information and/or to register.

LESBIAN PARTNERS & EX-PARTNERS OF INCEST SURVIVORS GROUP

The *Partners'* group has been in existence for over seven years. Its purpose is to provide support and validation both to women who are in intimate relationships with survivors, and those who, for one reason or another, are working on closure from such relationships. Several hundred women have come to this group over the years. Women come for support as well as for a deeper understanding of the very complex issues which may come into play in the context of these intimate relationships. This is an open group and all partners and former partners of incest survivors are encouraged to come.

Incest has a severe impact not only on adult survivors, but upon those who love them as well. Partners of survivors may experience a kind of secondary trauma. Traditionally, however, minimal support has been available to them. There are a few books which may dedicate a chapter or two to relevant relationship issues (e.g. *Secret Survivors* by E. Sue Bloom, 1990). However, the definitive book on the subject, *Allies in Healing* by Laura Davis (1991), speaks more from the vantage point of the survivor than the perspective of her partner. The book does provide insights for partners into the sometimes-mysterious behaviors of their loved ones, and how they can support and understand them. However, partners may come away not knowing how to take care of themselves in the context of the complex and often painful relationships with survivors. In addition, sometimes therapists relegate the partner's issues to a back burner.

Partners struggle in a variety of ways to protect their survivor partners. Though a partner may feel anger, they may withhold expressing it because their partner has been hurt in the past. Other partners may hesitate to come to our partner support group out of a concern about identifying their partners as survivors to others. However, confidentiality is one of the few rules which we stress in our partner support group.

For the month of December we will be meeting on Wednesday, December 18th from 7-8:45pm. Check with the Women's Center at (617) 354-8807 for the January meeting date or more information.

- Daniella Kiss

A NEW THERAPIST-LED GROUP?

What group would you like therapist Vera S. Cohen to lead next? A group about the healing process, a self-injury group, a post-traumatic stress group, a group on living with loss, or something else? Call Vera at (617)354-2304 and let her know what you're most interested in!



RESPONSE TO RAPE IN CENTRAL SQUARE

We at the Women's Center, along with our neighbors, were horrified and incensed to learn about a recent rape that occurred on Prospect Street in the parking lot on the corner of Bishop Allen Drive (also known as the Bread & Circus overflow parking lot). The violence occurred on Wednesday, October 30th at 8:20pm. Police reports were speedily circulated, describing how a woman in her 20's was walking along Prospect Street when she was accosted by two men on bicycles. Despite resistance, the two men dragged the woman into the parking lot and raped her. This year in Cambridge alone there have been 29 reported rapes (FBI estimates only 1 in 10 is reported), and 7 assaults with intent to rape.

Within days of the reports, the Women's Center and our Central Square neighbors organized a public outcry. We staged a loud, energetic, community awareness action on Sunday, November 10th at the site where the woman was assaulted. We played drums, made noise, and handed out leaflets describing the crime and available local resources, including the Women's Center, the Boston Area Rape Crisis Center, and the Cambridge Area 4 Crime Task Force.

Passers-by were responsive and concerned. Many gave us the thumbs up sign when they saw our signs declaring: EVERYONE DESERVES TO WALK HOME SAFELY, A RAPE HAPPENED HERE!, STOP VIOLENCE AGAINST WOMEN, and NO MORE RAPE. We extend our most heartfelt sympathy to the survivor of this horrible attack, and we feel outraged as members of her community. An attack against one woman is an attack against us all! No one is safe until we all are!

For more information on the Area 4 Crime Task Force, call 349-6226; for the Mid-Cambridge Neighborhood Association, call 492-4035. Anyone with information about the incident – the two suspects are still at large – should call Sgt. Joe McSweeney 24-hours a day at 349-3370. Together, we will work for safe streets for all women.

-Pamela Goldstein



INCEST SURVIVORS ANONYMOUS

ISA meets at the Women's Center on Fridays from 6:30 to 8pm. Together we share our experience, strength, and hope, so that we may help ourselves – and each other – recover from incest. For more information contact the Women's Center at (617) 354-8807.

MEDITATION FOR TRAUMA SURVIVORS

Women with trauma histories may have a harder time connecting with our own stillness because of intrusive memories and/or feelings. This may make it difficult to develop and maintain a sense of our own sacred self. Yet, being in touch with our own inner well of deep peace can nurture our every moment.

This workshop will be a time for trauma survivors to slow down and come into contact with their own stillness, to be refreshed and listen to their own voices. Survivors will also learn to deal with obtrusive thoughts and images that arise while meditating. However, this is not a "process-oriented" experience. This is about becoming still, not about opening up memories.

The workshop will be held Saturday, January 25th, 11am-4pm (with a lunch break - bring your own lunch). For more information, call the facilitator Deirdre Fay, MSW at (617) 628-6842.

- Deirdre Fay

SEXUAL HARASSMENT SUPPORT GROUP

We understand that the Massachusetts Commission Against Discrimination (MCAD) has received thousands of phone calls inquiring about the new bill signed into law this summer. By January 1, 1997, companies with six or more employees are required to post and circulate a Sexual Harassment Policy which spells out what behaviors will not be tolerated. Previously, such requirements applied only to larger companies.

So what do you do if your employer ignores this mandate? The Women's Center's *Sexual Harassment Support Group* has been meeting monthly for four years to help women devise strategies to protect themselves against unwanted and repeated behavior of a sexual nature at work.

Upcoming meetings will take place from 7-9pm Mondays, December 16, February 24, and March 31. For more information, call the Women's Center at (617) 354-8807 or me, the facilitator, at (617) 254-1729.

- Louise A. Bonar





TOPICS FOR DISCUSSION

WOMEN OF COLORS RAP

- Tuesdays, 7-8:30pm. December theme: How "colored" do you have to be to be "of color"?*
- December 10 *Is She or Isn't She?* - Colors that do and don't make the rainbow
- December 17 *Is it a Skin Thing?* - What does it mean to identify yourself as a person of color?

LESBIAN RAP

- Mondays, 7:30-9pm*
- December 16 Dealing with the Holidays
- 23 Potluck
- 30 Talking about our Creative Sides

30+ LESBIAN RAP

- Tuesdays, 7-8:30pm*
- December 17 How to Flirt

BISEXUAL WOMEN'S RAP

- 3rd Tuesday, 7:30-9pm*
- December 17 Holiday Stress

♿ INTERNATIONAL/INTERCULTURAL WOMEN'S GROUP

- Usually the last Saturday of each month, 1pm*
- December 14 Annual Holiday Potluck Lunch
- January 25 Racial, Ethnic and Cultural Biographies

FACILITATED OPEN DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE

- last Friday/month, September-June, 6-7:30pm*
- December 27 Anger
- January 31 Memories
- February 28 Disclosure and Confrontation
- March 28 Boundaries and Limits

INCEST SURVIVORS' THINKTANK

- 1st Wednesday, each month, 7:15-9:15pm*
- January 8 The Backlash (no meeting Jan 1)
- February 5 Distance and Intimacy

LESBIANS CHOOSING CHILDREN

- For lesbians who are moms, co-moms, or thinking about becoming moms.*
- 3rd Thursday, 7-8:30pm
- December 19 topic: Holidays

FRIDAY NIGHT FUN TIME

- Friday, December 13, 6pm to ?
- Draw, make a collage, create something!
- With Vera S. Cohen, 354-2304

MEDITATION FOR TRAUMA SURVIVORS

- Saturday, Jan. 25, 11am-4pm (with 1 hour lunch break)
- Come learn to connect with your own stillness.
- Led by Deirdre Fay, MSW, survivor, 628-6842.

ONGOING GROUPS

No groups on December 24, 25, 31 or January 1, 20

MONDAY

- Al-anon Grupo (*en español*) 6-7:30pm
- Battered Women's Support Group 7:30-9pm
- Feminist Reading Group (*1st/3rd Mondays*) 7-9:30pm
- Lesbian Rap 7:30-9pm
- Reproductive Rights Network (R2N2) 7-9pm
- (No mtgs. in Dec.; usually 2nd & 4th Monday)*
- Sexual Harassment Support Group (*1 Mon./mo.*) 7-9pm

TUESDAY

- Bisexual Women's Rap (*3rd Tuesday*) 7:30-9pm
- ♿ • 30+ Lesbian Rap 7-8:30pm
- Body Acceptance & Conscious Eating Group 7:30-9pm
- (Newcomers, 1st Tuesday, 7pm)*
- Women of Colors Rap 7-8:30pm
- ♿ • Women with Disabilities and/or Chronic Illness 5:15-6:45pm
- (2nd & 4th Tuesdays)*
- Writers Circle (*every other Tuesday*) 7-9pm

WEDNESDAY

- Battered Women's Support Group 7-9pm
- (weekly except 3rd Wednesday of month)*
- Boston Bisexual Women's Network 7:30-9pm
- (2nd Wednesday, odd #d months)*
- Incest Survivors' Thinktank (*1st Wed.*) 7:15-9:15pm
- Lesbian Partners & Ex-Partners of Incest Survivors 7-8:45pm
- (3rd Wednesday in December)*
- ♿ • Lesbian Al-anon 6:30-8pm

THURSDAY

- Chemical Injury Information Network 6-7:30pm
- (1st Thursday)*
- Lesbians Choosing Children (*3rd Thurs.*) 7-8:30pm
- Incest Survivors Open Discussion 7:30-9:30pm
- ♿ • Women's Community Cancer Project, Open 7-9pm
- General Meeting (1st Thursday)*
- W.I.T.C.H. Lecture Series (*March-May*) 7:30-9pm

FRIDAY

- CODA (Codependents Anonymous) 6-7:30pm
- Incest Resources Drop-in Discussion Group for Survivors of Child Sexual Abuse (*last Fri*) 6-7:30pm
- ♿ • Incest Survivors Anonymous 6:30-8pm

SATURDAY

- Broken Hearts/Broken Relationships (*for lesbians from long-term relationships; 3rd Saturday*) 2-4pm
- ♿ • Coming Out Discussion for Women of All Ages 11am-1pm
- (Usually 1st Sat.; usually ASL interp'd)*
- Finding & Surviving the Workplace 11:30am-1:30pm
- (4th Saturday)*
- Friendship Connection (*2nd Saturday*) 12:30-3:30pm
- ♿ • International/Intercultural Women's Group 1pm
- (Usually 4th Saturday; 2nd Sat. in December)*
- Women Writing (*biweekly*) 12:30-2:30pm

FROM THE DESK OF OUR FUNDRAISER . . .

The Women's Center's *25th Anniversary Celebration and Benefit Concert* on October 19th was a **financial success!** The largest event we have ever coordinated, the benefit was a wonderful opportunity to celebrate the Women's Center's 25 years in style (see related article). The *25th Celebration* not only generated much good will and visibility for the Women's Center, it **raised over \$6,000** for our programs. We are grateful to the individuals, local businesses, and professionals who advertised or listed a name in our *25th Anniversary Commemorative Program Book* – you contributed heavily to the event's financial success. Of course, those ticket sales helped too! So, THANK YOU to all who attended or participated in any way.

As part of our 25th year, the Women's Center now has beautiful **T-Shirts and Caps**. The shirt design is replicated from the stunning floral pattern that was designed for the Women's Center's *Commemorative Tile Mural*. The perfect feminist gifts, shirts & caps are now available by mail (see back page). Order now, while supplies last!

Speaking of the *Commemorative Tile Mural* . . . it is just about **completed**, and is simply breathtaking. Last issue, when I acknowledged the Women's Center groups that purchased group tiles, I failed to mention Incest Resources. IR is the first incest survivor organization in the country, and leads the monthly *Facilitated Support Group for Child Sexual Abuse Survivors* at the Women's Center (last Friday/month, 6-7:30pm). Thank you for investing in the *Commemorative Tile Mural*, Incest Resources!

A donor recently informed me of how easy it is to make the Women's Center a **beneficiary** in a retirement plan or life insurance policy. For example, you can make the Women's Center a beneficiary in a retirement plan such as the 403(k) by simply writing one line on a form. The same holds true for life insurance – no will needed. This is a great way to leave some money behind and know that it will have a direct and positive impact on women's lives. Please contact me at the Women's Center at (617) 354-8807 to learn how to make the Women's Center a beneficiary in your retirement or other plans.

Thank you for supporting the Women's Center in 1996 (and helping us to be *supportive*). Even with the success of the *25th Anniversary* event, we still have some distance to go to balance the budget this year. So please read the enclosed letter, and if you can, make a year-end contribution to the Women's Center. **Every donation makes a difference.** We truly appreciate you, our

community, for sharing in our triumphant 25th Anniversary Year, and for supporting us as we determinately move forward into our 26th year of serving women.

- Pamela Goldstein

W.I.T.C.H. FEMINIST LECTURE SERIES

W.I.T.C.H. (Wild Independent-Thinking Crones and Hags) is delighted to hold its lectures at the Women's Center once again. It's a privilege to be part of 25 years of dedication to women's lives. And though we're here on the tail end, we can look back with admiration on the constancy and perseverance of the women at the Center.

Our lectures begin next year with June Campbell, who is joining us from Scotland to speak of her experience of misogyny within the Tibetan Buddhist tradition when she was a Buddhist nun. She will be introduced by Mary Daly. Join us on January 21st at 7:30pm at the Women's Center. In the meantime, we are – in the words of the Women's Center newsletter – *on our way*.

For more information contact *W.I.T.C.H.* at (617) 666-0828.

THE FRIENDSHIP CONNECTION

There are lots of good reasons for wanting to make some new friends. Maybe you're fairly new to the Boston area, or you're shy, or all your friends are in relationships and don't have time for you . . .

Whatever your reason, come join us at the *Friendship Connection*! We usually play fun ice-breaker games, have serious discussions, do talking exercises, and write and read aloud a "friendship classified ad" (a personal ad written to introduce ourselves, not to a sweetheart, but to new friends).

We usually meet the second Saturday of each month from 12:30-3:30pm (call to confirm). Come to one meeting or a dozen!

Here's what some attendees have had to say about the *Friendship Connection*: "I'm very happy we have this group. It's a nice way to make friends," "There was a good balance between freedom to socialize and enough structure so there wasn't silence or awkwardness," "I enjoyed the opportunity of knowing that . . . nothing was mandatory," "This has been a great opportunity. I'd like to do it again."

Women of all ages, cultures, abilities, area codes and sexual orientations have attended our meetings. Attendance has ranged from a handful to twenty.

We warmly welcome you! Our next meeting is Sat., Dec 14th, 12:30-3:30pm. Please be *prompt*, to avoid disrupting the group. This is not for dating.

-Laurie Brandt



25TH ANNIVERSARY CELEBRATION AND BENEFIT CONCERT A SUCCESS!

It was a magical night on October 19th when people from all over gathered at Sanders Theater to celebrate the Women's Center's 25th Anniversary. Vice Mayor of Cambridge, Kathleen Born, started off the evening by reading a City Council Resolution sponsored by Councillor Katherine Triantafillou. The proclamation recognized the enormous contribution that the Women's Center has made to countless women in the community over 25 years.

Jean Hardisty, long-time Women's Center board member and activist, followed up with a welcome speech on behalf of the Women's Center. She spoke sincerely of the importance of supporting this vital resource center for women. She then presented a beautiful plaque recognizing the invaluable contributions of Judy Norris, Women's Center co-founder and tireless volunteer for 25 years.

Margy Dowzer, our delightful MC, then introduced Toshi Reagon. Toshi was the perfect opener, as she rocked & rolled and mesmerized us with her soulful, bluesy voice. Her humor and good will toward the Women's Center were contagious, as she reminded us how valuable longevity is — especially when it comes to women's organizations!

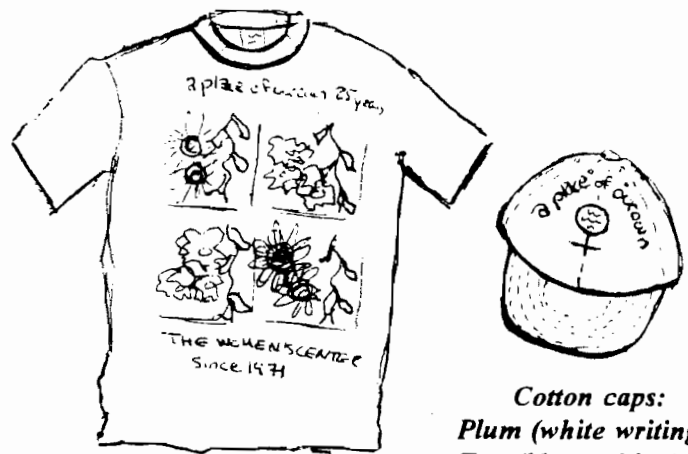
Next, Mili Bermejo, along with professional and personal partner Dan Greenspan, soothed us with their smooth-as-velvet vocals, deep resonant bass accompaniment, and cool latin rhythms.

After intermission we called upon the many women whose efforts have sustained the Women's Center over 25 years to stand and be recognized. As more and more women rose to their feet, the theater erupted in a rousing applause. It was a thrilling moment when two very special women were recognized: one the original \$5,000 donor for the down payment on the Center; the other the guarantor on the mortgage. We were especially excited since this was the first time that these women were publicly identified.

Poet Patricia Smith captivated us with the power of her words. She was riveting and passionate as she brought her poetry to life through performance. ASL interpreter Diane McKeown did a great job keeping up with Patricia's fast-paced, intense performance!

Patty Larkin, graceful, funny, and powerful (especially on guitar!), was a true crowd-pleaser. She was a wonderful closing performer for our evening of entertainment, sisterhood, reminiscence, and fun.

A special thanks goes out to the many wonderful volunteers who made this celebration possible. We know we won't soon forget the magic of October 19th, and hope you won't either!



100% cotton, white T-shirt
with multi-colored design

Cotton caps:
Plum (white writing)
Tan (blue writing)
Black (lavender writing)

WOMEN'S CENTER T-SHIRTS AND CAPS

A beautiful gift for yourself, and/or for others! Buy them at the Women's Center. Or order by returning the completed form to: **T-Shirts & Caps, Women's Center, 46 Pleasant Street, Cambridge, MA 02139**

Please print clearly

Your name

Address

City State Zip

Phone number(s)

I would like to purchase

T-shirt(s) Quantity: ____ x \$12 = ____

(circle size) S M L XL XXL XXXL

Cap(s) Quantity: ____ x \$10 = ____

(circle color) black plum tan

Shipping/Handling 1st item 1 x \$4 = \$4

Additional items ____ x \$2 = ____

Allow 10 days for delivery - \$1/item additional
charge for express mail: total items: ____ x \$1 = ____

TOTAL = ____

Make check payable to **the Women's Center**

Please send item(s) to: (if different from above):

Recipient's name

Address

City State Zip

Enclose separate sheet with any additional instructions



on our way

the women's center newsletter
8 november 71 volume 1 no. 2
from 595 mass. ave. camb. 661-9650



about the women's center...

WE THOUGHT IT WOULD BE A GOOD IDEA TO TELL PEOPLE A LITTLE OF THE HISTORY BEHIND THIS STRUGGLE

It started the summer of 1970, when women at a Bread and Roses meeting voted to create a women's center which would be open to all women. It was announced in several Bread and Roses meetings, newsletters and at a conference, that any women could work on the project. The idea was to provide a place where new women could come, where certain services could be set up, and where existing women's groups could get together. By March 6, 1971 (the day Boston area women celebrated International Women's Day), \$4000 had been raised.

Many different women came up with the idea of seizing a building at different times during the year. About three weeks before International Women's Day a few of those women contacted other women from as many different groups as they knew of, as well as those working on the demonstration for International Women's Day, and had the first meeting specifically to discuss taking over a building. Some of the groups contacted were Gay Women's Liberation, 'Hysteria', the 'Mole' Women's Caucus, the women's health collectives, Hemenway Community Women, the child care action group, Bread and Roses orientation program, Women and Imperialism Group, the women's Law commune, feminist study group, as well as the original women's center group from Bread and Roses.

A lot of us didn't know each other, but one thing we had in common was all wanting to take a building - one that there was a possibility of keeping. We felt that such a struggle would make our movement larger, more unified, and more powerful.

Initially we divided up the labor so that some women were researching buildings and checking into how people would feel about a take-over in their community; others were working on setting up several minimal services (as health referral, child care, legal services, self defense); still others spent time looking into supplies etc. As the plans developed people volunteered for special tasks such as gathering the food, dealing with security, tactics, and negotiating, making banners and painting brigades, entering the building in the first group, and forming welcoming committees. We all saw this as the necessary amount of organization for a few days - a temporary responsibility until other women could get to know each other and sign up to share these responsibilities.

On March 6, while women were gathering on the Boston Common for the march to the Charles Street Jail, and eventually to the women's center, twenty women had entered the building in groups of five, and were making preparations for the arrival of the march.

The march arrived at the center, 888 Memorial Drive, at about 3:30 that afternoon. . . There was a welcoming committee, plenty of women's literature, and food and music and joy. We held the building for 10 days. During that time there were dances, dinners, women's skill classes, meetings, a 'lavender lounge' for gay women, and a really neat children's party for kids from the neighborhood that was a terrific success.

Women left the center with mixed feelings. On the whole it was felt that our energy would be better spent finding a new women's center than trying to bail ourselves out of jail.

Since then there have been some good dinner-meetings, dances, etc., but most of us feel that we have lost touch during the summer. Women have been working on the shitwork part of getting the center all summer. We're pretty close to moving in, and we have to start thinking about what exactly our women's center is going to be.

The house which we've agreed to buy was originally the only structure on that particular lot. Now there are two houses, both owned by the same person on the one lot. Also, since the houses were originally built, the street name has been changed. We must get these changes on the deed, and also get a zoning variance because the two structures are too close to each other as of a 1969 ordinance. The planning board (it grants zoning variances) meets only once a month. We have a hearing date for November 18. When our variance is granted, we have to wait 20 days to allow time for appeals. Then we can sign the bill of sale and move in! In the meantime we've decided to share an office with the Mass. Lawyers Guild and The Women's Law Commune (we're contributing \$15 monthly and sharing a phone bill). We're using the office for a temporary meeting place and information center.

← Special 25th Anniversary Issue! →

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46 Pleasant Street, Cambridge, MA 02139

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Spring '96



We hope you enjoyed reading about the beginnings of the Women's Center in our 1971 newsletter! Now on to our Spring 1996 news:

"A PLACE OF OUR OWN FOR 25 YEARS"

1996 marks the Women's Center's **25th Anniversary Year**. As the oldest women's center in the country, we have much to celebrate! We invite you to join in activities in 1996 to commemorate this historic occasion. We began celebrating in March, Women's History Month. We hosted a special cable television program about the history of the Women's Center with Libby Bouvier, archivist and long-time Board member, who also gave a March talk as part of the W.I.T.C.H. feminist lecture series. Videotapes will be available for viewing at the Women's Center.

"A Place of Our Own for 25 Years" is our slogan for the year, reflecting the unique meaning and value the Women's Center has had for us all.

The **25th Anniversary Planning Committee** (with room for new members) has been meeting for several months. We hope to coordinate one main event to bring in needed funds to help the Women's Center forge ahead into our next quarter-century! For this event, we are seeking a well-known performer to guarantee a memorable evening. We are contacting performers who might do a benefit for us. If you have suggestions or connections, please let us know!

We hope to do several events which depends on WOMANPOWER! That means you! We would love your help with any part of the 25th Anniversary planning or production. There will be committees to join and tasks for women who do not have a lot of time and/or wish to bypass committee meetings. Call Jennifer at (617)354-8807 with your interests and activity preferences.

The committee has also been working with volunteer artists and graphic designers to create flyers, T-shirts, displays, invitations, and stationery letterhead. Thank you volunteers!

We would also like to ask you to share your stories/feelings about the Women's Center. Please

send us letters, poems, artwork, photographs, or other mementos about the Women's Center. We'd like to know what the Center means to you and how it has helped you (anonymously if you prefer). These pieces will be used in various inspirational ways: public readings, booklets, fundraising, etc. Drop off any submissions or send them to: 25th Anniversary Committee, The Women's Center, 46 Pleasant Street, Cambridge, MA 02139. And keep your eye out for a Women's Center window display at Cambridge Trust bank in Harvard Square.

Let's all pull together and make the 25th a year to remember!

STAY TUNED...and remember, call Jennifer at (617)354-8807 if you would like to help with any part of our event planning.

WOMEN'S COUNSELING AND RESOURCE CENTER ALSO TURNS 25

The *Women's Counseling and Resource Center* is also celebrating its 25th anniversary this year! We are planning a reception for past and present members, but our archives are incomplete. If you were a therapist with WCRC, or know someone who was, please call us at (617)492-8568 and let us know your current address and phone number. We look forward to meeting all of the women who have kept WCRC going for 25 years!

NEW! WOMEN'S CABLE TV PROGRAM!

The Women's Center is delighted and proud to be part of *WomanSpeak*, a new weekly program on Cambridge Community Television (Channel 55) that explores women's issues. We will be hosting the program, which airs from 5:30 to 6pm, on the second Wednesday of each month. Please tune in! For our next show on April 10th, we will talk about "Recovering from Child Sexual Abuse" with Dr. Elaine Westerlund, founder of **Incest Resources**. On May 8th, our guest will be Rita Arditti from the **Women's Community Cancer Project**. Watch us at home if you get CCTV, or come to the Women's Center and watch it here.

INTERNATIONAL/ INTERCULTURAL WOMEN'S GROUP



It has certainly been an exciting year for the *International/Intercultural Women's Group*. We are expanding by leaps and bounds! We are having dynamic and interesting discussions! We are beginning to build our community in new ways! So far we have tackled the following topics: *Women's Spirituality*; *Women's Moods and Emotions*; *Women, War and Bosnia*; and *Prejudices in Our Lives*. All of these topics generated a great deal of discussion on global issues and allowed us to share personal experiences. As far as the rest of the year is concerned... On March 30th our topic will be *Women's International Health and/or Leadership*, on April 27th we plan to discuss the "*American Dream and What it Means to be an American*", and in May we will close out our year with our annual potluck dinner (call in April for date and time). All familiar faces and new members are welcome to attend our meetings, which take place on the last Saturday of each month from 1 to 3pm.

In addition to letting you know about our schedule of events, I would also like to share some of my personal experiences with the *International/Intercultural Women's Group*. When I first moved back to the Boston area I found myself caught in a painful search for community. I tried attending several women's groups in the Boston area. As a woman who is passionate about global issues and women's lives and experiences all over the world, I was constantly struggling to find a group that had a broad focus. I must say that I have found my home with this particular group.

In September, I became the group's new co-coordinator. Since then I have seen and experienced wonderful things. Together we've worked to expand our group not only in numbers, but also in the area of discussion topics. Most memorable in this regard is our discussion on *Women, War, and Bosnia*. Led by Victoria Poupko, a local activist and founder of the *Boston Group Against Ethnic Cleansing*, 15 of us discussed the war in Bosnia, the mass raping of women, the relationship between war and violence against women, and what we could do in our own lives to address what is going on in Bosnia. The discussion was SO dynamic and exciting!!! It is this kind of discussion, along with our new tradition of tea/snack/social time at the beginning of each meeting, that allows us to connect with one another and to share important information about what is going on in the world.

I want to thank all of the women who have and continue to attend our meetings for providing me (and one another!) with a sense of community and

connection. Lastly, I would like to thank my co-coordinator, Marina, for all of her support, friendship, and work throughout the year. It is Marina's energy and dedication to the group that allows us to do an incredible amount of outreach.

In the next several months we will be brainstorming ideas for next fall's schedule. Also, we are inviting women who are interested in volunteering to coordinate the group to attend a meeting and/or to speak with Marina and myself. Please feel free to join us.

In sisterhood and solidarity.

-Lisa

REPRODUCTIVE RIGHTS NETWORK (R2N2)

As part of the *Abortion Access Project*, R2N2 will be featuring the following forums at upcoming meetings. These forums will be held in the first floor conference room at 14 Beacon Street, Boston (across from the State House, one block from Park Street Station), and all begin at 7pm.

Wednesday, March 27: A discussion of late-term abortions featuring the video, *Legislating a Tragedy*, produced by the *Center for Reproductive Law and Policy*. The video analyzes the efforts of Congress and some state legislatures to ban a technique used in later abortions.

Wednesday, April 24: A screening of the film *Jane - An Abortion Service*, by Kate Kirtz and Nell Lundy, about a group of women in Chicago who performed safe, low-cost abortions for thousands of women before abortions were legalized.

Wednesday, May 22: A discussion of the Far Right and the Anti-Abortion Movement, featuring a guest speaker.

For more information, call (617)494-1161.

W.I.T.C.H. FEMINIST LECTURE SERIES

Since 1985, the W.I.T.C.H. feminist group has been presenting a spring lecture series in the Boston area. With speakers from as near as Boston and as far away as Australia, we have worked to bring discussion of feminist issues to women. Over the years, the series has had many homes. This year the lectures will take place on **Thursdays at 7:30pm** from March through May at the Women's Center. We are very pleased to be part of this 25th Anniversary year of the Women's Center, and are amazed at the quarter century of work it has accomplished. The topics of the series are diverse and we invite women to come and be part of our learning together.

To find out about upcoming topics and speakers, please call (617)666-0828.

ASÍ QUE AMAS A UN ALCOHÓLICO

El alcoholismo es una enfermedad. Lo primero que debes reconocer, creer y aceptar es que el alcoholismo es una enfermedad real, una enfermedad que afecta a todos los que mantienen una relación estrecha con él o ella.

La Asociación Médica Americana y muchas otras autoridades en todo el mundo declaran que el alcoholico padece de una enfermedad sobre la cual él o ella no tiene control.

Borra de tu pensamiento todo lo que creas que sabes acerca del alcoholismo. Entonces dedícale a un programa de aprendizaje. No esperes a que el alcoholico busque ayuda antes de tomar una decisión en tu propio beneficio. Los grupos de AL-ANON se componen de la familia y amigos de alcoholicos.

AL-ANON grupo familiar para las mujeres hispanas es en español y las reuniones son cada lunes, 6 a 7:30pm. Para más información o si necesitas cuidado para los niños, llames al (617)232-4916 (en español) o (617)354-8807 (en inglés).

POST-TRAUMATIC STRESS GROUP

Vera S. Cohen, LICSW, will lead a 6-week **Post-Traumatic Stress Women's Group** beginning on Tuesday, April 9. The group is for women dealing with the aftermath of a traumatic experience and suffering from flashbacks, extreme anxiety or anger, nightmares, and/or fear of closeness. Women must register in advance. For more information or to register, call Vera at (617)354-2304 or the Women's Center at (617)354-8807.

N&W! CODA WOMEN'S GROUP

Codependents Anonymous (CODA) Women's Group will begin to meet on Fridays, from 6 to 7:30pm, starting April 12. CODA is a new, ongoing 12-step group which welcomes any woman who wants healthy, loving relationships in her life. Finally, a CODA group for women! See you there! For more information, call Christy at (617)628-1323.

RELATING BETTER GROUP

Psychotherapist Betsy Ross will run another **Relating Better Group** this spring. This 8-week workshop is designed to increase our awareness of how and why we relate the way we do. 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 begin on April 17, 6 to 7:30pm. To register, call (617)354-8807.

Also look for a ½ day **Relating Better** workshop in May.

ADVOCACY GROUP FOR THE HYPERSENSITIVE "MINORITY"

Just as cancer incidence is rising as the result of environmental pollution, so too are there increasing numbers of chemical-sensitive people (approximately 15% of the population, according to the National Academy of Sciences -- and expanding). Among those most vulnerable to chemical injury are women (including the fetuses of those who are pregnant), people with allergies or chronic illness, people who are poor or who work in high-risk occupations (like the chemical industry), the elderly, and the very young. *Hypersensitivity* is most under-reported in low-income communities.

That pesticides, solvents, adhesives, plasticizers, perfumed cosmetics, air "fresheners," and thousands of other toxic products damage cell membranes and cause sensitization and disease is undisputed; among the worst sensitizers are formaldehyde, isocyanates, and chlorine compounds, widespread in homes, retail stores, offices, and other public buildings, as well as in the air, water, and soil of heavy agricultural areas. Multiple chemical sensitivity can appear along with asthma, emphysema, and bronchitis, and especially with disorders of the neurological, immune, and digestive systems. When the syndrome is present, a person has reached a certain threshold of tolerance and is at risk from continued exposure. The degree of reactivity depends on the injury sustained, but even those who are not totally disabled must be vigilant to prevent their illness from worsening to the point where damage is irreversible. Our lives are defined by limitations around work, travel, and public gatherings.

The Women's Center offers a safe space for the **Chemical Injury Information Network** to meet. Political organizing -- preventing misuse of toxic chemicals -- is useful therapy. With environmental-justice coalitions in place, we can more effectively revise public policy on use of pesticides, carpeting, solvents, synthetic fragrances, etc.

Earth Day is coming -- a prime opportunity to raise awareness about the sick schools, hospitals, courthouses, and other sites where health problems are reported. Join the group on Thursday, April 5 -- and every first Thursday -- from 5:30 to 7pm to strategize.

- Judy Spear

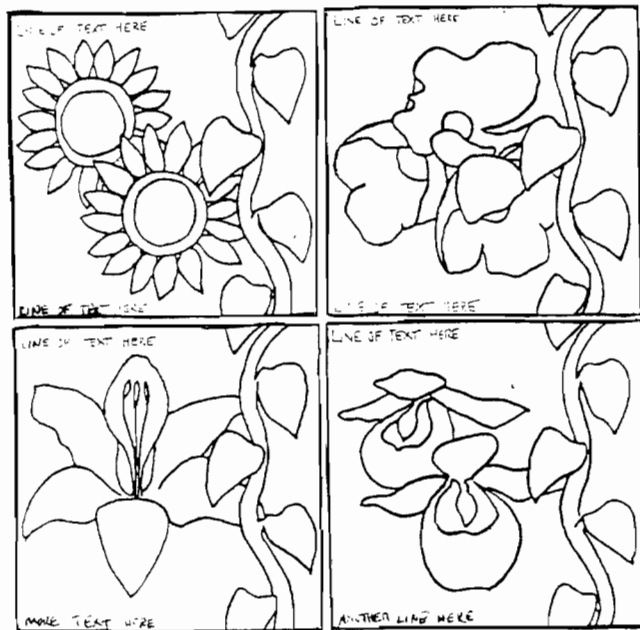
WOMEN'S CENTER HOURS

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

UPDATE ON THE TILE CAMPAIGN

If you've dropped by the Women's Center this year, you may have noticed a transformation occurring in our kitchen! We are preparing one of the walls for the installation of the Women's Center's *Commemorative Tiles*. The tiles honor and remember women -- or in some cases, ideas -- which have had special meaning to a donor. The tiles "cost" \$250/each, to help fund the Women's Center's 40+ support groups, vital resources, referral information, and more.

Our artist, New England-based Bekah Perks, will be taking a one-year sabbatical starting Sept. 1, 1996. We hope to commission as many tiles as possible before Bekah takes a break. Thus far we have "sold" 24 tiles, and have room for 36 more. The campaign has turned out to be a great way for donors to honor women (or ideas) in a permanent way at the Women's Center, while providing needed funding to keep this place going. Please feel free to stop by and view the installation later this spring, or call Pamela at (617)354-8807 for more details about the *Commemorative Tile Campaign*. Thank you!



RYLES BENEFIT

The Women's Center had a fundraiser on Sunday, February 18, at Ryles nightclub from 4 to 7pm. Approximately \$600 was raised for the Women's Center and a much-needed fax machine was donated by a very kind individual.

The combination of strong community involvement, loud disco music, smiling beautiful women and great refreshments made the evening exceptionally successful. Thanks so much to the organizers of Ryles on Sunday nights!



FROM THE DESK OF OUR FUNDRAISER...

Last issue, I appealed to all of you to help the Women's Center balance our 1995 budget. We needed your help to raise \$21,186 (about ¼ of our annual budget) in the last two months of the year! As you can imagine, as the Development Coordinator, I had a stressful couple of months! But with your help, and a few grants, we did it! 1995 marked the **first time in 3 years** that the Women's Center closed its fiscal year without a deficit. *And we owe our thanks to you!* Your gifts, no matter what size, make a difference in women's lives. In fact, they are a key reason that the Women's Center is able to do so much for women -- free of charge. We couldn't do it without friends like you. So, from the Women's Center to all who made a contribution last year: ♀♀♂♂♥♂♂♀ ;**MUCHAS GRACIAS!** ...and we encourage you to make an additional donation to support the Women's Center in our **25th Anniversary Year**. We've included a clip-out coupon on the back of this issue of *On Our Way* for your convenience. Thanks again!!

-Pamela Goldstein

SEXUAL HARASSMENT

As you may know, sexual harassment violates the Civil Rights Act's prohibition against sex discrimination. There are two types: (1) "quid pro quo" harassment in which the employer makes employment decisions about you based on your submission to/rejection of unwelcome sexual advances or conduct.

The second, more common these days and harder to pinpoint, is "hostile working environment" (HWE). Examples include: sexual advances; gender-based baiting, ridicule, banter, hazing; use of crude or vulgar language; sexually oriented discussions; the presence of lewd, offensive, pornographic material; or ANY gender-based intimidation or hostility.

Whether a particular instance or series of events creates a hostile working environment depends on the severity. A single act or isolated incident has to be unusually severe to constitute a HWE.

What to do about it? If you are having problems with sexual harassment at work, it is essential to tell someone. (The **Sexual Harassment Support Group** next meets on Monday, April 15, and Thursday, May 30, 7 to 9pm.) It is also essential to document exactly what happened. For more information, come to the group, or call the facilitator, Loise Bonar, at (617)254-1729.

WOMEN WRITING

I came to this group about a year ago when I was desperate to get time to write. I was attracted by a description which sounded friendly, non-competitive, non-stressful, and open. I still didn't expect much, but decided to try it out. I wasn't able to write at home, so what could I lose?

I didn't read (out loud) anything I wrote that first time. (We share what we write but it isn't obligatory.) I felt unsure about what I had written, and was intimidated listening to the beautiful, clever, and well-crafted phrases of others. In comparison, I thought, my own work was too simple, infantile, even embarrassing – definitely not worth sharing.

Work obligations kept me from the next 2 sessions, and I missed 2 more after that because I was travelling. By then, I was reeling from a failed relationship, and I was an emotional mess, too vulnerable, I thought to come back and share my pain. Instead, I signed up for the AIDS Ride, and trained my body like crazy, to distract me from my loss and to ease the pain of others.

It was 6 months before I came back, and even then I marvelled at my courage. Once here, however, I was keenly aware of how easy it was for me to enter. (The group is very welcoming, and although some women have been a part of it for years, there is someone new almost every time.)

It took me about two more sessions before I was able to read anything aloud. I remember the day I took the plunge. It was an unusually large group that day. After the first writing exercise, the person sitting on my left volunteered to read what she had written. It was wonderful. Then the woman on her left read what she had written, and so on around the room. As I listened to each woman weave her words into whole cloth, filling the room with life's questions and answers, I was struck by how different each person's work was. Suddenly I saw that my writing wasn't any more different from everyone else's than each woman's work was from each other woman's work. I realized that each of us writes out of her own unique experiences and sensibilities, her own history and sense of self. It made no sense to think about this in comparative (read "competitive") terms. It was a revelation, and it worked. When it was my turn, I read my piece and felt the unexpected joy of sharing and giving a part of me back to the group -- and it wasn't bad, either, receiving praise and helpful comments about my work!

I highly recommend *Women Writing* to anyone who likes to write. It is a safe and supportive space, and very welcoming to newcomers. The group meets every other Saturday from 12:30 to 2:30pm.

-Susan Freireich



NEW! WRITERS' CIRCLE

Writers' Circle is a new group (started in February) for experienced writers. Our purpose/mission is: to provide respectful and meaningful responses to one another's written work, to discuss the writing process, and to exchange information about publishing opportunities.

The group meets on the second and fourth Tuesday of each month, from 6:30 to 8:30pm. Writers should bring in 6 to 8 copies of written work to share with the group ("second" drafts and better are preferred). We read each other's work aloud and discuss it in the first 90 minutes of each meeting. The last 30 minutes are devoted to the writing process and the business of writing. A moderator starts us off each week, explains the format to newcomers, and keeps things moving.

For more information, please contact Cassandra Oxley at (617)494-2695.

FINDING & SURVIVING THE WORKPLACE

What do women who come to this support group have in common?

- Unemployment, underemployment, or unhappiness in their current job.
- Varied backgrounds and education.
- Many talents, experiences, concerns, and aspirations.
- A need to talk about work-related issues in a safe environment.
- A need to explore alternatives to traditional jobs.
- A need to regain their self-esteem and self-confidence.
- A need to find a breakthrough in their job search.
- A willingness to reach out and be supportive.

For 5 years, the Women's Center has provided a safe place for this support group. Participants find empathy, sympathy, and an opportunity to brainstorm on issues about the workplace.

If you need willing listeners, sympathetic friends, or even networking, then join us! If you need help with your resumé, join us! If you want to practice interviewing or negotiating, join us! Bring your ideas! Take away shared insights! Feel empowered!

Finding and Surviving the Workplace is an ongoing, free, drop-in group that meets twice a month on the 2nd and 4th Saturday from 11:30am to 1:30pm. Call the Women's Center at (617)354-8807 for more information.

INCEST SURVIVORS ANONYMOUS

We welcome women survivors (including teens) to our Friday evening meeting, from 6:30 to 8pm. At *Incest Survivors Anonymous* (I.S.A.), we share our experiences in a safe atmosphere, allowing us to find comfort, and to experience growth.

I.S.A. is based on the 12 steps and the 12 traditions, adapted from Alcoholics Anonymous. For three weeks of each month, we hold a "step meeting," discussing a step, a tradition, and/or other topics. On the second Friday of each month, a survivor tells her story, followed by group members' sharing. The meeting is well-structured, with rotating leadership and a time-keeper who signals after each person has shared for three, and then five minutes. Time is set aside especially for newcomers from 7:50 until 8pm to talk and/or ask questions, but new members are welcome to share throughout the meeting. Many of us are glad to answer questions, or simply to listen and give support.

By listening and talking, we identify with each other, and by coming out of isolation, we begin to love and accept ourselves. One of the I.S.A. slogans is "Don't forget the hope." We meet each week as a reminder to keep that hope alive. See you at the meeting!

LESBIANS CHOOSING CHILDREN

The *Lesbians Choosing Children* group is actually a reincarnation of a group which met for years at the Women's Center. The new group started meeting in December of 1995. All lesbians who are interested in parenting issues are welcome to come.

Typically, 8-10 women attend the meetings. Topics we have discussed include adoption vs. insemination, known vs. unknown donors, homophobia, children, and relationships. Single moms, partnered lesbians considering children, women adopting, women inseminating, moms with children, co-parents, pregnant and new moms have attended the group. Meetings are informal; the main objective is for women to receive information and support from each other.

In the future, we would like to have guest speakers visit our group. Topics we are interested in include legal issues regarding the adoption process, two parent adoption, alternative insemination, and dealing with homophobia in the community. We are especially eager to hear from women who have had successful adoption experiences and stories. Volunteer guest speakers are welcome!!! Please call Margaret at (617)461-5946.

Lesbians Choosing Children meets at the Women's Center on the third Thursday of each month from 7 to 8:30pm.

AGING WELL

How Things Were for Women in 1995 and How Things Were for You was the subject for our December meeting. We talked of rape, domestic violence, the million man march, and equality. We came to no unanimous conclusion but most of us thought that, for women, conditions had not improved in 1995.

We met on a cold and snowy day in January to discuss *The Impact of the Media on the Elderly*. We agreed that we have to assess ourselves as individuals, and not pay attention to the way we are depicted in advertisements. We are not all like the models for HMO ads who are always happy and full of life. The media seldom looks at the elderly who are poor, sick, or depressed.

Managed Care, HMO's, and the Senior Citizen was our February topic. Barbara Ackermann, the former mayor of Cambridge and Chair of the Women's Task Force at the Cambridge Hospital was our speaker. Ms. Ackermann urged us all to sign a medical proxy. She described the pros and cons and differences between Medicare and HMO's. For instance, Medicare pays better but HMO's emphasize preventive care. Ms. Ackermann advised us to look carefully into both systems and decide which is best for us. She also told us that management and business are getting rich on U.S. health care to the tune of \$1 million a day.

Reclaiming Our History; the Crone as Wise Woman was our March topic. We talked about the time when women had tremendous power and how that power was taken from us.

For our next meeting, we will present a workshop for **Women's Health Day** on May 4. We hope all women interested in aging well will join us.

WOMEN OVER 45

Women Over 45 is an ongoing discussion group with a feminist perspective. We usually choose a topic for each meeting such as "relationships," "health," or "work," and take turns talking. This is not a drop-in group. We welcome new women who want to attend a group in an ongoing manner. If you are looking for this kind of discussion, join us! We meet every other Thursday from 7:30 to 9pm. Please call (617)354-8807 for more information and upcoming meeting dates.

PARENTING AND FAMILY ISSUES

The *Parenting and Family Issues Support Group* is seeking new members. The group meets on a weekday morning and is led by a facilitator. If you are interested in joining this group, please call the Women's Center at (617)354-8807.

TOPICS FOR DISCUSSION



LESBIAN RAP

Mondays, 7:30-9pm

- April 1 Video Night - *Celluloid Closet*.
- 8 Lesbians in Teaching.
- 15 Gays and Religion.
- 22 Dreams About Sexuality.
- 29 Finding Your Identity.

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

- April 2 Running into Ex's.
- 9 Creative/Erotic Writing Activity.
- 16 What Does "being supportive" Mean?
- 23 Game Night - Bring Games.
- 30 Social Alternatives to the Bar Scene.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:00pm

- April 2 Endings of Relationships.
- 9 Keeping the Bi Rap Going.
- 16 Dating Tips.
- 23 Removing Obstacles to Your Dreams.
- 30 Favorite Vacation Stories.

INTERNATIONAL/INTERCULTURAL WOMEN'S GROUP

Last Saturday/month, Sep. - May, 1-3pm

- April 27 The "American Dream."

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

Last Friday/month, Sep. - June, 6-7:30pm

(please be on time to avoid disrupting the group)

- April 26 Control.
- May 31 Sexuality.
- June 28 Trust and Friendships.

INCEST SURVIVORS' THINKTANK

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

- April 3 Survivors Brainstorm on Resources.
- May 1 Empowerment and the Mental Health Profession.
- June 5 Ritual Abuse.

SEXUAL HARASSMENT SUPPORT GROUP

Monday, April 15, 7 - 9pm

Thursday, May 30, 7 - 9pm

NEW! WOMANSPEAK CABLE TV SHOW

2nd Wed./month, 5:30-6pm on Camb. Cable, Ch. 55

- April 10 **Incest** with Dr. Elaine Westerlund.
- May 8 **Women & Cancer** with Rita Arditti.

SOLVING PROBLEMS IN OUR GROUPS

Wednesday, April 10, 7 - 8:30pm.

Come brainstorm with others about ways to deal with difficulties you've encountered (related to size, inclusiveness, time-sharing, supportiveness, etc.)

ONGOING GROUPS

SUNDAY

- ♿ • Aging Well (*usually 1st Sunday/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
- ♿ • Reproductive Rights Network (R2N2) (*usually 2nd & 4th Monday/month*). 6:30-9pm
- Women's NA 12 Step Group 7:30-8:30pm

TUESDAY

- Bisexual Women's Rap 7:30-9:00pm
- ♿ • 30+ Lesbian Rap 7-8:30pm
- Eating Awareness & Body Image Group . . . 7-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors (*3rd Tuesday/month*) 7-8:45pm
- Women with Disabilities and/or Chronic Illness Support Group (*2nd Tuesday/month*) . . 5:15-6:45pm
- Writers' Circle (*2nd & 4th Tuesday*) . . . 6:30-8:30pm

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
- Women of Colors Rap (*newcomers 1st Wed.*) 7:30-9pm

THURSDAY

- ♿ • Cancer Support Group (*2nd/4th Thurs.*) . . . 7-8:30pm
- Chemical Injury Info. Network (*1st Thurs.*) . 5:30-7pm
- Feminist Reading Group (*2nd/4th Thurs.*) . . 7-9:30pm
- Incest Survivors Open Discussion . . . 7:30-9:30pm
- Lesbians Choosing Children (*3rd Thursday*) 7-8:30pm
- ♿ • Women's Community Cancer Project, Open General Meeting (*1st Thursday/month*) 7-9pm
- Women Over 45 (*every other Thursday*) . . . 7:30-9pm
- W.I.T.C.H. Feminist Lecture Series (*thru May*) 7:30pm

FRIDAY

- CODA Women's Group (*begins April 12*) . . 6-7:30pm
- 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 (*3rd Saturday*) 2-4pm
- ♿ • Coming Out Discussion for Women of All Ages (*usually 1st Sat.; usually ASL interp'd*) . . . 11am-1pm
- Finding & Surviving the Workplace (*2nd & 4th Saturdays*) 11:30am-1:30pm
- The Friendship Connection (*2nd Sat.*) . . 1:30-3:30pm
- ♿ • International/Intercultural Women's Group (*usually the last Sat./month, Sep. - May*) 1-3pm
- Women Writing (*biweekly*) 12:30-2:30pm

♀ WOMEN'S HEALTH DAY - MAY 4, 1996 ♀
 ♀ JOU SANTE POU FI - 4 MAI 1996 ♀
 ♀ EL DIA DE LA SALUD DE LA MUJER - ♀
 EL 4 DE MAYO 1996

The third annual **Cambridge Women's Health Day** will be celebrated on **Saturday, May 4, 1996**. Once again, many community resources have come together to make Women's Health Day happen. The Women's Commission, CEOC, The Cambridge Hospital, the Women's Center, and many others have all participated in the 1996 plans.

Reserve the whole day from 10am to 4pm. There will be morning and afternoon workshops that address the many issues related to women's health. These workshops will be free and led by women who are knowledgeable about the topics. We will all come together at lunch for tasty, nutritious food and a keynote speaker. Workshops will be held at the new Senior Center, 806 Mass. Ave., and the YWCA on Temple Street.

Women of all ages, incomes, and cultures are invited. There will be workshops offered in Haitian Creole, Spanish, and English. Confirmed workshop topics include: Living with Chronic Pain, Mejor Sola Que Mal Acompañada, Environmental Illness, How to Evaluate Your Therapist/Therapy, Cancer 101, Body Sense - Body Strong: Creating an Exercise Program, Native American Healing, Aging, Abortion Options, Giving Birth with Midwives, Breast Self-Exams, Living with Depression, and Coming Out to Your Health Care Provider. Flyers/schedules will be available at the Women's Center, or call Mary at the Women's Commission for more information: (617)349-4697.

WEDNESDAY NIGHT BATTERED WOMEN'S GROUP

The **Battered Women's Support Group** wishes to thank a group of students from Emmanuel College for making a contribution in memory of Lisa Miller, the sister of one of the students, who was a victim of domestic violence. The Emmanuel students "join together with you and all women to resist men and their violence and to re-create ourselves in strength and sisterhood." Thank you.

WEDNESDAY NIGHT RIDES

The **Battered Women's Support Group** meets Wednesdays from 7 to 9pm, except for the third Wednesday of the month. Members of the group (and their children, in some cases) need rides home, to the nearest bus stop, or to the nearest subway. Can you give a woman attending this group a ride? Your help will be greatly appreciated. Call Jennifer at (617)354-8807 to volunteer.



FEMINIST READING GROUP

Join us for our April meetings as we read Evelyn Fox Keller's Reflections on Gender & Science followed by Rat Bohemia by Sarah Schulman. The **Feminist Reading Group** meets on the 2nd and 4th Thursdays of each month from 7 to 9:30pm and warmly welcomes new members! For more information contact the Women's Center at (617)354-8807.

DYKE MARCH PLANS FOR '96

Come join us in planning the 2nd Annual **Boston Dyke March**. We are an independent group of individuals who are interested in working in coalition with other queer groups. We are dykes, out and proud, feminist, and progressive. We encourage everyone to make connections with the many issues that affect our community -- homophobia, racism, welfare, anti-semitism, violence, and immigration, to name a few. Please call (617)524-5895 for meeting times and dates. Meetings will be held at Jamaica Plain Community Center (formerly Curtis Hall), 20 South Street, Jamaica Plain. Wheelchair accessible.

FIGHT THE RIGHT MARCH

San Francisco, CA * Sunday, April 14, 1996

The purpose of the Fight the Right March is to bring together women, men and children from across the country to send a clear message to policy-makers: the majority of people denounce the divisive hate-mongering of the right-wing and will actively support affirmative action; economic justice; reproductive freedom; civil rights; lesbian, gay and bisexual rights; and efforts to end violence against women. The March is organized by NOW and endorsed by the Women's Center.

For more information contact FIGHT THE RIGHT MARCH at (415)436-9390.

FIFTY PLUS ONE

June 8-9, 1996: Fifty plus One will host a **beginner-level electoral campaign training** for pro-choice women at Simmons Institute for Leadership and Change at Simmons College, Boston, MA. Participants will learn from female elected officials and seasoned campaign professionals how to effectively manage an electoral campaign for local, state and national office. Cost is \$100 with scholarships available; \$35 student and senior citizen rate. For registration information, call Cindy at (301)587-8061.

Phone: (617)354-8807 TTY/Voice

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Address Correction Requested

The Women's Lunch Place serves the daytime needs of homeless women in the Boston area. The work of the Women's Lunch Place is based on respect, concern, and commitment to poor and homeless women. If you share this commitment and would like to volunteer to work in the kitchen and serving meals to the women, please call Tania at (617)267-1722. The shifts most needed at this time are Mondays 10am -2pm and Tuesdays 8am-12pm or 10am-2pm.

Would you be willing to discuss what feminism means to you and how you enact your beliefs in life? I am a doctoral student at MIT working on my thesis and am trying to organize roundtable discussions during the months of April and May. I am looking for participants for these 1½ to 2-hour sessions. Women of all races, sexual orientations, and backgrounds are encouraged to participate, as I am particularly interested in gaining various perspectives on this topic. If you are interested in participating, please contact me, Amy Segal at (617)253-3940 or asegal@mit.edu.

↓ ↓ *On Our Way* readers/non-readers (that's you!) ↓ ↓ 

In order to control distribution costs, we need to know who wants to stay on our mailing list. (We also need contributions toward the newsletter, if possible.) Please return this form to: *On Our Way newsletter, The Women's Center, 46 Pleasant Street, Cambridge, MA 02139. Thank you!*

- ☐ **YES**, keep me on the Women's Center's mailing list.
- ☐ I'd like to become a regular **monthly sustainer**, with a pledge of \$_____ /per month.
(we send a monthly calendar, info update, and a return envelope)
- ☐ Enclosed is my **tax-deductible contribution** of ☐ \$100 ☐ \$50 ☐ \$25 ☐ other \$_____
- ☐ I can't make a donation at this time, but please keep me on the list.
- ☐ Please **remove** my name from the Women's Center mailing list.

Name (as it appears on your mailing label): _____

Code Number (on label): _____ Address: _____

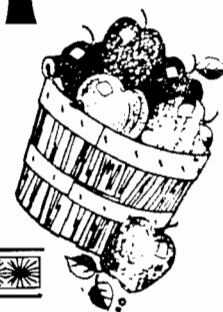
City: _____ State: _____ Zip: _____ Phone #(s): _____ Thanks!

♀ ON OUR WAY

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

Fall '96

(617) 354-8807 TTY and VOICE



FROM THE DESK OF OUR FUNDRAISER

Summer traditionally offers fundraising staff a respite from the busy seasons. At the same time, the "slow" time of year usually means sluggish income. Not so this year! With our tile artist leaving for a one-year sabbatical, the Women's Center pulled out all the stops this summer to fill EVERY spot in the soon-to-be-completed kitchen tile mural.

And... WE DID IT! -- due in part, to Women's Center groups, which put their individual resources together to dedicate group commemorative tiles. Many thanks to: *The Coming Out Group*, *Creativity and Healing*, *For Crying Out Loud*, the *30+ Lesbian Rap*, the *Thursday night Incest Survivors' Discussion Group*, the *Reproductive Rights Network*, the *Women's Community Cancer Project*, and the *Women's Counseling and Resource Center*.

Your collective (and individual) contributions make a real difference to the Women's Center. In fact, donations (and volunteers) are our fuel. So, to everyone who participated in the tile project, THANK YOU! The tile mural is one of the wonderful ways we celebrate our **25th Anniversary Year**. (P.S. keep your eye out in '97 for a possible continuation of the Commemorative Tile Campaign, with a new design!) Speaking of the 25th...

GALA / CELEBRATION / CONCERT / BASH
In Celebration of the Women's Center's

25th Anniversary:

OCTOBER 19, 1996

SAVE the DATE!

We hope you all come out to help celebrate being the oldest and one of the most successful women's centers in the country!!!

...and if you'd like to make an additional donation in honor of our **25th Anniversary**, you can join the Women's Center's **PROGRAM BOOK** for the festive October 19th event (see back page).

- Pamela Goldstein

25 YEARS! LET'S CELEBRATE!

Please don't wake me if I'm dreaming. Patricia Smith is performing her poetry. She's awesome, taking me along to a new, wonderful place. Then, Toshi Reagan's singing, her beautiful voice surrounds me. I'm in Sanders Theatre. What could make this better? It's a benefit for the Women's Center!

It's all true! On **Saturday, October 19, 1996**, at **8pm**, at **Sanders Theatre**, **Toshi Reagan** and **Patricia Smith** will perform at a benefit celebrating the Women's Center's 25th year!

Toshi Reagan, is a soulful and upbeat folk/blues/rock singer and **Patricia Smith** is an inspiring and eloquent poet (4-time national poetry slam champion!), and a Boston Globe columnist. And there will be other surprise talented guests to delight and entertain you.

We are thrilled to have great performers and a wonderful hall for this historic occasion, with a huge assist from **Revolutionary Acts** (a.k.a. **Multistage Productions**), which is producing the event with Women's Center. All we need now, to guarantee that the evening is a tremendous and heartwarming success, is you!

Come to celebrate what the Women's Center means to you. Come to let all those who have contributed to the Women's Center's success know how much they are appreciated. Come to contribute to the Women's Center's future. Come to have a wonderful time!

Be sure and reserve your tickets early!! All proceeds (above expenses) will go to the Women's Center! For ticket information contact the Women's Center at (617) 354-8807.

Hope to see you there, so we can mark this important milestone together!

P.S. Of course, as always, we could use more help with planning, publicity, etc. If you could help, please call Dawn at (617) 354-8807.

- Judy Norris

THE TRANSITION IS UNDERWAY: SO LONG JENNIFER...

...AND WELCOME DAWN!

Big changes are underfoot at the Women's Center. In June, devoted, full-time staffer, **Jennifer Norris**, announced her plans to attend law school in the fall. She has been the Women's Center's *Volunteer/Administrative Coordinator* for the past 5 years. Jennifer brought tremendous skill, patience, expertise, dedication, and positive energy to her work and had a similarly positive impact on the well-being of the Women's Center. And, while we will miss her greatly, we share her enthusiasm for the challenges that await her, and extend our very best wishes for continued success!

To fill Jennifer's position, we conducted a concentrated search which drew over 70 applicants, and ultimately hired **Dawn Dougherty** as our new *Volunteer/Administrative Coordinator*. Dawn comes to us from the North Shore Rape Crisis Center, where she was the *Educational Outreach Coordinator*. She is also on the Board of the *Gay, Lesbian & Bisexual Speakers' Bureau* of Boston. We look forward with enthusiasm to working with Dawn and benefiting from her many talents... and we extend our heartiest welcome!!

So if you've been thinking about volunteering at the Women's Center, this fall is a great time to start! Come on down and meet Dawn, or call her up at (617) 354-8807 to volunteer.

A QUICK HELLO...

I'm Dawn Dougherty, the new *Volunteer/Administrative Coordinator* at the Women's Center. I have taken over Jen Norris' responsibilities and want to formally introduce myself and tell you a little bit about me.

I am originally from a suburb of Philadelphia (a very forgettable place called Zieglerville, PA) and moved to the Boston area after completing my masters in Theatre at SUNY Albany. I've spent the last year working at the North Shore Rape Crisis Center where I coordinated rape and sexual assault awareness programs. I also just recently moved to Somerville and am finally feeling settled into both my new apartment and my new job.

I'm very excited to be on board as the Women's Center celebrates its 25th anniversary!



ABORTION ACCESS ACTION MONTH

Last October, 18 groups were involved in a variety of actions to highlight issues of access to abortion. In view of this year's legislative attacks on abortion rights, we are again declaring October "Abortion Access Action Month" this year. We hope that you or your group will get involved. Possible activities include: Informational leafletting in front of hospitals that do not provide abortions and in front of health insurance companies that do not cover abortions, informational tabling, letter writing campaigns, and forums. Let us know what your plans are!

As part of Abortion Access Action Month, the **Reproductive Rights Network (R2N2)** will be sponsoring the New England premiere of "The Fragile Promise of Choice," the new film by Academy Award nominee Dorothy Fadiman. The film will be shown **Tuesday, October 22 at the Brattle Theater in Harvard Square.**

The Abortion Access Project is a project of the R2N2 and meets the second and fourth Monday of each month at 7pm at the Women's Center. Our phone number is (617) 661-1161. Give us a call!



WOMEN'S CANCER SUPPORT GROUP FOLDS

The **Women's Cancer Support Group**, sponsored by the **Women's Community Cancer Project**, will hold its last meeting on October 24, 1996. The decision to end our Group was a difficult one. Since 1990, the Support Group has offered a free, drop-in, confidential space for women with cancer to meet and share their experiences, an important service to the feminist community. We are proud of our work, and grateful to the many women who have shared their stories with us. Lately, however, attendance has dropped significantly. Hospital support services have increased greatly, and support groups with focus on specific cancers, treatments, and/or groups of people, have formed throughout the Greater Boston Area.

We will continue to provide referrals to other groups. The **Women's Community Cancer Project (WCCP)** continues to meet on the 1st Thursday of each month and we welcome new members. WCCP's direct phone number is (617) 354-9888.

BATTERED WOMEN'S SUPPORT GROUP

Around 1975 I began attending a *Battered Women's Support Group*, facilitated by Betsy Warrior, on Wednesday mornings at the Women's Center. At that time I desperately needed help and had called several local hotlines to seek it. On one occasion someone gave me the number of the first battered women's shelter in the area, Transition House. When I spoke to the woman there about my situation, she seemed to understand exactly what I was going through. She invited me to the very next meeting of the support group at the Women's Center.

I was eager to go just so I wouldn't feel so alone or so mentally stressed by the agonizing situation I was in. I thought I was the cause of my husband's low self-esteem and his wretchedness. He used to tell me that I couldn't cook right, I couldn't talk right, I couldn't clean right.

The group support helped me immediately. I was always an outgoing person, and the women liked me to speak because I was so outspoken and could make them laugh. I would not hide my feelings when I didn't like what my husband was doing or when I heard what other women's husbands or boyfriends did that I didn't think was right. I openly, honestly and blatantly revealed my thoughts. The other women liked my freedom of expression. **So did I.** I had lost that freedom prior to going to the support group. Or maybe it was just buried under all the rubble of verbal abuse my husband had heaped on me. He tried to destroy the life in me by killing my spirit.

It's now 1996. Twenty plus years later. I went to the group steadily for one or two years and continue to keep in touch with Betsy Warrior. I give her my soul support because we were pioneers: the first support group for battered women. God bless her for her resistance to abuse. I'll never forget the women I met at the Women's Center. They saved my life. Just a small band of women telling our truths and standing up for all women.

In the interim years I have spoken at the State House for funding for shelters for battered women. After succeeding in my struggle to leave my husband I went back to school and became a Licensed Physical Therapist. My daughter became a Registered Nurse and is now working to specialize as an Anesthetist. We are both fully able to take care of ourselves - **and we do.**

I needed the support group in the past - and I do now. It is important to all women to know that the unmanageable and unbearable conditions are not their fault. The problem has always been the political oppression of all women.

-Carole Siriani-Skinner

LISA MILLER

1961 - 1986

Lisa Miller was a sensitive, life-loving intelligent woman. Her bright eyes were full of hope and promise. She had dimples that could spin waves of joy in our souls. When she laughed, joy was contagious. She will not be forgotten. Nor will the murdering of women globally be forgotten. Lisa Miller, my sister, our sister, was beaten to death by a man.

The destruction of women's life force exposes the ultimate political motivation central to the sexual violence of femicide. In true bonding among women men's trivialization and objectification of women will be revealed as the Patriarchy's political strategy of continued control over women's lives.

As we become enraged at the condition of women's lives, we can work together to envision freedom -- freedom from the shackles of Patriarchy. Together we will not forget Lisa Miller and her energy that strengthens us.

-Stephanie Foisey

SEXUAL HARASSMENT SUPPORT GROUP

Stop the Presses! Good news about sexual harassment in the workplace! House Bill #4052 has been signed into law by the Governor. It was filed in 1991 by Reps. Pamela Resor of Acton and former Rep. Susan Tracy of Brighton.

This bill encourages education and training in the workplace. All employers, employment agencies and labor organizations with 15 or more employees shall promote a workplace free of sexual harassment by adopting a policy which states:

- that sexual harassment is unlawful
- that it is unlawful to retaliate if someone files a claim

and includes:

- a description and examples of sexual harassment plus the range of consequences
- the process for filing internal complaints
- how to reach appropriate state and federal employment discrimination enforcement agencies

Suppose your employer ignores this mandate? The Women's Center *Sexual Harassment Support Group* has been meeting monthly for four years to help women devise strategies to protect themselves against unwanted, unwelcome and repeated behavior of a sexual nature at work.

Upcoming meetings will be held from 7pm to 9pm on Thursday, Sept. 26 and Monday, Oct 21, or call me, the facilitator, at (617) 254-1729.

-Louise Bonar

WRITERS' CIRCLE

Writers' Circle is an open group that meets at the Women's Center every other Tuesday of each month, from 7pm to 9pm. Writers bring six to eight copies of written work to share with the group. Group members read their work aloud and discuss it in the first ninety minutes of each meeting. The last thirty minutes are devoted to the writing process and the business of writing. A moderator starts us off each meeting, explains the format to newcomers, and keeps things moving.

Writers' Circle is all about, as Ann Lamott describes in her wonderful book on writing and life, *Bird by Bird*: "...feedback, encouragement, benevolent pressure, and the company of other writers." It's a place to try new things, to revise works that never quite worked, to ask for critiques, to practice reading for a poetry slam; each meeting is different. Mostly we respond to what is on the page. Sometimes we talk about how hard it can be to find the right words and get them down on the page where others can read them.

One of the interesting things about *Writers' Circle* is the variety of genres and subjects people are working on: novels, autobiography, poetry, travel pieces, short stories, children's books. One writer put her experience at *Writers' Circle* like this:

"I have gotten very helpful responses to two short stories, and I hope to start bringing in pieces of a novel. I really look forward to meeting with the regulars and seeing the group's identity and the various relationships evolve. And of course the best thing about a group like this is that it helps you to just keep writing."

For more information about the group you can contact me at (617) 494-2695.

-Cassandra Oxley

WOMEN'S WRITING GROUP DOING WONDERFULLY!

Wonderfulness continues to abound at the Saturday *Women's Writing Group*. We women write from the heart, then read what we have written as we choose to, then comment positively or neutrally on what we have heard, and then go on. We welcome new members. Meetings are every other Saturday 12:30pm to 2:30pm, all year. We're here for you, for each other, for us, for wholeness and for re-seaming.

WOMEN'S CENTER HOURS

Monday - Thursday 10am - 10pm

Friday 10am - 8pm

Saturday 11am - 4pm

FINDING AND SURVIVING THE WORKPLACE INVITES NEW PARTICIPANTS

Whether you are from the boardroom, classroom or delivery room; the song shop, body shop or donut shop; if you are unemployed, underemployed or overworked; if you are desperately searching, casually looking or weaving in and out, *Finding and Surviving the Workplace* has something for you. Pro-active students, workers and thinkers are encouraged to share their experiences and suggestions, and to use the resources of the Women's Center, at this facilitated drop-in discussion group. Meetings are held on the fourth Saturday of the month (September 28, October 26, November 23) from 11:30am to 1:30pm. JOIN US!

CON ALANON COMENZO MI RECUPERACION

Gracias a Dios por el programa de ALANON. La gente y los amigos, que he encontrado allí me han dado lo que necesitaba. He estado en el programa hace tres meses y he notado mis cambios, mi primer paso fué el abandonar la negación de que mi hijo es un alcohólico. Múltiples crisis familiares me llevaron a tomar el telefono y llamar a pedir ayuda, poco a poco he ido encontrando la serenidad que necesitaba al asistir al grupo. Ahora puedo tomar los sucesos nuevos con optimismo y progresar con ellos. Ahora también me doy cuenta de que tenía que encontrar un lugar seguro, amoroso y digno de confianza, para dar escape a los sentimientos y secretos reprimidos durante años. Los temas e instrumentos del programa me dieron la alternativa de pasar de la oscuridad a la luz. También surgió mi reconciliación con mi Poder Superior. Yo era una persona rencorosa, estaba llena de mucho odio, pensaba que Dios amaba a todo el mundo menos a mí. Hoy he sanado mis heridas. Al practicar este programa, la esperanza y el valor de creer en mí misma y en el poder superior volvieron a mí.

Alanon, reuniones familiares para las mujeres latinas con problemas de alcoholismo en la familia, 6:00pm a 7:30pm Lunes. Para informacion (o si necesita cuidado de los niños), llame a Aleyda al (617) 232-4916.

WOMEN'S COUNSELING AND RESOURCE CENTER CELEBRATES ITS 25TH ANNIVERSARY!

The *Women's Counseling and Resource Center* is planning a reunion of past members this fall. If you or someone you know has been a therapist or supervisor with us, please call us at (617) 492-8568 so that we can include you in our celebration plans!

MULTIPLES GROUP

There will be a ten session *Multiples Support* group for women with multiple personalities beginning Tuesday, September 17. This, like other groups I facilitate, will be a place where people with similar difficulties in life - perhaps similar beginnings - will have an opportunity for sharing, listening and learning from each other. This group space will be supportive, sensitive and confidential. There may be 8 - 10, at most 12, women who will have spoken with me beforehand to register, ask questions and voice concerns.

I encourage each participant to be in some helpful therapy, although I understand some women may have not found the right therapy situation, others may have had a bad experience and hesitate to try again, and still others may not want to take that route. If you are not in therapy, you will need to have some other kind of support as you work on difficult issues.

Support can be many things, including: a job you like and some companionship there, a friend or two with whom you can be very open, a living situation that is comfortable, family members or relatives who are on your side and there for you, a romantic relationship in which you feel understood and safe, or, of course, therapy you feel good about.

If you are new to this area or have little or none of the above, you might begin by coming to the Women's Center, looking around, asking some questions and participating in some way. One way to participate is to help out, volunteer and/or suggest a group in which you'd be interested. In the meantime, remember, it's not easy to be a human being, but it can be fun and interesting.

For more info about the Multiples Group call me, Vera, at (617) 354-2304.

-Vera S. Cohen

INCEST RESOURCES OPEN DISCUSSION GROUP

Incest Resources will resume its monthly discussion group for survivors of childhood sexual abuse in September. The group meets on the last Friday of the month from 6pm to 7:30pm, September through June. Meetings are open and free to all survivors, and are facilitated by survivor-therapists Elaine Westerlund and Patricia Hunt. Feedback on the group has been wonderful, and we encourage survivors to attend. Please be on time to avoid disrupting the group! See the enclosed Women's Center calendar for upcoming topics.

For more information on the group please call the Women's Center at (617) 354-8807.

RELATING BETTER GROUP

Returning to the Women's Center this fall is the *Relating Better Group*, facilitated by psychotherapist Betsy Ross. Back by popular demand, this 8-week workshop is designed to increase our awareness of how and why we relate the way we do with partners, friends, co-workers, family members, etc. In a safe, accepting environment, the group explores a variety of topics selected by its members. Issues may include examining current relationships, identifying effective vs. ineffective relating styles, and learning about the obstacles to being closer.

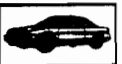
A new group will begin **September 11th** and run for 8 weeks on Wednesdays from 6:00pm to 7:30pm. **To register** just call (617) 354-8807.

BODY ACCEPTANCE/CONSCIOUS EATING GROUP

Beginning the first week of October (Tuesday, October 1)! Not a diet or 12-step group, but a forum for women to explore the possibility of accepting our bodies and eating with awareness. We'll meet Tuesdays, **7:30pm to 9pm**. Newcomers are always welcome, but are strongly encouraged to attend an orientation on the 1st Tuesday of each month at **7pm**. If you can't make the orientation meeting, or would like more information, call Linda at (508) 374-7344.

ATTENTION: BATTERED WOMEN'S SUPPORT GROUP NEEDS YOUR ASSISTANCE!

We need rides for battered women at 9pm on Wednesdays (except for the 3rd Wednesday of the month). Please give them a ride home or to their bus stop so that they and their children may be able to come out to get help! By car, van, cab, anything!!! Call the Women's Center at (617) 354-8807 if you can help out.



EXPLORING OUR CREATIVITY FOR HEALING: FOR INCEST SURVIVORS

A group will be forming to create a safe, supportive environment for incest survivors to explore their issues around creative expression. We hope to be able to release creative blocks, to achieve greater expression and thus greater healing. The group will form in the next several months and will have discussions based on the book *The Artist's Way* by Julia Cameron. After the first meeting we will close to new members. The group will last fourteen weeks with shared facilitation. To join, one year of alcohol/drug sobriety is needed (if necessary). For more information contact the Women's Center at (617) 354-8807.

25th ANNIVERSARY CELEBRATION

Saturday, October 19, 8pm at Sanders Theatre
Singer, Toshi Reagan * Poet, Patricia Smith
and other fabulous surprise performers
 Information: (617)354-8807.

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30 - 9pm

- Sept. 9 Women in Sports.
 16 Introducing Your Lover to Your Family.
 23 Qualities We Look for in a Partner.
 30 Breaking Up but Staying Friends.

30+ LESBIAN RAP

Tuesdays, 7 - 8:30pm

- Sept. 3 Lesbian Humor.
 10 Let's Talk about Sex.
 17 Alternative Health Treatments.
 24 Stone Butch Blues Discussion.

BISEXUAL WOMEN'S RAP

1st Tuesday/3rd Thursday, 7:30 pm

- Sept. 3 Women's Erotica: Bring Some to Read.
 19 Play Pool at the Hideaway.

INTERNATIONAL/INTERCULTURAL WOMEN'S GROUP

Last Saturday/month, September - May, 1 - 3pm

- September 28 *Working with Croatian Women Victims of War* with Bettina Brown, healer.
 October 26 *International Violence Against Women & Domestic Violence*. Panel Discussion.

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

Last Friday/month, Sep. - June, 6 - 7:30pm
(please be on time to avoid disrupting the group)

- September 27 Isolation and Belonging.
 October 25 Growing Up.
 November 29 Self-blame.

INCEST SURVIVORS' THINKTANK

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

- September 3 *The Workplace: Succeeding and Earning Money*.
 October 2 *Survivors and Our Co-workers*.
 November 6 *Media Watch*.
 December 4 *Surviving the Healthcare System*.

SEXUAL HARASSMENT SUPPORT GROUP

Thursday, September 19, 7 - 9pm

Monday, October 21, 7 - 9pm

WOMANSPEAK CABLE TV SHOW

- 2nd Wed./month, 5:30 - 6pm, Camb. Cable, Ch. 55*
 September 11 Manjushree Sen on the recent *Beyond Beijing* conference in Washington, DC.

ONGOING GROUPS

MONDAY

- Al-Anon Grupo para Mujeres (*en español*) 6-7:30pm
- Battered Women's Support 7:30-9pm
- Feminist Reading Group (*1st & 3rd Monday*) 7-9:30pm
- Lesbian Rap 7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors (*3rd Monday*) 7-8:45pm
- Reproductive Rights Network (R2N2) (*usually 2nd & 4th Monday*). 7-9pm
- Women's NA 12 Step 7:30-8:30pm

TUESDAY

- Bisexual Women's Rap (*1st Tuesday*) . . 7:30-9:30pm
- Body Acceptance/Conscious Eating (*beginning in October, newcomers: 1st Tuesday, 7pm*) . . . 7:30-9pm
- 30+ Lesbian Rap 7-8:30pm
- Writer's Circle (*every other Tuesday*) 7-9pm

WEDNESDAY

- Battered Women's Support Group (*weekly except 3rd Wednesday of 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
- Relating Better (*8 wks; starts 9/11; 354-8807 to register*)
- Women of Colors Rap 7-8:30pm

THURSDAY

- Bisexual Women's Rap (*3rd Thursday*) 7:30-9:30pm
- Cancer Support Group (*2nd & 4th Thursday, through October, 1996*). 7-8:30pm
- Chemical Injury Information Network (*1st Thursday*). 5:30-7pm
- Coming Out Exploration Group (*Info: Anna, 547-6240*)
- Incest Survivors Open Discussion 7:30-9:30pm
- Lesbians Choosing Children (*3rd Thursday*) 7-8:30pm
- Women's Community Cancer Project, Open General Meeting (*1st Thursday*) 7-9pm
- Women over 45 (*every other Thursday*) . . 7:30-9pm

FRIDAY

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

SATURDAY

- Broken Hearts/Broken Relationships: A Support Group for Lesbians (*3rd Saturday*) 2-4pm
- Coming Out Discussion for Women of All Ages (*1st Saturday; usually ASL interpreted*) . . 11am-1pm
- Finding & Surviving the Workplace (*4th Saturday*) 11:30am-1:30pm
- Friendship Connection (*2nd Saturday*) 1-3:30pm
- International/Intercultural Women's Group (*usually the last Sat./month, Sept. - May*) 1-3pm
- Women Writing (*biweekly*) 12:30-2:30pm

THE MYTH OF WOMEN'S SILENCE ABOUT CHILD SEXUAL ABUSE

On Saturday, November 9th from 1:30pm to 3pm, the Women's Center will sponsor a talk by Karen McLennan, author of the book *Nature's Ban: Women's Incest Literature*. This book presents women's writings about childhood sexual abuse and its long term effects, from the 12th century to the present. Women used public forums to protest and testify to the inhumanity toward girls and women many centuries ago. There will be time for discussion and questions.

Books will be available for purchase and the author will be available for book signing. Proceeds from book sales will go to the Women's Center. For more information about the event contact the Women's Center at (617) 354-8807.

IT'S TIME TO VOTE!!

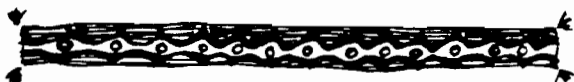
Are you fed up with the state of our country? Well the Women's Center and the Massachusetts Women's Vote Project urge you to make your voice heard this election year by getting out and voting. In order to vote you must register with your local board of elections by October 16th. Voter registration forms can be picked up at any post office. The Women's Center also has a stack of forms on the front porch. Get your form filled out and in the mailed in as soon as possible. And then, **VOTE!** Our votes will make a difference!! For more information contact the Massachusetts Women's Vote Project at (617) 292-5100.

WISHFUL THINKING....

Next time you're going to the office supply store, how about picking up something for your friendly neighborhood Women's Center? We have an extensive wish list. Please call if you have something specific that you would like to donate.

Here are just a few of the things we could use: laminator, fax machine, white copier paper (20lb recycled), colored copier paper, pens, correction fluid, scissors, stamps, highlighters, rubber bands (thick), access to free printing or photocopying, glue sticks, clipboards, masking tape, plastic sheet protectors (clear, for insertion in 3-ring notebooks), 2-pocket folders, spiral notebooks, pushpins, thumbtacks, posterboard, computer discs (IBM formatted), copy holder/stand, computer screen filters, and computer dust covers.

Thank you in advance. We need you to help us continue on for another 25 years!



SHAPING OUR HEALTH CARE FUTURE: TAKING CONTROL OF AN OUT-OF-CONTROL SYSTEM

This conference will be held on Saturday, October 26, 9am to 3pm, at the Cambridge YWCA. \$15 registration includes a box lunch; some scholarships are available.

Highlights: a keynote address by Attorney General Scott Harshbarger; a panel moderated by Rosario Salerno; and workshops on patients rights, self-advocacy, choosing a managed care provider...

Sponsors include: OWL (Older Women's League), Women's Center, NOW, Health Care for All, and the Mass. Public Health Association.

To register, send a check, payable to *Greater Boston OWL*, to Betty Campbell, 60 Babcock Street, Apt. 12, Brookline, MA 02146.

Brochures will be available at the Women's Center. For more information, call (617) 576-3541.

AN INVITATION TO LESBIAN COUPLES

If you or your partner is pregnant or has been pregnant in the past year, then you are both invited to participate in a study about lesbian couples' experience of pregnancy and its impact on relationships. Although lesbian parenting has been explored, the pregnancy period itself is often overlooked. I am a PhD candidate at Rutgers University and this study is my dissertation research. For more info, call me, Nancy Friedman, collect, at (201) 798-5429.



RE: PARKING AT THE WOMEN'S CENTER

Two years ago, the Women's Center received a very generous offer from our very neighborly neighbor, **Keezer's** (the formal wear retailer across the street). Because they don't often use their parking lot after 6:30pm on weekdays, the owner has offered special use of their parking lot to the Women's Center (but **ONLY after 6:30pm on weekdays**). Needless to say, we were delighted by their generosity -- after all, it ain't easy to find free parking in Cambridge!! But we need your help to maintain our good standing with Keezer's:

1.) **NO PARKING** at Keezer's on weekends or before **6:30pm** on weekdays.

2.) Get a **DASHBOARD PASS** from the Women's Center that says "Keezer's." (We suggest that you park first, get the pass from the Center, and then return to your car to place it on the dashboard.)

3.) Leave your driver's license with the volunteer at the front desk (payphone) until you return the dashboard pass.

THANK YOU for your sisterly cooperation! ♀♀

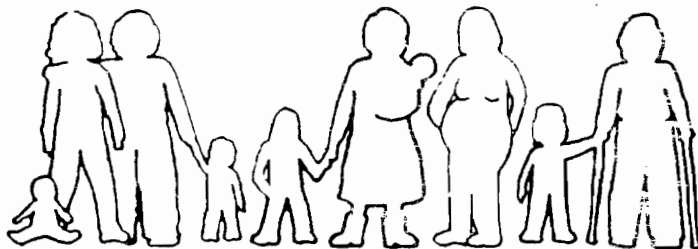
Phone: (617)354-8807 TTY/Voice

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Address Correction Requested

We invite any and all Women's Center supporters to list yourself/selves in the Women's Center's **25th Anniversary Commemorative Program Book**. The Program Book will tell a little about us, a little about the performers, and a lot about who supports this place! This Program Book will reach up to 1200 folks who come out for the big bash, as well as others who pick up a Program Book as a memento. For individuals and/or groups who wish to be listed in the Book, please fill out and return the coupon below to us *by October 4, 1996*:

If you'd like us to run a business (or other) advertisement in our 25th Anniversary Commemorative Program Book, or a business card-sized ad, a special message from you, or other noteworthy item, ad space can be purchased for as little as \$100 and up to \$1,000. Please call Pamela at the Women's Center to discuss camera-ready, business ad, and other Program Book space: (617) 354-8807. Thank you!



Put Your Name In Our 25th Party Program Book!!

☐ **YES!** I want to be included in the 25th Anniversary **Commemorative Program Book** on October 19th!

(name as it should appear in Program Book)

- ☐ Feminist (\$25)
- ☐ Amiga/Friend (\$50)
- ☐ Matriarch (\$100)
- ☐ Amazon (\$500)
- ☐ Partner for Life (\$1,000+) *(or choose your own category!)*

☐ I would like to make a donation in honor of the Women's Center's 25th Anniversary (*no listing, please*).

Enclosed is my **tax-deductible donation** of: ☐\$25 ☐\$50 ☐\$100 ☐\$500 ☐\$other_____

Name: _____ Address: _____

City: _____ Zip: _____ Phone #: _____

Send to: 25th Program Book ■ The Women's Center ■ 46 Pleasant St. ■ Cambridge, MA ■ 02139 ■ Thanks!☺