

ON OUR WAY



Newsletter of the Women's Center
46 Pleasant Street, Cambridge, MA 02139
(617) 354-8807 TTY/VOICE



REFLECTIONS ON 1998

As we enter our 28th year of providing free service to all women, we look back with pride at the numerous accomplishments of 1998. The year has been rewarding and challenging.

We are preparing ourselves for the departure of Judy Norris, co-founder, supporter, full-time volunteer and current Group Coordinator/Liaison. (See the accompanying article about the Fund we are establishing in Judy's name.)

Accomplishments this year include making needed capital improvements to our building, such as installing sturdy, long-lasting roofing, painting the exterior of the Center, creating a new cheery Children's Room, rearranging the Resource Room for better access, and making many valuable additions to our library.

We are thrilled by the new offerings at the Center this year, such groups for trauma survivors, for mothers without custody, and for mid-life and older women, to name a few. We're also excited to be offering workshops on money management and job development. Read on for information about other groups!

A few of the resource books we updated this year were: *Reproductive Health Care, Housing, Women of Color, and Women and Disabilities*. New referral books include a *Battered Women's Directory* and *Religion and Spirituality*. Come visit us to find valuable resource information.

We send our heartfelt gratitude to the women who give referrals and support on our hotline, provide free childcare, lend their expertise in editing, do computer work and data entry, offer valuable perspectives at the All Center Meeting, sit on our Board of Directors, facilitate workshops and groups, update our resources, paint, garden, work in the library, staff a table at events, and so much more. **THANK YOU, VOLUNTEERS!**

As we approach another historic year, we thank our community for your support.

-Montserrat Caballero

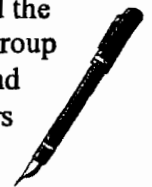
WOMEN'S CENTER INAUGURATES NEW FUND IN HONOR OF JUDY NORRIS

We are pleased and proud to announce the creation of the **Judy Norris Fund for the Future of the Women's Center**. The fund is being established to celebrate the profound contributions made by Judy Norris to the Women's Center over the past 27 years. The **Fund for the Future** will continue Judy's legacy of generosity and hard work, and sustain the Center's vision of a better world for women well into the new century.

Preliminary fundraising efforts have raised \$1,600. In its first year, the mission of the Fund is to secure \$50,000 toward increased Center resources in order to continue Judy's essential work in her absence. We are eagerly seeking two lead donors to contribute \$5,000 each in matching funds to stimulate further community gifts. Tax-deductible contributions to the **Judy Norris Fund for the Future of the Women's Center** can be made to The Women's Educational Center Inc. Send gifts to: **Fund for the Future** • The Women's Center • 46 Pleasant Street • Cambridge, MA • 02139, or send via the enclosed return envelope. Thank you for preserving the vital legacy of the Women's Center!

WRITER'S CIRCLE SEEKS A FEW GOOD WOMEN

The writing life can be tough, and the *Writer's Circle* is an ongoing open group that offers a place to share writing and ideas about writing. The group offers support and caring criticism, and it helps!




Writer's Circle meets bi-weekly from 7:00-9:00pm on Tuesdays. Join us for our winter schedule, January 5 and 19 and February 2 and 16, 7:00-9:00pm. Bring copies of your work and plan to read it aloud and discuss it. For more information, call Cassandra at (617) 494-2695.

-Cassandra Oxley

BI-WOMEN'S RAP

Are you aware that you are attracted to women, but just can't shake that *I'm into men* vibe? We might be just the group to hang out with. We gather at 7:30pm on the first and third Tuesdays of each month at the Women's Center to chat about just about anything.

Whether you want to make sense of who you are, want to share your thoughts and experiences, or just complain about past lovers, you are welcome to make your voice heard. Topics have included *A Phase or an Identity?*, *When Friends and Sex Collide*, and even *Bisexuality and Fashion* (deliberately to annoy those who insist on the need to be serious ☺). The topics for each month are chosen on the first Tuesday of the preceding month. The discussions are not facilitated, and no one is forced to speak. The only thing essential to bring is your sense of humor!



On Tuesdays of the interim weeks, we often meet informally at the Women's Center and then have an outing at a café or similar place nearby to socialize (call ahead to find out). I wish I could promise that all newcomers will gain dazzling enlightenment into their queerness, but instead, I will guarantee that you will make friends.

-Carol Gerbert

ENSEMBLE: A COLLABORATIVE WORKSHOP FOR WOMEN

This facilitated creative writing workshop is for writers at all levels of development. At the beginning of each session, participants decide what they want to focus on. Sometimes this is free writing — writing without stopping for 10-15 minutes, then sharing what we've written; sometimes, it's responding to previous writing that women have brought; sometimes it's creating a new manuscript together.

This workshop emphasizes working collaboratively and non-competitively, freeing up writer's block, and working with the kind of passion and self-confidence that emerges when writers come out of isolation and begin to experience how their words can impact other people. Our next meeting is Saturday, January 9, 11am-1pm.

Facilitator Carlotta Hayes has had her book reviews, essays and short stories published in over 20 journals. Much of her writing comes from work in writing groups. Info: (888) 347-3540.

THANK YOU INSTITUTIONAL SUPPORTERS!

The following corporations, foundations, and organizations, in chronological order, contributed **over \$1,000** each to the Women's Center as of December 4, 1998 (Drumroll please!): The TJX Foundation, the George and Beatrice Sherman Charitable Trust, New England Financial's, CSC Index, First American Title Insurance, US Trust, Cambridge Savings Bank, Draper Laboratory, Mellon Trust, the Hartley Corporation, the Women in Crisis Committee of the Episcopal Diocese of MA, the Connor Charitable Foundation, Weber Charities Corporation, Bell Atlantic and Gillette.

Contributors of **over \$5,000** include the Clipper Ship Foundation, the Campbell and Hall Charity Fund, and the Lotus Philanthropy Program (sadly, our last grant from this progressive funder, as it has merged with the Corporate Community Relations program of IBM, which has an entirely different focus ☺). We also extend our gratitude to the City of Cambridge for administering a Community Development Block Grant to the Women's Center. A hundred thank you's to our supporters!! ☺

WOMEN OF COLOR RAP

The *Women of Color Rap* (formerly the *Intercultural Women's Group*) meets the first Wednesday of each month from 7-8:30pm. We are minority women who come together to discuss the intersections of racism, sexism and classism. Our discussions are guided by our own experiences, as well as relevant readings of interest to us.

Additionally, *Women of Color Rap* works towards social justice and to make minority women more visible through political action. To this end, we are part of a Coalition planning a large, Boston-area event to commemorate *International Women's Day* in March of 1999. One mission of the Coalition is to explore the historical and present-day relevance of the celebration of International Women's Day.

If you are a woman of color who feels isolated and frustrated by the rampant racism and sexism in all parts of society, including "progressive" movements, please join us! For more information about the group and/or the Coalition, please call (617) 436-0390 or (617) 628-2404. See you on January 6 at 7pm at the Women's Center!

-Lynn Murray

THE YEAR IN REVIEW FROM THE EYE OF THE FUNDRAISER...



1998 was an inspiring year in terms of women's strength in the face of adversity -- whether surviving an eating disorder, speaking the truth about being abused, or protesting anti-choice violence. Again and again at the Women's Center, we found ourselves in awe of women's resilience and determination. One thing remains sure: the women's community has much to be proud of, and still much work to do.

On the home front, we've truly had our work cut out for us. Last year, we told you about the Center's need for a new roof over our heads, as well as other major renovations totaling around \$70,000! In 1997/98, we succeeded in raising over \$40,000 for *Capital Improvements*, thanks in part to you. Our 122-year old building now has a beautiful roof that will withstand the elements, as well as a sparkling new paint job! A special thank you to the Agnes M. Lindsay Trust and the Clipper Ship Foundation for backing this important project.

In 1999, we hope to make many more *Capital Improvements*. But we still **need roughly \$30,000** to do it.

As the year winds to a close, we turn a keen eye toward the Women's Center's income and expenses. We entered our 4th Quarter in good financial shape, but lagged in October and November. **We now have almost \$23,000 to go to balance the budget by December 31st.** This means December's income is **critical** to finishing the year "in the black."

To continue to offer all of the Women's Center's support services and resources **free** of charge AND proceed with our many ambitious plans for 1999, we **must raise more money!** We also need more *Capital Improvements*. And to fund the new staff position (see related article). Simply put: **WE CAN'T DO IT WITHOUT YOU.** Nor should we. Your support tells us that we're all in this together. So please, read the enclosed letter. Make a donation to the Women's Center if you can. *Every gift makes a difference!* (and is especially appreciated by year end).

On behalf of all the women who rely upon and appreciate the Women's Center, thank you. Here's to a new year of women's courage and triumphs!

- Pamela Goldstein
Development Coordinator



DIET IS A FOUR-LETTER WORD

Everywhere you look, women are bombarded with insanity from the media. We are told that in order to be considered attractive, we must be at least 15-20% underweight. We are also given the message that many foods are "bad," and that if we eat them, we too, are "bad."

Despite all the hard-earned gains won by the women's movement, many of us still fall prey to the media's negative message. We do this even though we may rationally understand that these messages are false and hateful to women.

Come meet with other women in a supportive environment for peer-led open discussions on issues and concerns with body image and eating awareness. The *Eating Awareness and Body Image* group meets every other Friday from 6:30-8pm. Our spring schedule is: January 8 and 22, February 5 and 19, March 5 and 19. Please join us!

-Wendy Hinxman



UPDATE: THE SEARCH FOR A DIRECTOR

As announced in the last newsletter, the Women's Center is seeking to hire a Director. We would like to share with you how we have structured our process for finding a fabulous woman to lead the Center into the future.

We've created a Hiring Committee of ten women, comprised of three board members, the three full-time staff, and four volunteers. Through sub-committees, we have been energetically tackling all of the necessary tasks including prioritizing desired qualifications, evaluating resumés, determining interview and reference check questions, and interviewing.

We've created a two-interview structure in which the Board, full-time staff, and volunteer members all meet the candidate, first as a subcommittee, and later separately, asking questions specific to their needs and concerns. At the end of the process, the entire Committee will meet and select the wonderful woman who will face the rewarding challenge of filling Judy Norris' shoes. We want to thank all of the women who have applied for this new position! We'll keep you updated.

-Heather Searles
Hiring Committee Member

ONLY 15 COMMEMORATIVE TILES LEFT!

If you have not yet seen the Women's Center's beautiful *Commemorative Tile* mural in our kitchen or the growing *Trees of Life* mural in our living room, here is a sampling of some of the messages on tiles:

*To my Mother, for inspiring my activism
Love, Susan*

*Happy Birthday Kathryn Campbell-Kibler
She who laughs lasts.*

*If you believe in Woman, Take My Hand
Nancy Willem 1956 - 1992*

*To all the women who fight
for reproductive freedom*

*In memory of Lena Pierce, mother of
Ann, domestic violence victim*

Can you envision your message here? Only **15 tiles remain to be dedicated** (of 60 total) in this powerful, permanent mural honoring women. Filled with words of respect and affection, *Trees of Life* features three birch trees adorned with beautiful gold-trimmed leaves. Tiles are available for a \$300 (tax-deductible) contribution. If you would like to remember a woman in your life with a tile at the Women's Center, please contact us at (617) 354-8807.

But hurry - branches are filling up! Thank you for supporting this campaign, which helps fund the wide diversity of free programs available at the Women's Center.

-Pamela Goldstein

OLDER WOMEN FINDING OUR VOICES

A group for women 50 and older is forming at the Women's Center! The two facilitators are women who have worked with individual women, families, and women's groups for many years.

The group will explore the experiences and skills we have acquired in our maturity. We will discuss how to use these talents to meet challenges and enhance our lives.

Discussion topics will vary, and include *Changes and Changing, Using Our Strengths, Family Relationships, and Where Do I Go from Here?*

The group will meet the second and fourth Thursdays of each month from 10:30am-12pm. The next meeting will be January 14, at 10:30am. Please join us!

-Meg Harrigan

SINGLE WOMEN IN MID-LIFE AND BEYOND

I began *Single Women in Mid-Life and Beyond* in response to my own desire to form meaningful, supportive bonds with other single mid-life and older women. This was due to feeling a sense of increasing isolation after my few female friends dropped off the face of the planet once they had begun child-rearing. Moreover, I had been profoundly affected by the book *Flying Solo: Single Women in Mid-Life*, which maintains that happy, fulfilled, single, mid-life women have strong friendship networks -- something I had long been yearning to have.

The group began on September 9 and the format so far has been discussion of various topics that are to be determined in advance, via group process. It has been an illuminating and empowering experience for each group participant and for myself. I'm enjoying feeling my way through this interactive process of growth. Please join us the second and fourth Wednesdays of each month, from 7:30-9pm.

-Esther Wolk

JEWISH LESBIAN & BISEXUAL WOMEN

We'll be meeting again at the Women's Center on the 2nd Thursday of each month from 6:30-8pm, beginning on February 11th. Join us!

TRAUMA SURVIVORS' GATHERING



The *Trauma Survivors' Gathering*, warmly guided by facilitator Amy Aisenberg, met for the second time on Saturday, November 21. About ten women ages 15-50 gathered just before Thanksgiving, a difficult time for many of us, to share time and space, feelings and thoughts.

In a quiet and safe space, we listened to one another's stories and hopes and began to fortify ourselves and support one another in preparation for the difficult holiday/family season ahead.

Without revealing much of our past experiences, our commonalities built instant bridges and we were able to learn from one another respectfully. Trauma has many faces, and our group reflected that. This writer came away profoundly moved by the group experience and feeling stronger and validated by having been in the company of these special women. Please join us in the new year, Saturday, January 16, from 1:00-3:00pm.

-Group member

EDUCATION & EMPLOYMENT SEARCH SUPPORT

Fridays, 2-4pm

Find help writing resumes/cover letters, tips for job interviews, info on educational opportunities, someone to talk with about fears/concerns related to going back to work or school, etc.

Sensitive to family trauma. All women are welcome.

Sponsored by Transition House

Call (617)354-2676 x21 to register before attending

HOLIDAZE PARTY

Tuesday, December 29, 6-8pm

Music and Munchies

All women and children are welcome

IMPROVING YOUR BODY IMAGE THROUGH HYPNOSIS

Saturday, January 2, 11am-1pm

With therapist & hypnotist Jean Fain

TRANSITIONING INTO MIDLIFE

Saturday, January 23, 11:30am-1pm

Come talk with others. It can be very helpful!

Facilitated by therapist Marcie Mitler, 497-5283

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

December 28 Goals for 1999

January 4 Recovering from the Holidays

11 Childhood Mischiefs & Absurdity

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

December 29 New Year's Resolutions

January 5 Asking Someone Out

12 Places to Go on a Date

BISEXUAL WOMEN'S RAP

1st & 3rd Tuesdays, 7:30-9pm

January 5 Coming Out at Work

19 How Did You Know?

FACILITATED OPEN DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE

Usually last Friday/month, Sept.-June, 6-7:30pm

December 18 Culture of Origin & Recovery

January 29 Shame, Body Image & Self-care

February 26 Career & Work Issues

March 26 Parenting Ourselves & Others

THURSDAY NIGHT GATHERING FOR SURVIVORS OF CHILD SEXUAL ABUSE

Weekly on Thursdays, 7:30-9:30pm

A topic on the 1st Thursday of the month

January 7: Connecting

WOMEN OF COLOR RAP

1st Wednesdays, 7-8:30pm

January 6: Examining the Label "Women of Color"

Info: Montserrat, (617)354-8807.

WOMEN'S READING GROUP

3rd Wednesdays, 7-9:30pm

January 20: Paradise by Toni Morrison

Info: Mary, (781)891-5727

ONGOING GROUPS

MONDAY/LUNES

- Al-anon Grupo (*semanalente, en español*) ... 6:30-8pm
- Battered Women's Support Group (*weekly*) ... 7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors
(*Usually 3rd Mon.; info: Daniella, 497-0911*) 7-8:45pm
- Lesbian Rap (*weekly*) ... 7:30-9pm
- Reproductive Rights Network (R2N2)
(*Usually one Monday/month; 661-1161 for information*)

TUESDAY

- Bisexual Women's Rap (*1st & 3rd Tuesday*) ... 7:30-9pm
- 30+ Lesbian Rap (*weekly*) ... 7-8:30pm
- Transitioning out of the Patient Role [*open every 6th week - Jan. 12; info, Diane, (781)226-7097*] ... 6-7:30pm
- Women with Disabilities and/or Chronic Conditions (*2nd & 4th Tuesday*) ... 5:15-6:45pm
- Writers Circle (*every other week; info: Cassandra, 494-2695*) ... 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
- Healing Hearts - Grandmothers Raising Grandchildren (*3rd Wednesday*) ... 10:30-11:30am
- Lesbian Al-Anon (*weekly*) ... 6:30-8pm
- Separation/Divorce Support Gp (*1st & 3rd Weds*) 7-9pm
- Single Women in Mid-life & Beyond [*2nd & 4th Weds; info Esther, (781)396-3415*] ... 7:30-9pm
- WomanSpeak (*2nd Wed, Camb. Cable TV, Ch. 9*) 5:30-6pm
- Women Maximizing Abilities Now (*1st & 3rd Wednesdays; women@braintrust.org*) ... 2-3:30pm
- Women of Color Rap (*1st Wednesday*) ... 7-8:30pm
- Women's Reading Group (*3rd Wednesday*) ... 7-9:30pm

THURSDAY

- Healing through Art (*weekly*) ... 7-9pm
- Mothers without Custody (*1st Thursday*) ... 7-8:30pm
- Older Women Finding Our Voices
(*2nd & 4th Thursdays*) ... 10:30am-noon
- Thursday Night Gathering for Survivors of Child Sexual Abuse (*weekly*) ... 7:30-9:30pm
- Women's Community Cancer Project, Open General Meeting (*1st Thursday*) ... 7-9pm

FRIDAY

- CODA (Codependents Anonymous) (*weekly*) 6:30-8pm
- Eating Awareness & Body Acceptance (*meets two Fridays/month - Jan. 8 & 22, Feb. 5 & 19*) ... 6:30-8pm
- Incest Resources Facilitated Discussion Group for Survivors of Child Sexual Abuse (*last Fri*) 6-7:30pm
- Incest Survivors Anonymous (*weekly*) ... 6:30-8pm

SATURDAY

- Coming Out Discussion for Women of All Ages
(*1st Saturday, except some holiday weekends*) 11am-1pm
- Ensemble (*one Sat./month - Jan. 9, Feb. 7*) 11am-1:30pm
- Trauma Survivors Group (*monthly - Jan. 16*) ... 1:30-3pm
- Women Writing (*every other week*) ... 12:30-2:30pm

IMPROVING YOUR BODY IMAGE WITH HYPNOSIS

In this 2-hour workshop I will take participants beyond the usual self-depreciation, and beyond New Year's resolutions. We will enter an altered consciousness, a timeless state, to work on improving body image. Participants will learn a variety of hypnotic techniques from visualization to post-hypnotic suggestion. These techniques can help participants accept their bodies as is, and deepen their appreciation of their physical being.

Come celebrate your body and the New Year on Saturday, January 2, 11am-1pm at the Women's Center.



-Jean Fain

WOMEN WRITING

Women Writing is a place to come every other Saturday to write and share with other writers. It's a safe, supportive place to share everything that comes up in our writing -- from the deep, emotional muck, to the lighthearted humor. We believe in positive feedback to encourage our inner voices to speak the truth. We're also trying to kill our inner censor a little more each week and create more and more freedom for our words to flow.

Come join us January 2, 12:30-2:30pm for our first meeting of 1999. Bring pen and pad and a willingness to share. This is a peer-facilitated group. There may be different people each time or many of the same. Come with openness, and experience your voice flourish and expand.

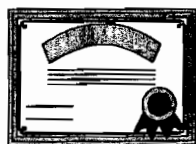
Call the Women's Center at (617) 354-8807 for more information. Hope to see you soon!

-Christina Bolton

EDUCATION AND EMPLOYMENT SEARCH SUPPORT




This new offering at the Women's Center is for women who need help finding work or who have work-related concerns such as keeping jobs, dissatisfaction with jobs, fears about looking for work, etc. It is also for members to discuss educational opportunities.



We will focus on resumé preparation, interview skill-building, career development, referrals to job and training programs, as well as educational opportunities. Any interested woman over 18 is welcome to attend, Fridays from 2:00-4:00pm. The program is sensitive to survivors of family trauma. Please call (617) 354-2676 x21 to register before attending.

HOW YOU CAN HELP

THE WOMEN'S CENTER THIS SEASON

- 1) ♀ Become a Sustainer - sign up with the enclosed slip to make a monthly pledge, and receive the Center's monthly calendar & update. 
- 2) ♀ Read the enclosed appeal and send your donation in the envelope provided - TODAY.
- 3) ♀ Name the Women's Center as a beneficiary in your will, IRA, or other retirement plans.
- 4) ♀ Does your employer match your contribution to non-profit organizations? Find out! We'll help with the paperwork . . .
- 5) ♀ Buy a Women's Center T-shirt or cap! (Gifts no feminist should be without. ☺)
- 6) ♀ Volunteer! Shovel snow, help women in need, and more. Call for a volunteer form.
- 7) ♀ Support the Women's Center and women everywhere in spirit and in deed. ♀ ♀ ♀

Thank you and happy holidays from the Women's Center staff and friends. ♥❄♥



TRANSITIONING OUT OF THE PATIENT ROLE

Transitioning Out of the Patient Role has been meeting at the Women's Center since mid-August. The group is open to women who have been labeled "chronic patients" or "clients" by mental health professionals. The discussions range widely, from thinking about returning to school or work, to making changes in therapy or health care, or moving to a different housing situation.

The group is a place to bring concerns, questions, successes and roadblocks to share with other group members, and receive feedback, if wanted. We use topics as a framework for looking at transitions and the accompanying feelings. Recent topics have included *Feelings and Fears About Being a Grownup*, *Setting Limits* and *What to Do When You Don't Have the Right Answers*. While this is a facilitated group, the bulk of the discussion is carried out by members of the group as they express feelings, identify with one another, and gently offer suggestions.

The group runs in six-week cycles (an open meeting followed by five closed meetings) on Tuesdays from 6-7:30pm. Our next open meeting is Tuesday, January 12 at 6pm. Contact Diane at (781) 226-7097 (beeper) for more details. We look forward to welcoming new members!

-Diane Loud, M.Ed.

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SPRING '98



SPRING INTO THE WOMEN'S CENTER!

Happy Spring to all! The Women's Center has been busy these past several months. The fifth annual *Cambridge Women's Health Day* was a success. Held on Saturday, March 28, a beautiful spring-like day, 200 women attended 25 free workshops, dealing with a wide range of health issues. **Thank you** to all who volunteered and helped plan such a fabulous event, and to all who attended!

There are many new groups/activities at the Women's Center! Why not work on your writing at *Wordsmith's Haven*? Or connect with other women going through a difficult time in the *Renewal of Hope* support group. Also, on April 27, *Look Before You Leap: Not Your Ordinary Career Workshop* will focus on **you** and your needs in finding a fulfilling career. Read ahead for articles with information on other groups.

The Women's Center has been more visible in the media recently. In January, Montserrat Caballero appeared on Univision's Boston affiliate (Spanish Television) presenting on the Women's Center in Spanish. Also, volunteers Kirsten Schutz and Wendy Todd, created a Women's Center Public Service Announcement for *Cambridge Community Television* in April, that will air on channels 9, 10, and 22.

The demand for our referrals remains high. While our staffers stay busy answering the phones and giving information and support, many other volunteers and interns update our extensive resources. So far this year, our *Reproductive Health*, *Twelve-Step Programs*, *Child Sexual Abuse I* and *Housing* referral books have been updated. We also reorganized our staff office. Take a peek next time you stop by.

If you are interested in helping maintain the Women's Center garden this season, or volunteering in any other capacity, please call Montserrat at (617) 354-8807. Thanks!

FINANCIAL WELL-BEING:

WHAT EVERY WOMAN SHOULD KNOW

Monday, May 18, 7-8:30

Whatever your situation, there are some things you need to know in order to make your financial dreams come true. Understanding these basics will help you *gain control* over your present position and make informed decisions about how to *keep control* in the future.



This free workshop, designed especially for women, will provide advice you can use to help save money in taxes, maintain a budget, define your financial goals and more. For more info call Judi Lovecchio at (617) 242-0700 x374.

WOMEN MAXIMIZING ABILITIES NOW

Women Maximizing Abilities Now is a new peer support group at the Women's Center meeting the first and third Wednesday of the month from 2:00-3:30pm.



The group's focus is threefold: sharing experiences living with chronic conditions, informing members of helpful community resources, and participating in healing and proactive activities. All are welcome and all input is valued. Join us for our next meetings on May 6 and 20, and for more information, call the Women's Center at (617) 354-8807.

◆ FINDING YOUR SOUL MATE WITH HYPNOSIS ◆

Saturday, May 9, 1pm

Through relaxation exercises and guided visualizations, you'll learn to recognize your soul mate, as well as ways to call upon the strengths and abilities that have helped you reach goals in the past. Presented by Jean Fain, hypnotist and psychotherapist. For more information call the Women's Center at (617) 354-8807.



FROM THE DESK OF OUR BREADBAKER...

(Just checking to see if you were paying attention. ☺ This is our regularly featured *Fundraiser* column:)

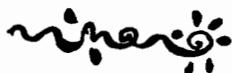
Thank you to everyone who contributed to the Women's Center's year-end appeal! We received 117 gifts by the end of December, which pushed the Women's Center past our goal of \$92,000 needed for basic operations in 1997. The Winter '97/'98 fundraising season was our best yet, and it couldn't have come at a better time, given the Women's Center's ambitious plans for 1998, including expanding our paid staff. Center volunteers have thanked each of you individually, but once more can't hurt:

♪ THANK YOU for putting your money where it counts for women: at the Women's Center!

Bekah Perks (the artist who designed our kitchen tile mural) has been hard at work on the new "**Trees of Life**" *Commemorative Tile Mural* for the Women's Center living room. Conceived in the spirit of honoring and remembering women, or ideas and quotes important to women, this powerful mural will feature three beautiful birch trees. It's been great to watch the trees "grow!" So far, we have dedicated 28 (of the 56 total) tiles -- the first four rows -- of the stunning new mural. The mural-in-progress will be on full view later this spring. Tiles are available for a \$300 (tax-deductible) contribution. Will you consider joining us? Please contact me at (617) 354-6394 if you are interested, and we can arrange a "mini-showing" in my office. You can also call Kirsten at (617) 596-2719 for further info. about the *Commemorative Tile Campaign*.

Last we wrote, we explained that the Women's Center's building is 121 years old. That we need new roofing and roughly \$70,000 for repairs and refurbishing. So far, we have won \$30,000 in *Capital Improvements* grants. Along with your generous gifts, these grants have helped us "on our way" to that new roofing and other improvements. If you drop by, you'll notice some spiffy new changes. Pardon our appearance while we work to make the Center an even better place. If you can recommend a good exterior painter, roofer, or contractor, please call Judy at (617) 354-8807. (We hire women with good reputations and competitive estimates when possible, and will consider outstanding men.) Thank you for supporting this vital project!

-Pamela Goldstein
Development Coordinator



INTERCULTURAL WOMEN'S GROUP

The *Intercultural Women's Group* invites all women to participate in discussions ranging from women's health care around the world, to stories and experiences about what it means to come from more than culture, and/or speak more than one language. We want to continue growing and coming together to share our collective experiences. We meet the first and third Wednesdays of the month from 7-8:30pm. Please call Montserrat at (617) 354-8807, or Danae at (617) 522-6282 for more information. Hope to see you there!



MAY IS DANCE MONTH IN CAMBRIDGE!

The Dance Complex in Cambridge sponsors "dance distractions" throughout the month of May, at various locations, all meant to be improvised, free, and fun! The Women's Center will host a dance distraction on Thursday, May 28, from 6-7pm. Aleyda Sulorzano will choreograph a Bachata and Merengue demonstration. Come watch or participate in the Women's Center Living Room! Refreshments will be available. For more information, call the Women's Center at (617) 354-8807.

¡MAYO ES EL MES DEL BAILE EN CAMBRIDGE!

El Grupo de Danca de Cambridge organiza bailes de distracción durante el mes de mayo en varios lugares de la ciudad los, cuales son totalmente improvisados, gratuitos y muy divertidos. El Centro de Mujeres va a organizar un baile de distracción el lunes, 28 de mayo, desde las 6 hasta las 7 de la tarde en la sala del Centro de Mujeres. Venga a participar o mirar el Bachata y Merengue, bajo la coreografía de Aleyda Sulorzano, Resfrecos serán ofrecidos. Para más información, llame al Centro de Mujeres al (617) 354-8807.

OLDER WOMEN'S GROUP

Sorry to say, this group has stopped meeting. The group has been meeting for many years, bringing many good discussions and friendships. If you would like to help get it going again, please call Judy at (617) 354-8807.



RENEWAL OF HOPE SUPPORT GROUP



The *Renewal of Hope* group has been meeting from 3:00-4:30pm each Thursday at the Women's Center since January 8. Spring is here and it is a perfect time to share with other women what changes you would like to make in your life. I know I have made some good progress toward my personal empowerment since the first meeting.

Renewal of Hope consists of discussion, with time at the end for a short healing meditation. We have also worked with positive affirmations. Right now, we are a small group, so there is still plenty of room for new members. With consistent energy, we can put a great group together. For more details, call the Women's Center at (617) 354-8807. The group is open, but please contact Anne at (781) 639-2319 before you attend the group for the first time.

- Anne



STRAIGHT SPOUSES OF GAY MEN

I have been married for 20 years and 5 years ago my husband told me that he was gay. Since then we've struggled with various issues that have presented themselves. Creating a new definition of marriage, or alternative family, is how we have tried coping. I would love to meet with other women who also are in similar situations. I need a community -- I can't be the only one! Join me on the 3rd Saturday of the month, 11am-12:30pm at the Women's Center. For more information, call (617) 354-8807.

- Cindy

REPRODUCTIVE RIGHTS NETWORK

The *Reproductive Rights Network* (R2N2) has integrated its newsletter into *Sojourner* as a way to reach a broader audience. We have also closed our PO Box, so mail should be sent to our office at 552 Massachusetts Avenue, Cambridge, 02139.

R2N2 is launching an effort to bring together small, grassroots feminist groups to learn more about each other's activities, expand our shared agendas and explore opportunities for collaboration. At present, R2N2 and Adbar Ethiopian Women's Project are organizing this network. For more information about our meetings, call (617) 661-1161.

WOMEN WRITING

I just returned from a theater treat. A friend had an extra ticket to Donald Margulie's *Collected Stories* at the Huntington Theater. Do you know of it? It earned a Pulitzer Prize nomination in 1997. Core to the story is a complex mentoring relationship that develops, with all its intricacies, between an older, established writer and her tutorial student who becomes her assistant.

No need to worry about all that complex overlay of idolatry, jealousy, and psychological dysfunction if you come to *Women Writing*, alternate Saturdays from 12:30-2:30pm (next meeting April 25). The group has met at the Women's Center for years; we are peers who cheer each other along, welcome new members, and start from the premise that we are all writers, all good enough, and then sharpen our ears, our wits and our pens on each other's prose. We write together in the style of Natalie Goldberg's *Writing Down the Bones*, share what we've written, and give each other positive feed-back. See you there.

- Judith Poole

WEDNESDAY NIGHT

BATTERED WOMEN'S GROUP

I have found the Wednesday night *Battered Women's Support Group* to be extremely supportive. It helped me to get back on my feet when I was homeless and in a desperate and dangerous situation. Betsy Warrior is a wonderful person who helps many people break free of destructive relationships. The group meets every Wednesday except the third Wednesday of the month, from 7-9pm.

- P.C.



DEMYSTIFYING INVESTING FOR WOMEN

Monday, June 1, 7-8:30pm

There are just a few basic things you need to know to invest intelligently. You will learn how to invest your IRA or 401K at work, how to get started on an investment plan, and basic information about stocks, bonds and mutual funds.

Led by Anita Springer, who has 15 years experience as an investment advisor and is writing a book about investing for women.

**EATING AWARENESS &
BODY ACCEPTANCE WORKSHOP**

Saturday, May 16, 1-4pm

A time for women to explore issues of accepting and loving their bodies and learning to eat mindfully.

May continue as a monthly group if there's enough interest and dedication.

Linda, (978)374-7344, for information

LESBIANS CHOOSING CHILDREN

Saturday, May 2, 11am

Wake Up the Earth Parade at the Jamaica Plain Monument (Centre Street)

(781)461-5946 for more information

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

April 27 Short Stories/Poetry Night

May 4 Summer Plans

11 Unifying Lesbian/Bi Communities

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

April 28 Boundaries

May 5 Lesbian Movies

12 Fantasy vs. Reality

19 Coming Out at Work

BISEXUAL WOMEN'S RAP

1st & 3rd Tuesdays, 7:30-9pm

May 5 New Beginnings

19 What Is Pride?

**FACILITATED OPEN DISCUSSION FOR
SURVIVORS OF CHILD SEXUAL ABUSE**

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

April 24 Intimacy & Sexuality

May 29 Mothering

June 26 Friendships

**THURSDAY NIGHT GATHERING FOR
SURVIVORS OF CHILD SEXUAL ABUSE**

Thursdays, 7:30-9:30pm

A topic on the 1st Thursday of the month

May 7: Anger

JEWISH LESBIANS & BISEXUAL WOMEN

Thursday, May 14, 6:30-8pm

Meet local lesbian Rabbis Toba Spitzer & Reb Leah

WOMEN'S READING GROUP

3rd Wednesday/month, 7-9:30pm

May 20: *Alias Grace* by Margaret Atwood.

Info: Mary, (781)891-5727.

CREATING SAFETY AT WORK

Monday, June 8, 7-8pm

with Nancy Brook & Cynthia Crainin, authors of *Thriving at Work: A Guidebook for Survivors of Child Sexual Abuse*

A talk about survivors in the workplace, with time for questions, book signing/purchasing

ONGOING GROUPS

MONDAY/LUNES

- Al-anon Grupo (*semanalente, en español*) ... 6:30-8pm
- Battered Women's Support Group (*weekly*) . 7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors (*3rd Monday*) 7-8:45pm
- Lesbian Rap (*weekly*) 7:30-9pm
- Mothers without Custody (*1st & 3rd Monday*) 7:30-9pm
- Reproductive Rights Network (R2N2) (*2nd Monday; 661-1161 for information*)

TUESDAY

- Bisexual Women's Rap (*1st & 3rd Tuesday*) 7:30-9pm
- 30+ Lesbian Rap (*weekly*) 7-8:30pm
- Sexual Harassment Support Group (*one Tuesday/mo; Louise Bonar, 254-1729, for info, to register*) .. 7-9pm
- Women with Disabilities and/or Chronic Conditions (*2nd & 4th Tuesdays*) 5:15-6:45pm
- Writers Circle (*biweekly; Cassandra, 494-2695, for info.*)

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
- Intercultural Women's Group (*1st & 3rd Wednesdays*) 7-8:30pm
- Lesbian Al-Anon (*weekly*) 6:30-8pm
- Separation/Divorce Support Group (*1st & 3rd Weds; Info: Margaret, 354-9182*) 7-9pm
- Women Maximizing Abilities Now (*1st & 3rd Wednesdays*) 2-3:30pm
- Women's Reading Group (*3rd Wednesday*) . 7-9:30pm

THURSDAY/JUEVES

- Al-anon Grupo (*semanalente, en español*) ... 6-7:30pm
- Grupo de Apoya para Mujeres Latinas (*semanalente; para mas información llama a Maria al (617)492-2803*)
- Healing through Art (*through May, 1998*) 7-9pm (*Please call Lisa, 354-4898, before attending*)
- Jewish Lesbians & Bisexual ♀ (*2nd Thurs*) 6:30-8pm
- Renewal of Hope Support Group (*call Anne at (781)639-3219 for info/to confirm*) 3-4:30pm
- Thursday Night Gathering for Survivors of Child Sexual Abuse (*weekly*) 7:30-9:30pm
- Women's Community Cancer Project, Open General Meeting (*1st Thursday*) 7-9pm

FRIDAY

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

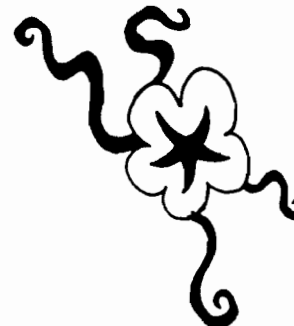
SATURDAY

- Coming Out Discussion for Women of All Ages (*1st Saturday, except some holiday weekends*) 11am-1pm
- Friendship Connection (*2nd Saturday*) .. 12:30-2:15pm
- Lesbians Choosing Children (*Monthly activities*)
- Straight Spouses of Gay Men (*3rd Sat.*) 11am-12:30pm
- Women Writing (*biweekly*) 12:30-2:30pm

THE WOMEN'S EDUCATIONAL CENTER
46 Pleasant Street
Cambridge, MA 02139

Phone: (617) 354-8807 TTY/Voice

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DIVORCE AND SEPARATION GROUP

The *Divorce and Separation Group* brings together women to share their stories of suffering and celebration concerning separation or divorce. The changes taking place during this transition are explored in a safe environment. Each woman has time to contribute in a personal way. We are unafraid to explore this domain. We have laughed, cried, sat silently and left feeling better or sometimes, worse. We celebrate our ability to come together as women going through changes in our lives.

The group is in formation and striving to determine what works best. We hope to gather feedback from participants this spring and create a holistic group to continue to support each other through the changes separation and divorce bring in our lives. The group meets on the first and third Wednesdays of the month from 7-9pm at the Women's Center. Join us May 6 and 20. Call the Women's Center at (617) 354-8807 if you want more information.

- Margaret



LOOK BEFORE YOU LEAP - Not Your Ordinary Career Development Workshop

*Monday, April 27, 6:30-9:30pm
(1st of 3 sessions; the other sessions will be closed to new members)*

The focus will be on you, what you uniquely bring to what you do. Discover what you want to do and make a plan to get there. It can be done! With Barbara Harris of *LeapFrog*.

DEAR NEWSLETTER READERS...

Now and then, sister organizations ask for the Women's Center mailing list to publicize a program, event, or activity. On rare occasions, we might allow this. We would like to know if you would not like your name shared on such an occasion. To make your wishes known (if you have not already done so), fill out the return coupon in this issue, check the appropriate box and return to us. You can also call in your wishes; please give your "member number" on the right-hand side of your mailing label. Thanks!



- YES!** I want to support the ♀'s Center & "On Our Way!"
Enclosed is my tax-deductible contribution of:
- \$100 \$50 \$25 \$10 other \$ _____
- Please send me a volunteer application

Please do not share my name with any other organization

Member # (on right-hand side of your mailing label): _____

Name: _____

Address: _____

City/State: _____ Zip: _____

Phone #(s): _____

Thank you! We appreciate your support!

ON OUR WAY

FALL '98

Newsletter of the Women's Center
46 Pleasant Street, Cambridge, MA 02139
(617) 354-8807 TTY and VOICE



WOMEN'S CENTER SEEKS TO HIRE NEW DIRECTOR

Many of you have heard that Judy Norris, co-founder, long-time volunteer, supporter, collective member, "Jill of all trades," and present program coordinator/group liaison for the Women's Center is making plans to retire her full-time volunteer position.

(Don't worry, Judy won't *completely* leave the Center, but she *will* take a well-earned break from her full-time-plus work load.) Judy's contributions are too numerous to list here -- although we promise to fully sing her praises in a future newsletter. One thing is sure, as many non-profits in transition can attest: the retirement of such a long-time staff member/founder signifies a major shift for the organization. In the wake of this upcoming transition, the Women's Center announces the beginning of its search for a **DIRECTOR**. As the oldest operating women's center in the country, with a rich history of service and activism, we hope to attract a vibrant, diverse, and highly-skilled pool of candidates.

The successful candidate will have a demonstrated commitment to diversity and women's empowerment, with expertise in program management, staff supervision, and board development. The Director will coordinate the Women's Center's multi-faceted program, including publicity, group management, outreach, and long-range planning. A minimum of four years relevant experience is required for this position.

Please take a moment to consider how we can reach excellent candidates. Any assistance you can provide will be appreciated. Contact personnel committee member Vera Cohen with your outreach ideas or connections: (617) 354-2304 or by email at: vsc@channell.com.



The Women's Center is a busy, rewarding, and at times, challenging work environment. We anticipate some growing pains in the months ahead. We also expect that our groups, hotline, and many other services and activities will continue to run smoothly and professionally. The staff, board, and volunteers remain steadfast in our commitment to providing the support and resources women have come to expect and have found at the Women's Center for 27 years.

We'll keep you posted on our progress, as we take the Women's Center into the new century. As always, we thank you for your support.

- Pamela Goldstein
for the All Center Meeting

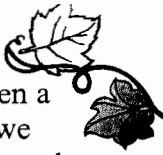
ABORTION ACCESS ACTION MONTH

In October, the Abortion Access Project will be celebrating its 4th annual **Abortion Access Action Month**. Community and student groups across the state will be participating to highlight women's need for access to reproductive health services. Activities already planned include:

- **October 4:** Protest at the "Respect Life Walk" on the Boston Common. Focus is on people who have died due to anti-choice policies and violence.
- **October 10:** Boston-area clinic defense sponsored by NOW.
- **October 17:** "Access to Reproductive Health Care," sponsored by Worcester County Coalition for Choice and Clark University Women's Studies. Call (508) 752-5363 for more information.
- **October 22:** National Young Women's Day of Action.
- **October 28:** Rally in Dorchester to demand health care access, including abortion access; sponsored by the Reproductive Rights Network (R2N2), the Association of Haitian Women, and Adbar, an Ethiopian women's group.

Many more events will be added. To get involved or for more information, call (617) 661-1161, or check our website at www.reproactivist.org/aaam.htm for updates.

PROGRAM NOTES



As always, the Women's Center has been a bustling place these past few months. As we continue to provide quality support and up-to-date resources for women, we have also expanded our program as we seek to reach a more diverse population of women. Recently, groups for young girls and older women have been added to our line-up of groups. *GirlAction* seeks to empower girls aged 12-15 (see related article; page 3). *Grandmothers Raising Grandchildren* and *Single Women in Mid-Life and Beyond* provide older women a space to find community.

Three other workshops help women come to terms with being labeled by the medical industry, get over feeling victimized, and learn about socially responsible investing, respectively. Stop in and attend one of our many new groups, cruise through the resources, or check out the many exciting changes to the Women's Center building!

We have again started hosting a segment of *WomanSpeak*, the weekly BeLive show for women on Cambridge Community Television. Tune in to Channel 9 the second Wednesday each month from 5:30-6pm for interesting topics relevant to women's health and welfare.

-Montserrat Caballero



INCEST RESOURCES

Incest Resources, Inc. will resume its free, drop-in discussion group for survivors of child sexual abuse in September. The group meets at the Women's Center on the last Friday of the month (6-7:30pm) from September-June, and is facilitated by survivor therapists Patricia Hunt and Elaine Westerlund. Topics for September and October are *Making Connections* (September 25), and *Memory and Validation* (October 30.)

Feedback about the last series of the group includes: "This year in this group has been so healing and growth-producing for me. It probably saved my life (and certainly the quality of my life)," and "I am grateful for a place to come and talk where all will understand and accept me." All survivors are welcome. We hope to see you there.

LESBIAN AL-ANON

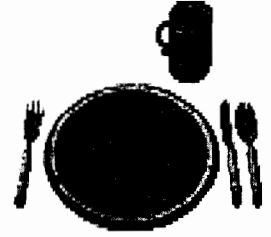
The *Expect Miracles Lesbian Al-Anon* group meets at the Women's Center every Wednesday from 6:30-8pm. Al-Anon is a group for family and friends of alcoholics. We share our experiences, strength, and hope as we seek to recover from the effects of alcohol on our lives. Newcomers are most welcome.

EATING AWARENESS AND BODY ACCEPTANCE

Eating and body acceptance are related and have been twin struggles for too many of us. Our society offers an overwhelming abundance of unhealthy foods, all the while telling us we're willful and lack self-control if we indulge.

Through the women's movement, we've increasingly gained political and economic power, only to face increasingly more severe restrictions about what is considered an acceptable adult woman's body. We are just not allowed to take up physical space, even as we expand in other areas. It is no wonder that eating disorders afflict more and more of us, at younger and younger ages.

Eating Awareness and Body Acceptance is a peer group for women to explore these issues. We seek to share our experiences, support each other, and grow toward a new peacefulness about food and our bodies. The next meetings are on Fridays September 25 and October 16 at the Women's Center, from 6:30-8pm.



WOMEN'S COUNSELING AND RESOURCE CENTER

The Women's Counseling and Resource Center (WCRC) is a volunteer collective of feminist therapists who provide individual psychotherapy for low- and no-income women.

WCRC would like to invite therapists to consider becoming a member of our collective. We require a graduate degree in social work, counseling, or psychology, plus two years of post-graduate experience. There is a 3-4 hour weekly time commitment as well as a collective monthly meeting. We often turn prospective clients away because of our limited numbers. We need you!

MEDITATION FOR TRAUMA SURVIVORS

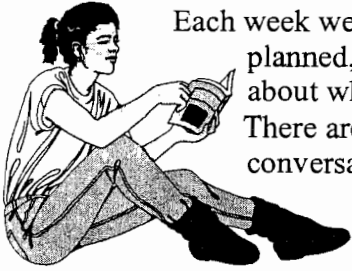
This workshop will teach two different kinds of meditation. We can use them to calm ourselves and to observe life rather than just reacting to whatever is there. Practicing these skills over time can give a meditator an internal refuge from the suffering that comes from a painful childhood.

The workshop will be held Saturday, October 17 from 1-3:30pm at the Women's Center. The workshop will be led by Deirde Fay, LCSW, who has led experiential workshops for years.



GIRLACTION

As someone who has been a part of the GirlAction group for the past several weeks, I have found myself more motivated to explore deeper aspects of who I am and who I want to be.



Each week we have a different activity planned, but we're free to talk about whatever is on our mind. There are no limits around our conversation and I always feel that I've been listened to and supported.

We mainly focus on how powerful women are. Even though society might not always acknowledge that, we do ourselves. I have learned that I, as a young woman, have the potential to go anywhere, be anyone, and most importantly, to be proud of myself.

-Laura Perron

GirlAction hopes to provide adolescent girls ages 12-15 the opportunity to explore who they are and who they plan to be through activity-based groups. We believe this group will enable girls to see themselves as agents of social change. We will meet Tuesdays from 6-7:30pm at the Women's Center starting October 6. For more information, please call the Women's Center at (617) 354-8807 and leave a message for Amy or Wendy, coordinators of GirlAction.



INTERCULTURAL WOMEN'S GROUP

Want to explore your identity(ies), cultural perspectives and differences, and those of other women? Need to meet others who question the lack of representation of minority women in the women's movement, and in other parts of society? Then, come to the Intercultural Women's Group on the first Wednesday of every month at the Women's Center from 7:00-8:30pm.

We have lively discussions about diverse topics, including our place in this society as bi- or multi-cultural women. We also explore how to make our experiences reflected in everyday living. On October 7, we will watch the movie, *Bandit Queen*, the story of a woman who stood up to oppression in India. (This film contains graphic scenes.) We hope to see you there!

-Montserrat Caballero



NATIONAL YOUNG WOMEN'S DAY OF ACTION



Use Your Voice, Claim Your Power, Create Choices — Take A Stand. This is the message of *National Young Women's Day of Action (NYWDA)*, an event that has been taking place nationwide, on college campuses and in communities, for five years. The day is a way for young women to become involved and empowered in speaking for themselves and the issues they face every day.

The day was founded on and has traditionally focused on reproductive rights. However, each year since its inception, more and more young women are embracing it as a way for them to speak out on any and all issues currently affecting them and their communities.

This, year, *NYWDA* will take place on Thursday, October 22. I am the Boston regional coordinator for the event, and I would like to plan a public event in the area to commemorate the day.

I therefore welcome interested people to work with me on planning an event, or events, and working on publicity and outreach. Please contact me by phone at: (617) 628-2404, or by e-mail at: montserratc@juno.com. Young women unite!



-Montserrat Caballero
Volunteer Coordinator

JEWISH LESBIAN AND BISEXUAL WOMEN

For the past year and a half, a group of Jewish lesbian and bisexual women met monthly at the Women's Center for discussion and celebration of our shared identities. The group regularly drew 20-30 women to its meetings. Topics included *Feminism and Judaism*, *Finding a place for Jewish lesbians in Jewish traditions*, and *Family issues*. The group also planned events, such as a Yom-Kippur breakfast, attending lectures, and a day at the beach.

At the present time, the group does not have (a) coordinator(s) to handle publicity, planning and facilitating meetings, as well as coordinating with the Women's Center. These tasks are not time intensive, and may be managed by an individual or team of willing women. The group can resume only if new volunteers step forward to make it happen. If you are interested in coordinating *Jewish Lesbian and Bisexual Women*, please contact Judy Norris at the Women's Center at (617) 354-8807. Questions can also be directed to Idit Klein, a past coordinator, at (617) 522-6187.

TRAUMA GROUP



Since January of 1996, I have had the privilege of staffing on the Women's Center hotline. Providing support and referrals to women in the community is a wonderful experience; sometimes, however, I find myself unable to offer a caller a referral specific to her need. Usually this occurs when a woman with a history of childhood physical or emotional abuse or neglect, or a survivor of a catastrophic event, is seeking a supportive place to connect empathically with others and share resources and coping strategies.

Though seemingly disparate, the aftermath of these experiences can often be quite similar. In their wake, such traumas may leave a woman feeling isolated, unknown, depressed and hesitant to establish connections with others.

In response, the Women's Center will be offering a new monthly group. This will be a safe space where women can come together to address these concerns, be heard and share support. Any woman grappling with the effects of trauma, whether physical or sexual abuse, neglect, or a disastrous life occurrence, is welcome to attend. I will be the start-up facilitator for this group and am happy to answer questions and receive input to help make this a productive and healing resource for women.

The first meeting will be on Saturday, October 24 from 1:30-3pm. Call me at (617) 354-3721 from 11am-9pm, or call the Women's Center at (617) 354-8807. Thank you.

- Amy Aisenberg
Volunteer

WOMEN'S CENTER SELLS DARDEN STOCK

A few years ago, the Women's Center received a very generous donation of stock in the Darden restaurant chain. We greatly appreciate the generosity of that donor.

It has recently come to our attention, however, that Darden restaurants have anti-gay policies, and have gone so far as to fire an employee for his sexual orientation. The restaurant is fighting legislation that makes their actions illegal.

The Women's Center has thus decided to divest our shares of Darden stock because of their anti-gay policies and because we do not want to support any company that practices hate-driven policies. We wanted to make our community aware of our decision.

-Montserrat Caballero

FROM THE DESK OF OUR FUNDRAISER...

Thank you to each one of you who contributed to the Women's Center's Spring '98 appeal! We received over \$5,000 in individual gifts, making it a good fundraising year so far. And that's crucial to the Women's Center as we gear up for ambitious plans in the months ahead. For one thing, we will be filling the position vacated by Judy Norris, a full-time volunteer, with a paid employee (see cover article). We will thus be expanding our paid staff budget by at least one third. In addition, we are hoping to complete the majority of Capital Improvements to the Women's Center building by the end of the fall (see related article). Forget to make your donation? We are still gratefully accepting financial support! THANK YOU again for putting your money where it counts for women: at the Women's Center.

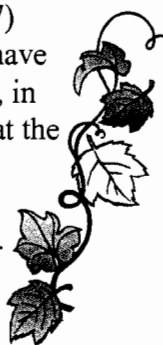
The new "**Trees of Life**" *Commemorative Tile Mural*-in-progress was unveiled at the beginning of the summer. The well-attended celebration/exhibit prompted press coverage from the *Cambridge Chronicle*, as well as the participation of several local officials. This powerful tribute mural, on permanent display at the Women's Center,



features three elegant birch trees adorned with beautiful gold-trimmed leaves. Birch trees were chosen for their characteristics of both flexibility and toughness -- like many women we all know! The mural was also featured in the August issue of *Sojourner*, with an accompanying photograph, if you haven't had a chance to see it yet.

The *Commemorative Tile Mural* provides a potent and poignant opportunity for you to honor a woman you love. Each individual tile is available for a \$300 (tax-deductible) contribution. Donors are rapidly filling the branches of the trees with words of respect and affection for women. At present, **only fifteen tiles remain** (of fifty-six total) to be dedicated. Would you like to honor or remember a woman in your life with a commemorative tile at the Women's Center? If so -- and we hope so! -- please contact me at (617) 354-6394. Many thanks to those of you who have supported the *Commemorative Tile Campaign*, in addition to the many other important projects at the Women's Center.

-Pamela Goldstein
Development Coordinator



**LOOK BEFORE YOU LEAP:
NOT YOUR ORDINARY CAREER
DEVELOPMENT WORKSHOP**

Thursdays, October 8, 15 & 29
(1st session open, the rest closed).

The focus will be on you!

Discover what you want to do with yourself
and make plans about how to get there.

With Barbara Harris of *Leapfrog*.

Info/to register: (508)651-0085.



GOOD GRIEF

Saturday, October 17, 2-3:30pm

Help yourself and others grieve in a way that is
comforting, and, perhaps, create a new relationship
with someone who's no longer here.

Facilitated by therapist Marcie Mitler

**ENSEMBLE: A WOMEN'S COLLABORATIVE
WRITING WORKSHOP**

Saturdays, October 17 & November 14, 11am-1pm

For writer's at all levels who want to
have fun, contribute to each other's development

Led by writer Carlotta Hayes, who has published
book reviews, essays & short stories.

TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

- | | | |
|-----------|----|-------------------------------------|
| September | 28 | Movie: <i>When Night Is Falling</i> |
| October | 5 | Growth & Self-esteem |
| | 12 | Relationships with our Mothers |
| | 19 | Birth Order & it's Influence |

30 + LESBIAN RAP

Tuesdays, 7-8:30pm

- | | | |
|-----------|----|-----------------------------------|
| September | 29 | Gender Identity |
| October | 6 | Chocolate (bring your favorite) |
| | 13 | Relationships (what to deal with) |
| | 20 | Friends as Family |

BISEXUAL WOMEN'S RAP

1st & 3rd Tuesdays, 7:30-9pm

- | | | |
|---------|----|-----------------------|
| October | 6 | Bisexuality & Fashion |
| | 20 | What Is Pride? |



**FACILITATED OPEN DISCUSSION FOR
SURVIVORS OF CHILD SEXUAL ABUSE**

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

- | | | |
|-----------|----|----------------------|
| September | 25 | Making Connections |
| October | 30 | Memory & Validation |
| November | 27 | Family Relationships |

**THURSDAY NIGHT GATHERING FOR
SURVIVORS OF CHILD SEXUAL ABUSE**

Thursdays, 7:30-9:30pm

A topic on the 1st Thursday of the month

October 1: *Self-Image*

INTERCULTURAL WOMEN'S GROUP

1st Wednesdays, 6:30-8pm

October 7: We'll watch the film *Bandit Queen*, about
a women who fought back to avenge her rape and
other oppression in India (graphic content).

Info: Montserrat, (617)354-8807.

ONGOING GROUPS



MONDAY/LUNES

- Al-anon Grupo (*semanalente, en español*) ... 6:30-8pm
- Battered Women's Support Group (*weekly*) . 7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors
(3rd Monday; info: Daniella, 497-0911) 7-8:45pm
- Lesbian Rap (*weekly*) 7:30-9pm
- Reproductive Rights Network (R2N2)
(2nd Monday; 661-1161 for information)

TUESDAY

- Bisexual Women's Rap (1st & 3rd Tuesday) . 7:30-9pm
- 30+ Lesbian Rap (*weekly*) 7-8:30pm
- GirlAction (6-sessions, beginning Oct. 6) 6-7:30pm
- Women with Disabilities and/or Chronic
Conditions (2nd & 4th Tuesdays) 5:15-6:45pm
- Writers Circle (*biweekly*; Cassandra, 494-2695, for info.)

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
- Healing Hearts - Grandmothers Raising
Grandchildren (3rd Wednesday) 10:30-11:45am
- Intercultural Women's Group (1st Wed.) 7-8:30pm
- Lesbian Al-Anon (*weekly*) 6:30-8pm
- Separation/Divorce Support Group (*weekly*) 7-9pm
- Single Women in Mid-life & Beyond (2nd &
4th Weds; info Esther, (781)396-3415) 7:30-9pm
- Transitioning out of the Patient Role (*open every 6th*
week (Sept. 30); may change day/time) 5-6:30pm
- WomanSpeak (2nd Wed., Camb. Cable TV, Ch. 9) . 5:30-6pm
- Women Maximizing Abilities Now (1st & 3rd
Wednesdays; women@braintrust.org) 2-3:30pm
- Women's Reading Group (3rd Wednesday) . . 7-9:30pm

THURSDAY/JUEVES

- Healing through Art (*weekly*) 7-9pm
- Mothers without Custody (1st & 3rd Thursday) 7:30-9pm
- Renewal of Hope Support Group (*weekly*) . 3-4:30pm
- Thursday Night Gathering for Survivors of
Child Sexual Abuse (*weekly*) 7:30-9:30pm
- Women's Community Cancer Project, Open
General Meeting (1st Thursday) 7-9pm

FRIDAY

- CODA (Codependents Anonymous) (*weekly*) 6:30-8pm
- Eating Awareness & Body Acceptance (*meets*
one Friday a month - Sept. 25; Oct.16 ...) . . . 6:30-8pm
- Incest Resources Facilitated Discussion Group for
Survivors of Child Sexual Abuse (*last Fri*) 6-7:30pm
- Incest Survivors Anonymous (*weekly*) 6:30-8pm

SATURDAY

- Coming Out Discussion for Women of All Ages
(1st Saturday, except some holiday weekends) 11am-1pm
- Friendship Connection (2nd Saturday) . . . 12:30-2:15pm
- Trauma Survivors Group (*monthly, beg. Oct. 24*) . 1-3pm
- Women Writing (*biweekly*) 12:30-2:30pm

THE WOMEN'S EDUCATIONAL CENTER
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Address Correction Requested

ROOFERS AND PAINTERS AND CARPENTERS, OH MY!!

Summer was structurally busy at the Center. As many of you know, our 122-year old facility has been needing roughly \$70,000 worth of Capital Improvements. After seeking bids for the many different, related projects -- including roof work, painting, renovating the second floor bathroom, and much more -- work commenced. By mid-summer, workers were busy scraping, banging, wiring, pounding, and reinforcing many areas of our facility.

Roof work began in August and should be complete by the end of September. Tasks include copper-lining our beautiful old wood gutters and abutting ledge, replacing broken slate, and putting rubber roofing on the porch roof. This work paves the way for a new exterior paint job. We can hardly wait to see how beautiful our old Center (built in the 1870s) will look!

Thus far generous funding for Capital Improvements has been provided by several donors, the Clipper Ship Foundation, the Agnes M. Lindsay Trust, and a Charitable Fund requesting anonymity. We still need \$30,000 to get all the work done. We will update you on our progress in the next *On Our Way*...as we continue on our way! Please pardon our appearance while we work to make an even better Women's Center. Thank you for backing this major undertaking.

-Pamela Goldstein
Development Coordinator

WOMEN WRITING

Women writing meets every other Saturday from 12:30 to 2:30pm, and has been going on for years. It's a group that grows on you — a positive addiction. Newcomers find their way to us, and are always welcome. All that is needed is intent, a pen, and willingness to hold a space of respect and open curiosity.

One strength of our group is that it is peer-led. Our guidelines are based on Natalie Goldberg's *Writing Down the Bones*. We agree to give each other only positive feedback. Everyone is encouraged to share but it is never required to do so. We avoid denigrating our efforts in any way, and just write on!

We hope to meet you there soon. Call the Women's Center at (617) 354-8807 for more information.

-Judith Poole

BATUCADA BELLES

The *Batucada Belles*, women's percussion marching band, invites all women interested in joining the band to an open house, Tuesday, October 13, at 7pm at the Graham and Parks school on Upton Street, around the corner from the Women's Center. No experience is necessary. For more information, call Beth at (617) 522-2755 or Laura at (617) 628-1038. See you there!