

# ♀ ON OUR WAY

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

March 2000

## WOMEN'S HEALTH DAY

Saturday, April 1, 10:45am-4pm.

Windsor Street Community & Health Center, 119 Windsor Street, Cambridge

**T**aking Charge of Your Health in the Year 2000 is the theme for the 7<sup>th</sup> Annual Women's Health Day. And it will begin with a charge, if you come (on time) to one of the Wake-Up Workouts at 11am: Choose from Kick Boxing, Low Impact Aerobics, Chi-gong or Yoga. Other morning options include: free massages, spinal exams, blood pressure screening, and information tables (11am-1:15pm).

Whether you make it to the morning activities or not, don't miss the complimentary lunch at noon!

After lunch, about 20 workshops beckon. Some choices: Acupuncture, Reiki, Talking to Your Doctor, Riding Your Pen to Wellness, Transformational Breath, Fitness Startup Program, Using Computers to Enhance Your Health, Shiatsu, Health Issues for Survivors of Child Sexual Abuse, Healthy Heart & Living Creatively with Disabilities. Several workshops will be in Spanish, Portuguese and Haitian Creole.

It's all free! All you have to do is get yourself to 119 Windsor Street. We are lucky to have a new site, the Windsor Street Community Center, this year. We hope that bringing Health Day into different communities will draw neighborhood women who



haven't attended before. And, of course, we hope the women who have enthusiastically attended before will come again. Childcare will be provided - please call (617)354-8807 with your child(ren)'s age(s) and when you'd need child care.

Getting the word out is always a challenge. This year we plan to have flyers in English, Spanish, Portuguese and Haitian Creole.

We need some help!! If you'd like to help out with publicity, or help out on the day (making signs, food preparation or pick-ups, set up, childcare, etc.), or in some other way, please call Judy at (617)354-8807. The event is sponsored by many organizations including Healthworks, the Women's Commission, Cambridge Health Alliance, the Mass Alliance of Portuguese Speakers, Mount Auburn Hospital & the Women's Center.

This is a great opportunity for women of all ages to learn ways to take charge of their health. Lots of timely workshops, lunch, massages, information and more - make up this great free event. Call (617)354-8807 if you want to get specific workshop info., get directions, or request childcare. Hope to see you there!

-Judy Norris

### INSIDE. . .

Women's Center Calendar . . . . .	4
New Groups . . . . .	2
From the Desk of the Fundraiser . . . . .	3
Funder Appreciation . . . . .	3
More Groups & Changes . . . . .	6
and More . . .	

## On Our Way

is the newsletter of the Women's Center, published three times per year in March, September, and December.

The Women's Center is a non-profit resource and support center for all women and their children, founded in 1971.

### Our mission is twofold:

- \* to provide women with the resources and support they need to emerge from conditions of abuse, poverty, discrimination, or social isolation
- \* to challenge and change attitudes and actions which subjugate women



### The Women's Center Board

Annette Brown

Linda Duby

Judy Feinberg

Lynn Murray

Sandy Nickel

Kyoko Okamura

Pam Steinkamp

Debbie Wintner

The Women's Center relies on the generosity of the community to provide our wealth of free programs. All donations are tax-deductible to the full extent of the law.

For further information, contact:

**The Women's Center**  
46 Pleasant Street  
Cambridge, MA 02139  
(617) 354-8807 TTY/Voice

Hours:

Monday-Thursday:

10am-10pm

Friday:

10am-8pm

Saturday:

11am-4pm

## NEW WOMEN'S TRAUMA GROUP

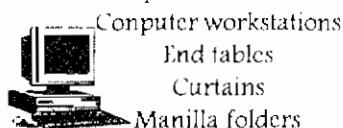
A free closed facilitated group: the 1<sup>st</sup> meeting, April 11, 2000, is open; then the group will be closed for the rest of a 5-month cycle. Meetings will be on the 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of each month, 5:30-6:45pm.

On the 2<sup>nd</sup> Tuesday meetings, the facilitator will speak briefly about the topic, followed by a facilitated discussion. THE TOPICS: April 11: The effects of trauma; May 9: Repeating instead of remembering, kinds of remembering, mourning; June 13: Reparative relationships: doing over better what was once done badly; July 11: Self-Injury; self-soothing and sublimation; August 8: Giving what you didn't get.

On the 4<sup>th</sup> Tuesdays there will be facilitated general discussions. No need to register - just come to the first meeting of a five-month cycle. For more information call Amy Aisenberg at (617) 354-3721 (11am-8pm only, please).

## WOMEN'S CENTER WISH LIST

Pentium computers (200 MHz or better)



Computer workstations

End tables

Curtains

Manilla folders

TV/VCR stand (for 19 inch TV)

Current women-centered posters

Washable carpet for children's room  
(8' x 8')

Reams of paper

*And, of course, your financial  
donations are always appreciated!  
Thank You!*

## RITUAL ABUSE

I am a survivor of cult ritual abuse, and one of the needs I have found most difficult to meet is that of emotional support during recovery. This has been not only my experience, but that of many others as well.

Whereas therapy groups can at times be found, support groups are far less common. Within the context of what I defined as a support group was an environment where I could tell my story, where I could own all the details of what I had experienced and felt, where I no longer had to deny and no longer had to obey my abusers' injunction of silence. I sought an environment where I could grieve openly, where I could feel fully, and feel whole.

Toward this end, a friend and I began a 12-step group in the early 1990's that ran for a number of years. Within the 12-step format, I found I could evaluate the moral implications of my experience without judgement or a preconceived determination of guilt or innocence. I could seek my own truth. I could acknowledge that I exist fragmented, and honor each part of myself and the various roles I created to survive. I found a community where I could be heard with understanding and where I would not have to pretend to feel what I did not feel, or spare others the burden of my reality. I found a world where my truth could be spoken, acknowledged, felt and owned.

Our group will be resuming this March at the Women's Center. It runs loosely on a 12 step format of anonymous sharing. It is open

*Continued next page*

## FROM THE DESK OF OUR FUNDRAISER

to all severe abuse or cult ritual abuse survivors. (We define severe abuse as abuse consistent with ritual abuse but having taken place outside of the context of a cult. Further definition is available upon request.) Any survivor who feels the need of this specialized focus is welcome.

To contribute to the sense of safety we all need, new members will be added the first week of each month and can obtain the meeting day and time from the group contact.

It has been said a survivor's rate of recovery will be directly proportional to the amount of support they receive. This group has been invaluable to me in providing both support and recovery. I sincerely hope the same might be found true for you as well. Please consider joining our community. For more information call our group contact Esther at 617-969-9347.

### NEW DAYTIME BATTERED WOMEN'S SUPPORT GROUP

**B**eginning in March, a support group for battered women is meeting every Tuesday from noon to 1:30pm at the Women's Center. This is a drop-in group, for women of all walks of life who have experienced or are currently experiencing abuse (physical, verbal, emotional, mental, sexual, financial, etc.) from an intimate partner (but not limited to intimate partners).

Participants are welcome to share their experiences, give and receive support, and strategize together about safety, transitioning, and much more. The group will be informal, but a facilitator will be present to help discussions be effective and rewarding as well as to maintain a safe atmosphere for all participants.

~ Kyoko Okamura

### OUR DEEPEST GRATITUDE TO...

**The Catalogue For Philanthropy  
And Grant Contributors:**

**Cambridge Community Foundation  
City of Cambridge**

**Frederick Weber Charities Corporation  
George and Beatrice Sherman Family Trust  
Gillette Company**

**Haymarket People's Fund  
Hewat/ O'Connor Fund of the Tides Foundation  
Lassor and Fanny Agoos Charity Fund  
Loomis, Sayles and Company  
TJX Foundation**

**T**hank you to the hundreds of individuals who generously contributed at the year's end. Together, you provided the Women's Center with over \$20,000. You make it possible for the Women's Center to provide crucial support and resources absolutely free.

During my short time here I have been inspired by what an amazing place the Women's Center is. The day begins with caring volunteers offering women support and information on the hotline. Soon, women are in the Resource Room, accessing information on housing, employment, mental and physical health and community events. During the day and evening, women come together for support groups and workshops. By late evening, women have found emotional support, resources, friendship, activism — your support makes this possible.

We want to give a special thanks to the *Catalogue for Philanthropy* for selecting the Women's Center as one of 100 charitable organizations presented in its current edition. The *Catalogue* is dedicated to the promotion and celebration of philanthropic giving. The Center's debut in the *Catalogue* is a great honor. We also appreciate the generosity of *Catalogue* readers who sent us gifts. Thank you.

In other fundraising news, we are striving to increase our income so that we may develop new projects at the Women's Center. The *Community Organizing Project* will recruit and organize low-income women so that they may work together on issues of social and economic justice. The *Education, Training, Career Development, and Job Search Program* will soon include basic computer literacy training and support services for women who can't use traditional training programs. Also, we are developing a web page which will provide basic information and referral sources on-line. So many plans! So many changes!

It's a very exciting time. The Women's Center's 30<sup>th</sup> Anniversary is on the horizon! We welcome volunteers to help prepare for the celebration. Yes, a home of our own for 30 years!

Each gift of time and financial support helps make all of this possible. We thank you. *Contact Eliza at (617) 354-6394 for information about joining the Fundraising or 30<sup>th</sup> Anniversary Committee.*

**7<sup>th</sup> ANNUAL WOMEN'S HEALTH DAY**

**SATURDAY, APRIL 1, 10:45am-4pm.**

*Wake-up workouts at 11am, free lunch at noon,  
a wealth of workshops from 1:15-4pm & more!*

At the Windsor Street Community Center,  
119 Windsor Street, Cambridge. (617)354-8807.

**A-CASA (Against Child & Sexual Abuse)**

Let's initiate community activities to help prevent  
child sexual abuse by increasing public awareness.

Some Thursdays, 6-7pm. Ellen, (617)776-7592.

email: [survivorhealth@chickmail.com](mailto:survivorhealth@chickmail.com)

**FILMS FOR THOUGHT:**

**Viewing & Discussion for Women**

*3<sup>rd</sup> Thursdays, 7-9pm; light refreshments*

April 20 "The Long Walk Home"

with Sissy Spacek & Whoopi Goldberg.

**NEW WOMEN'S TRAUMA GROUP**

Free closed facilitated group. 5-month cycle: the first  
meeting, April 11, is open; the rest closed. Will meet  
the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month, 5:30-6:45pm.

Amy Aisenberg, (617)354-3721(11am-8pm only, please)

**NOTHING TOO HEAVY TO SHARE (NTHTS)**

For survivors of severe abuse, such as battering,  
torture, mind control, deprivation, isolation, child  
prostitution. *Info/to join: Esther (617)969-9347.*

**TRANSITIONING OUT OF THE PATIENT ROLE**

Ongoing group, open to new members one meeting,  
then closed for the next 5 meetings.

Facilitated by Diane Loud, M.Ed.

*Info: Diane, (781)226-7097(beeper)*

**WOMEN CONCERNED ABOUT ALCOHOL USE**

Facilitated 14-wk. non-12-step closed gp. Fris. 4-5:30pm.

*Info/ to register: Christine Saulnier, (617)353-7720.*

**TOPICS FOR DISCUSSION**

**INCEST RESOURCES'**

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

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

March 31 Mothers

April 28 Self-Esteem

*Facilitated by survivor-therapists. Please be on time.*

**WOMEN OF COLOR RAP, 1<sup>st</sup> Weds. 7-8:30pm**

April 5 The Spread of HIV in Women of Color in  
the U.S. & Internationally. Lynn, (617)436-0390.

**WOMEN OF COLOR READING CIRCLE**

*2<sup>nd</sup> Mondays, 7-9pm; Info: Lynn, (617)436-0390*

April 10 *Garden in the Dunes* by Leslie Silko

**WOMEN OVER 40, 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 7-8:30pm**

April 12 Books that have made a difference in our lives

April 26 What did you want to be/do you want to be  
when you grow up? *Info: Suzanne, (781)393-4854.*

**WOMEN WRITING THEIR LIVES**

*Saturday, April 8, Noon-4pm.*

How to use your history in creative writing  
*With published writer & teacher Julia Thacker*

**YOUR CEREMONY, YOUR WAY**

*Saturday, April 15, 11am-1:30pm*

Participatory workshop: create a commitment ceremony  
or wedding that reflects your beliefs & values.

*Facilitated by Susan Teshu*

**ONGOING GROUPS**

**MONDAY**

- ACT OUT - Revolutionary Young Sisters for Justice  
*[1<sup>st</sup> & 3<sup>rd</sup> Mondays; info: Kat, (617)491-7243] ... 6-8pm*
- Al-Anon for Women (1<sup>st</sup> & 3<sup>rd</sup> Mondays) ..... 6-7:30pm
- Battered Women's Support Group(weekly) 7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors  
*(Usually 3<sup>rd</sup> Mon.; info: Daniella, 497-0911) . 7-8:45pm*
- Lesbian Rap (weekly) ... 7:30-9pm
- Women's Healing Circle (Brenda, 666-2876) 8-9:30pm

**TUESDAY**

- Bisexual Women's Rap (1<sup>st</sup> & 3<sup>rd</sup> Tuesdays) ... 7:30-9pm
- Daytime Battered Women's Support Group  
*(New, weekly) ..... Noon-1:30pm*
- Separation & Divorce Support Group (weekly) .. 7-9pm
- Sexual Harassment Support Group (one Tuesday/mo;  
*Louise Bonar, 254-1729, for info, to register) .... 7-9pm*
- 30+ Lesbian Rap (weekly) ..... 7-8:30pm
- Women's Reading Group (4<sup>th</sup> Tuesdays) ... 7:30-9:30pm
- Writers Circle [info: Cassandra, (617)494-2695] . 7-9pm

**WEDNESDAY**

- Battered Women's Support Group  
*(weekly, except 3<sup>rd</sup> Wednesday of month) ..... 7-9pm*
- Education & Employment Search Support ..... 3-5pm
- Lesbian Al-Anon (weekly) ..... 6:30-8pm
- Storytelling/Playback Theater (3<sup>rd</sup> Weds.) .... 7-8:30pm
- Women Maximizing Abilities Now (1<sup>st</sup> & 3<sup>rd</sup>  
*Wednesdays; woman@braintrust.org) ..... 2-3:30pm*

**THURSDAY**

- Boston Bisexual Women's Network (2<sup>nd</sup> Thursdays,  
*odd numbered months; May 11) ..... 7:30-9pm*
- Look Before You Leap - Not Your Ordinary Career  
Development Workshop (monthly; 4/27) 6:30-9:30pm
- Thursday Night Gathering for Survivors of  
Child Sexual Abuse (weekly) ..... 7:30-9:30pm
- Women's Community Cancer Project, Open  
General Meeting [1<sup>st</sup> Thursday; (617)354-9888] . 7-9pm
- WRAG (♀'s Radical Action Group) (weekly group for  
*younger women; Ivanna, (617)562-8150) ..... 6-8pm*

**FRIDAY**

- Incest Survivors Anonymous (weekly) ..... 6:30-8pm
- South Asian Women for Action (2<sup>nd</sup> Friday) ... 6-8pm

**SATURDAY**

- Coming Out Discussion for Women of All Ages  
*(1<sup>st</sup> Saturday, except holiday weekends) ..... 11am-1pm*
- Survivor's Health & Health Care (2<sup>nd</sup> Sat.) 11:30am-1pm
- Trauma Survivors Group (open, 3<sup>rd</sup> Sats.) ..... 1:30-3pm
- Women Writing (usually alt. weeks; April 22) 12:30-2:30pm

## A NEW DIRECTION FOR WOMEN OF COLOR RAP

**U**nder the direction of Lynn Murray and Vanessa P. Washington, the Women of Color Rap has taken new direction. Entering the year 2000, the group has decided to become more political and action oriented. The group's mission has always been to provide a space for women of color to engage in a dialogue with each other, across differences of ethnicity, sexuality and age, about the frustrations of dealing with multiple oppressions. Now the focus will also include collective learning about political issues affecting our lives.

The structure of the group will also change. The group will meet at the Women's Center for discussion on the first Wednesday of the month, and will also plan a topic-related social outing. Last month the group discussed the effects of globalization on women of color around the world and here in the U.S. Members also have attended a series of lectures on the World Trade Organization to learn collectively about what is going on in the world. In April, we will discuss "The spread of HIV among women of color in the U.S. and internationally."

~Gabrie'l Atchison

## WOMEN CONCERNED ABOUT ALCOHOL

**D**o you know someone who is concerned about her drinking? Are you concerned about your own? If so, you may be interested in a new and different support group offered at the Women's Center. Why? Even though many women are happy with traditional treatment programs like abstinence-based therapy or traditional self-help programs, others find it isn't a good fit.

Christine Saulnier, a Social Work Professor at BU, is researching alternative ways to help women. In her groups (Fridays from 4 - 5:30pm), women set their own goals, talk about how things are different for women than for men, and discuss how this relates to alcohol use. This is a closed 14-week group, followed by training in the facilitation of a self-help groups, without professional involvement, for interested participants. Christine will interview interested women before the group starts, after it ends, and a year later. She'll pay \$25 for each completed interview. For more information, call Christine at (617) 353-7720.

## JOIN THE WOMEN'S CENTER FUNDRAISING COMMITTEE

Learn new skills

Make friends

Help raise money for the Women's Center

For more information, call Eliza at (617) 354-6394

## SURVIVORS, HEALTH AND HEALTH CARE

A group for women survivors of child sexual abuse.

First meeting: Saturday, April 8, 11:30-1:00pm.

**I**nspiration for this group came from two places, one frustrating and disheartening and the other very positive and empowering. For many survivors, child sexual abuse takes a toll on our physical as well as our emotional health. Many of us experience chronic pain, gynecological problems, insomnia, anxiety, and other health challenges related to the abuse. We may also experience health care as triggering and have a difficult time with providers we don't trust enough to share our trauma histories. It may be especially hard to take care of ourselves when we are either uninsured or insured by HMOs that have the power to deny us adequate care or refuse to pay for the mental and physical health care we know we need.

At the same time, many of us have found creative paths to physical and emotional healing through art, exercise, meditation, and work with trusted health care providers. Hearing the stories of other survivors can be one of the best ways to find inspiration and practical information we need to create health and well-being in our lives.

It is my hope that this group will look critically at a medical system that is so often too expensive, ill-equipped, or unwilling to address our health challenges, learn together about different health care options and support each other as we work to achieve greater health in our lives. If you have further questions or are unable to attend the meeting, please call the Women's Center at 354-8807 or email [survivorhealth@chickmail.com](mailto:survivorhealth@chickmail.com).

~Anonymous



*Honor Someone You Love  
With A Gift  
to the  
Women's Center  
In Their Name*



Yes, I want to support the Women's Center!

Enclosed is my tax-deductible donation of: \_\_\_ \$25 \_\_\_ \$50 \_\_\_ \$100 \_\_\_ \$500 \_\_\_ \$other

For a donation of \$150 or more, you'll receive a Women's Center T shirt or cap!

I'd like to become a regular **monthly sustainer**, with a pledge of \$ \_\_\_ per month.

\_\_\_ Add me to the Women's Center mailing list \_\_\_ I'm interested in volunteering at the Women's Center.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_, State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone: \_\_\_\_\_

*Thank You!*

## A CALL TO WRITERS

### Workshop on Saturday, April 8

**O**ur personal histories, our stories of struggle, crisis, and survival, make rich source material for fiction and memoir. But how do we go about shaping the raw material of experience into a compelling narrative? Please join us for an afternoon-long workshop which will offer participants instruction and practice in weaving stories from their own lives into their writing. Through a series of in-class exercises we will spin out on-the-spot stories, drawing upon such topics as childhood, friendship, love and work. Participants will then have an opportunity to share their pieces with the group, and to receive guidance on ways to develop their stories further. We will also discuss short stories by

such notable authors as Julia Alvarez, Sandra Cisneros, and Grace Paley.

As a writer and a teacher of creative writing for many years — most recently in the Radcliffe Seminars — I know how empowering and transformative telling our stories can be. I was honored last month to receive a Creating and Presenting Grant from the Cambridge Arts Council for the completion of a short novel based upon my childhood experiences. The grant also allows me to present this special workshop at the Women's Center, Women Writing Their Lives: Using Personal History in Creative Writing, Saturday, April 8, 12:00 - 4:00pm. Do join us for a lively afternoon of writing and discussion.

This workshop is free and open to new writers, as well as to those with more writing experience. For more information, or to reserve a place, please call me at (617) 864-1033. Hope to see you there.

*~ Julia Thacker*

The Women's Center  
46 Pleasant Street  
Cambridge, MA 02139

Return Postage Guaranteed  
Address Correction Requested

Non-Profit Org.  
US Postage  
PAID  
Boston, MA  
Permit No. 59699

# ♀ ON OUR WAY

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

October 2000

## THE WOMEN'S CENTER EXHIBITS ARTWORK HONORING WOMEN ARTISTS

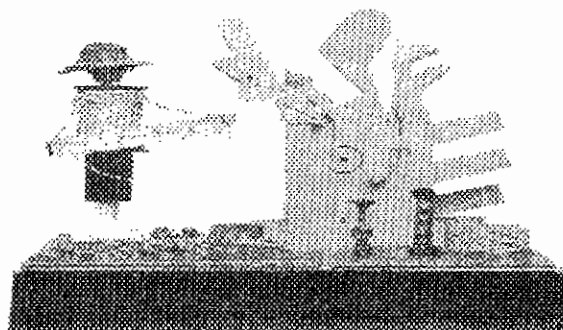
*The Women's Center is a recipient of a donation from The Art Connection, Inc.*

**T**his summer the Women's Center received 11 extraordinary pieces of art from women artists in Greater Boston. These gifts came in different shapes and sizes, colors, mediums and textures. Each gift holds a story, and now these stories have found a home at the Women's Center. This generous donation was coordinated by The Art Connection, a nonprofit organization committed to "bringing art to life" by connecting artists wishing to donate their work to social service agencies.

Women's Center staff and volunteers chose pieces of art which promote a sense of celebration, strength, and healing. Of the pieces we chose, one was donated by Fay Chandler. As founder of The Art Connection, mother, wife, storyteller and artist, she is inspiring and enchanting.

*"I'm so fortunate to get up in the morning and come to my studio and paint."* Fay's voice is gentle as she sits in her studio called the Engine House, a brick building she renovated into studios for artists. She has just celebrated her 78th birthday and her life story is an inspiration.

At a young age, Fay felt that she could do anything she desired. But as she matured, her confidence lessened. *"Mentally you believe what you let yourself believe. It was while washing dishes and looking out the window that things suddenly seemed brighter. And I knew there was hope."*



During her fourth pregnancy, Fay discovered Paul Tillich, a philosopher, who observed people tended to use their eyes for practical reasons rather than for pleasure and excitement. It was Tillich who helped Fay realize she wasn't *using her eyes fully to look out to the world and into herself*. So, approaching the age of 40, Fay began to draw people. Then she began to paint and create objects. *"I discovered I could do things with color and shape. A certain confidence came back."*

Fay accumulated many paintings and objects which led to her idea of The Art Connection. Fay wanted her art to be seen and enjoyed by not just one but many individuals. In 1994, she brought people and artists together and The Art Connection became a reality. Six years later, The Art Connection has placed more than 420 pieces of art in social service agencies and community organizations. Looking back on her experiences she shares, *"You have to learn what you are capable of from trial and error. You have to make mistakes and know you can't do it all. You have to have faith. And a sense of humor is absolutely crucial."*

Fay donated an additional piece of her own work to the Women's Center to express her joy that we are one of the Art Connection's beneficiaries. It is an honor for the Women's Center to display the art of Fay Chandler and other women artists. We hope you will visit the exhibit of their art at the Women's Center in mid-November!

### INSIDE...

Computer Access for Women .....	2
Calendar .....	5
	4

# INCREASING DIVERSITY AT THE WOMEN'S CENTER

## An Interview with Lynn Murray

**I** f you met her you'd want to meet her again.

As I prepare for our interview, I remember the first time I met Lynn at the Women's Center. She was luminous and striking in her ability to engage women in dialogue that evoked expressions of wonder and vitality. As we shook hands for the first time, I knew we would become close friends. Tonight, she sits across from me and over a dinner of steak and frites in Central Square, we talk about her past year at the Women's Center - the challenges along with the victories, and her inspirations and hopes for the Center as a place for ALL women.

*What brought you to the Women's Center and why did you become so actively involved in the Center?* I was looking for a women's community and doing political work that changes women's lives. I wanted to give my time towards something that's alive and moving and to be part of work for women that have the least support, like women of color.

*Since volunteering at the Center as a board member and group facilitator, what has inspired you most?* I'm inspired by the possibility of women becoming their best — physically, emotionally, and spiritually. There are so many conditions that hinder women such as discrimination, over-commitment to families and work, racism and low-self esteem. I refuse to live a life that doesn't chip away at that stuff. The Women's Center should be a place where women find their power or reenergize themselves. If not the Women's Center - where will that happen? I believe that the Women's Center can help women towards that end.

*And what keeps you at the Center as such an active volunteer?* Victories along the way keep me going, such as the Open House and the Community Organizing Project. I keep going because other women of color tell me how nice it is not to be the "only" person of color in the room. That's important.

---

*On August 12th between noon and four over 50 women of color moved in, through and out of the Women's Center for an open house for women of color and their children titled, "Celebrate, Create and Connect".*

---

*In between those victories what challenges have you faced?* The challenge of doing diversity work at the Center is realizing different groups of women could need a Women's Center for very different reasons and you want to respond to those different needs. I don't look at it like I'm doing work for the Center. I view the work I do as being for women and taking place at the Center.

*Why do you do diversification work at the Women's Center?* I do it because it needs to be done. The Women's Center wants to be a resource for ALL women. As a young woman of color, I represent two groups that aren't utilizing the Center in large numbers. That's a problem for me. Several of us are beginning to identify reasons why young women and women of color are not using the Center to the degree that other groups are. The Women's Center can make changes to be more accessible and welcoming to these groups of women. I want to be part of that work. It's also an accountability issue for me. The Women's Center is the only one of its kind in the New England area, so I feel that it has to serve all women.

*As one of the coordinators of the Open House for women of color, what did you learn most from that day?* I think women of color have learned over time how to be their own champions, which is a good survival skill but can also be isolating. I learned that the Open House was a way to break some of that isolation and connect with each other.

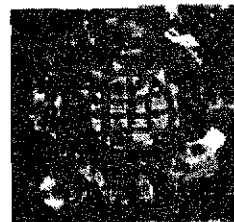
*How did it feel to be with so many women of color under the Women's Center's roof?* Just that it was a wonderful day. The Open House was definitely a success but we have to understand that it was one day. The

work is not over. This was just to get women of color in the door and to find out what their concerns are in terms of creating a Center that is comfortable and supportive for them. Women of color are not present in all areas of decision making at the Center and diversification is not complete. It's beginning but there's a lot of work to do.

*What will this work look like?* Before we can even talk about that, I believe that it has to be more than three women doing the work. While white women at the Center are involved in the diversity initiative and working to support the Women of Color Subcommittee, women of color have to be the ones who lead the efforts if this initiative is to be successful. Vanessa Washington and Gabri'el Atchison are two women of color on the subcommittee who have done a tremendous amount of work. I hope that women who came to the Open House and others will join the sub-committee in working to improve the Center's decor, programming and policies.

*What were your hopes for the Open House?* We wanted to have a good time. We ended up having a great time!  
~ Eliza Hoyt

\*\* To join the Diversity committee, call Mary at (617) 354-8807.



### ARE YOU INTERESTED?

The Women of Color Subcommittee is looking for one or two women of color volunteers to organize a monthly social gathering at the Center. Responsibilities include, room scheduling, coordination of a monthly event and advertising. If you are interested, please call Gabri'el at (617)625-4951 or email [atchison71@aol.com](mailto:atchison71@aol.com).



## On Our Way

is the newsletter of the Women's Center, published three times per year in April, October, and December.

The Women's Center is a non-profit resource and support center for all women and their children, founded in 1971.

Our mission is twofold:

- \* to provide women with the resources and support they need to emerge from conditions of abuse, poverty, discrimination, or social isolation
- \* to challenge and change attitudes and actions which subjugate women



### Volunteers

*The Women's Center gratefully acknowledges the on-going efforts and contributions of our volunteers.*

*Thank you for giving so generously of your time and of yourselves.*

The Women's Center relies on the generosity of the community to provide our wealth of free programming. All donations are tax-deductible to the full extent of the law.

For further information, contact:

The Women's Center  
46 Pleasant Street  
Cambridge, MA 02139  
(617) 354-8807

email: [wmsncntr@mediaone.net](mailto:wmsncntr@mediaone.net)

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

Helpline: (617)354-8807

## THE WOMEN'S CENTER IS WIRED!

**W**e are delighted to announce that the Women's Center has three spiffy computers with internet access available for FREE. Drop by and use them for resume writing, to search the Internet for jobs, childcare and other resources, create fliers, write poetry, or whatever your heart desires. This is all made possible by a generous donation of computers from IBM/Lotus, networking from Peer-to-Peer Consulting, and financial support from Bob and Nancy Huribut, Celia & Walter Gilbert, and other foundations and individuals. We are most grateful!

Women coming to the Center are very enthusiastic about this new resource. They have come by to search for health information, write cover letters, look for educational opportunities, do homework, create writing portfolios, and simply to



explore the net for the first time.

Volunteers have also found easy access to the internet a useful tool for assisting helpline callers. Information they used to have to dig for is now right at their fingertips. It's amazing how indispensable the computers have already become!

Over the next few months we plan to offer personalized trainings to women who have never used computers or surfed the web. We are also in the process of developing user-friendly guides and lists of fabulous websites to keep by the computers. If you have some time and interest in helping our computer program to thrive, please contact Heather at (617) 354-8807.

~ Heather Searles

COMING SOON...

The Women's Center website!

## FROM THE DESK OF OUR FUNDRAISER

**T**he spring and summer months sizzled with new projects and creative energy. A special thanks to all those individuals who gave so generously in our spring appeal which raised \$11,017. We are grateful to you for your continuous support and for making it possible to offer free services to women. Within the past year, we have raised money toward two new programs - the *Community Organizing Project* and the *Education, Training, Career Development and Job Search Program*. These new initiatives will increase our ability to serve more women from diverse backgrounds. It has been a prosperous time for the Women's Center.

We give our thanks to the following organizations, community businesses and the City of Cambridge whose support this past spring and summer is greatly appreciated: *IBM/Lotus, Marcia Rough and Nitzche Foundation, Cornyn Foundation, New England Financial,*

*Cambridge Savings Bank, Cambridge Trust Company, Urban Edge Housing, Quest Diagnostics, Agilent Technologies, Art Connection, Citizens Bank, Hartford Insurance Group, New England Financial, Incest Resources, East Cambridge Savings Bank, A Street Frames, FrameSmart, Framers' Workshop, Cambridge Framery and Photo, Food For Free, Picante, Carberry's, Harvest Co-op, Starbucks, Peer-to-Peer, and Ras Cafe.*

## WOMEN'S CENTER WISH LIST

Four ergonomic chairs  
Copy Paper (white, colors)  
TV/ VCR stands  
Children's videos (ages 2-10)  
Children's board games (ages 5-10)  
Children's computer games



Or give a gift to a friend or loved one by making a donation to the Women's Center in their name.

## WOMEN'S CENTER CALENDAR - FALL 2000

46 Pleasant Street, Cambridge MA - free & open to women - Info & helpline: (617) 354-8807 TTY/V

### ONGOING GROUPS

#### MONDAY

- Al-Anon for Women (1<sup>st</sup> & 3<sup>rd</sup> Mondays) ..... 6-7:30pm
- Battered Women's Support Group (weekly) ..... 7:30-9pm
- Healing Circle (weekly) ..... 8:30-9:30pm
- Lesbian Partners & Ex-Partners of Incest Survivors  
[3<sup>rd</sup> Mondays; info: Daniella, (617)497-0911] .. 7-8:45pm
- \*Lesbian Rap (weekly) ..... 7:30-9pm
- Women of Color Reading Circle (2<sup>nd</sup> Mondays) .... 7-8:30pm

#### TUESDAY

- \*Bisexual Women's Rap (1<sup>st</sup> & 3<sup>rd</sup> Tuesdays) ..... 7:30-9pm
- Separation & Divorce Support Group (weekly) ..... 7-9pm
- Women Concerned About Alcohol [interview required;  
call Christine Flynn Saulnier, (617)353-7720] .... evening
- Women's Reading Group [4<sup>th</sup> Tuesdays;  
info: Mary Siffelin, (781)663-4687] ..... 7:30-9:30pm
- Writers' Circle [2<sup>nd</sup> Tuesdays;  
info: Cassandra, (617)494-2695] ..... 7-9pm

#### WEDNESDAY

- Battered Women's Support Group (all Wednesdays  
except the third) ..... 7-9pm
- Lesbian Al-Anon (weekly) ..... 6:30-8pm
- Movie Night For Women of Color [10/25; movies & other  
activities for women of color on the 4<sup>th</sup> Wednesday  
of each month; info: Gabrie'l, (617)625-4951] .... 7-9pm
- Transitioning out of the Patient Role [ongoing facilitated  
group, open about every 6<sup>th</sup> week; for additional  
information, contact Diane, (781)226-7097] .... 6-7:30pm
- \*Women Over 40 (2<sup>nd</sup> & 4<sup>th</sup> Wednesdays) ..... 7-8:30pm
- \*Women Maximizing Abilities Now (WOMAN)  
(1<sup>st</sup> & 3<sup>rd</sup> Wednesdays; woman@braintrust.org) . 2-3:30pm

#### THURSDAY

- 30+ Lesbian Rap (weekly) ..... 7-8:30pm
- HerSay (2<sup>nd</sup> & 4<sup>th</sup> Thursdays) ..... 7-8pm
- Support-4-Us (every other Thursday, for women who  
suffer from Panic and Anxiety Disorders) ..... 6-7:30pm
- Thursday Night Gathering for Survivors of Child Sexual  
Abuse (weekly; topic at 1<sup>st</sup> mtg. of month) ... 7:30-9:30pm
- \*Women's Community Cancer Project, Open  
General Meeting [1<sup>st</sup> Thursdays; (617)354-9888] .. 7-9pm
- Women of Color Rap (October 5 & 19) ..... 7-8:30pm

#### FRIDAY

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

#### SATURDAY

- \*Beyond Living Paycheck to Paycheck (Personal finance  
workshops for women of color; 3<sup>rd</sup> Saturdays) ..... 2-4pm
- \*Coming Out Discussion for Women of All Ages  
(First Saturday of each month, except holiday  
weekends; will meet October 14) ..... 11am-1pm
- Trauma Survivors' Drop In Support Group  
[3<sup>rd</sup> Saturdays; facilitated by Amy Aisenberg,  
(617)354-3721, 11am-7pm please] ..... 12:30-1:45pm
- \*Undefended Love Workshop (October 28) ..... 1-4pm
- Writing Women's Lives (weekly) ..... 1-3pm

\* Wheelchair accessible meetings

### NEW GROUPS/WORKSHOPS

**\*BEYOND LIVING PAYCHECK TO PAYCHECK: A series of Personal Finance Workshops for Women of Color,** 3<sup>rd</sup> Saturdays, 2-4pm. These workshops are designed to explore financial issues and options in a comfortable setting. Topics: Oct. 21: *Savings & Budgets*; Nov. 18: *Sources & Investment*.; Dec. 16: *More about Investments*. Info: (617)354-8807.

**CODA, Fridays, 6:30-8pm.** Codependents Anonymous is a 12-step meeting which can help you learn to value yourself and have healthier relationships. Info: Cindy, (617)267-1667.

**HerSay, Thursdays, October 12 & 26, 7-8pm.** A new group for women interested in political, social and artistic activities that focus on women's issues. Info: (617)354-8807.

**MOVIE NIGHT FOR WOMEN OF COLOR, Wednesday, October 25, 7-9pm.** Movies and other activities for women of color on the 4<sup>th</sup> Wednesdays. Info: Gabrie'l, (617)625-4951.

**NOTHING TOO HEAVY TO SHARE (NTHTS).** For survivors of severe abuse, such as battering, torture, forced isolation/confinement, child sexual exploitation, or extreme neglect. Info/to join: Esther, (617)969-9347.

**\*UNDEFENDED LOVE, Saturday, October 28, 1-4pm.** A one time workshop designed to explore and explain an exciting new approach to developing fulfilling, intimate relationships. Provided by authors Jett Psaris, Ph.D. and Marlena S. Lyons, Ph.D. Info: (617)354-8807.

**WOMEN CONCERNED ABOUT ALCOHOL.** Facilitated 14-week non-12-step closed group. Interview required prior to meeting. Tuesday evenings. Info/ to register (ASAP, and through October): Christine Flynn Saulnier, (617)353-7720.

**WRITING WOMEN'S LIVES, Saturdays, 1-3pm.** A weekly writing group focusing on participants' thoughts and experiences. With Bonnie Cunningham, Ph.D. Info: (617)354-8807.

### TOPICS FOR DISCUSSION

#### INCEST RESOURCES FACILITATED DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE

*Usually last Friday/month, September-June, 6-7:30pm*

October 27 Memories  
November 24 Family  
December 29 Self-Care

#### WOMEN OF COLOR READING CIRCLE

2<sup>nd</sup> Mondays, 7-8:30pm. Info: Vanessa, (617)629-3106.

October 9 *So Far From God* by Ana Castillo.

#### WOMEN OF COLOR RAP - 7-8:30pm

October 5 Resume Writing Skills  
19 Dress For Success

#### \*WOMEN OVER 40 - 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 7-8:30pm

October 11 Anger  
25 Political Issues

Info: Suzanne, (781)393-4854.

#### \*LESBIAN RAP - Mondays, 7:30-9pm.

October 9 Game Night  
16 Meet at the Diesel Café  
23 Movie Night: *When Night is Falling*  
30 Coming Out at Work

#### \*BISEXUAL WOMEN'S RAP - 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays 7:30-9pm; activities on off weeks; Elle, (617)718-0386.

October 17 To Label or Not to Label?



**Yes, I want to support the Women's Center!**

Enclosed is my tax-deductible donation of: \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ \$500 \_\_\_\_\_ \$other

For a donation of \$150 or more, you'll receive a Women's Center T shirt or cap!

I'd like to become a regular **monthly sustainer**, with a pledge of \$\_\_\_\_\_ per month.

\_\_\_\_ Add me to the Women's Center mailing list.

\_\_\_\_ I'm interested in volunteering at the Women's Center.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_, State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

*Thank You!*

If you'd prefer to be taken off of our mailing list, please check the following box and return to the Women's

Center

(Women's Center, 46 Pleasant Street, Cambridge, MA 02139)

*HerSay:*

## WOMEN PICKING THEMSELVES UP BY THEIR GRASSROOTS

**H**erSay, a women centered group, whose purpose is to foster the social, political, artistic lives and visibility of women, will meet the second and fourth Thursday of every month. Our goal is to provide the materials, education, and support which will enable each woman to find and use a voice with which she feels most comfortable.

If you are an artist maybe you'll be interested in helping to organize a zine, display a mural, or coordinate an art show featuring the works of women.

If you want to rekindle your activist roots come participate in various direct actions, such as sit-ins or marches; or sharpen your community organizing skills through organizing petition drives, letter writing campaigns to businesses and government, or engaging and educating the public through flyering.

HerSay recognizes that the expressive lives of women are not only found in creative and political pursuits but in social ones as well. With your help and input we will plan women centered events: dances, poetry readings and slams, house parties, or even the take over of a Boston nightspot.

What we do at and with HerSay is up to you. Come shape the vision of the group and it will reflect the entire range of women's issues and experiences. HerSay is a group for women of any age, race, political affiliation, ethnicity, or sexual orientation.

HerSay is for those who have a desire to shape the future of our various interwoven communities through active participation in the ongoing dialogues and struggles within them.

*~ Judy Pich*

The Women's Center  
46 Pleasant Street  
Cambridge, MA 02139

Address Correction Requested  
Return Postage Guaranteed

Non-Profit Org.  
US Postage  
PAID  
Boston, MA  
Permit No. 59699

# ♀ ON OUR WAY

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

December, 2000

## THE WOMEN'S CENTER ANTICIPATES ITS 30<sup>th</sup> BIRTHDAY!

As the year 2000 comes to a close, the Women's Center prepares to celebrate its 30<sup>th</sup> birthday.

Yes, it was back in 1971 that women took radical action to demand a space of our own. Women from local activist groups joined together to take over a Harvard-owned building and dramatize the lack of space where women could meet to examine and begin addressing their own needs. Thanks to their energy and commitment as well as the generous financial support of those they inspired, the Women's Center was born. Volunteer efforts created rich resources for women, including mutual support groups, a helpline, educational materials and activist opportunities.

Thousands of women have come through our doors during the past thirty years, participating in support and activist projects, sifting through our resources, and helping each other find the strength to heal and fight injustice. The seeds of many thriving women's organizations were first planted at the Center such as the Boston Area Rape Crisis Center, Incest Resources, and the Women's Community Cancer Project. In the spirit of sisterhood, we also supported the development of the

Elizabeth Stone House, Transition House and Finex House and continue to provide support to Transition House and the Boston Bisexual Women's Network.

Continuing our commitment to being a vital and relevant space for women, we plunged into the year 2000 with a spirit of growth and change. We worked hard repainting, repairing, and reorganizing to make the Women's Center welcoming and comfortable to a broader range of women. With pride, we instituted our new Computer/Internet Access Program, providing free access to women who can't afford or don't have computers or the internet readily available to them. Thanks to the contribution of The Art Connection, we installed a permanent art exhibit of works of local women artists, honoring the work of women in the community. We laid the groundwork for the *Women's Center Community Organizing Project*, which will bring low-income women together to address the issues that continue to confront them - despite this "boom" economy.

During the past year, we offered a number of new groups designed to meet the needs of women. *Women Over Forty*, which discusses topics relevant to their age group, is hopping, usually filling the room to capacity. *Beyond Living Paycheck to Paycheck: A Series of Personal Finance Workshops for Women of Color*, facilitated by Beverly McGary, is one of our most popular groups.



*HerSay*, a grassroots group which combines activism, social activities, and artistic expression, is taking off with plans for direct action around issues of women's safety. Through *Web Basics*, we provide women with an introduction to the internet twice each month.

As we enter a new decade, we are expanding and evolving. We plan additional renovations to our building, a more comprehensive computer training program, stronger efforts to affect public policy regarding women's issues, and a monthly exhibition of artwork to provide more exposure of the works of women of color and other local women. New groups and programming will include readings by women authors, starting with mystery writer/political activist Barbara Neely in January. At a time when managed care places strict limits on the time available to doctors, *Child Health Discussion with Doctor Ronnie Peterson* will give mothers an opportunity to engage in in-depth discussions concerning their children's health with a pediatrician.

Next fall, when we celebrate our 30<sup>th</sup> birthday with a major event, we will honor those who came before and take pride in the work, energy, and commitment that makes us a vibrant and diverse community of women.

~Mary Quinn

### INSIDE...

New Groups .....	2
Volunteer Opportunities .....	3
Grief Support .....	3
Annual Calender .....	4
Thank you to our Supporters .....	5
And more. . .	

## On Our Way

is the newsletter of the Women's Center, published three times per year in *April, October, and December.*

The Women's Center is a non-profit resource and support center for all women and their children, founded in 1971.

### Our mission is twofold:

- \* *to provide women with the resources and support they need to emerge from conditions of abuse, poverty, discrimination, or social isolation*
- \* *to challenge and change attitudes and actions which subjugate women*



### Volunteers

*The Women's Center gratefully acknowledges the on-going efforts and contributions of our volunteers.*

*Thank you for giving so generously of your time and of yourselves.*

The Women's Center relies on the generosity of the community to provide our wealth of free programming. All donations are tax-deductible to the full extent of the law.

For further information, contact:

The Women's Center  
46 Pleasant Street  
Cambridge, MA 02139  
(617) 354-8807

email: [wmnscntr@mediaone.net](mailto:wmnscntr@mediaone.net)

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

Helpline: (617) 354-8807

## HerSay

**H**erSay is on her way to becoming a strong grassroots organization, dedicated to the process of motivating positive change. Some of the things we are working on include an anti-violence/victim awareness campaign designed to provide outreach and education and the tools to help break the silence surrounding these issues. We are also looking to get involved with local pro-choice groups to see what we can do to help with the buffer zone laws and safe escorts service. Also in the works is the formation of a direct action group whose main purpose will be to provide immediate direct actions in response to incidents as they occur within our community.

A call to all writers is underway for open submissions for our first Zine due out in January 2001. Please submit your commentaries, articles, poetry, prose and fiction to:

J. Pich  
c/o HerSay  
30A Oakview Terrace  
Jamaica Plain, MA,

or email: [hersay@chickmail.com](mailto:hersay@chickmail.com)

Please include all necessary contact information. Deadline is December 28, 2000.

Don't wonder how you can make a difference. **Make one!** HerSay works to provide women with the materials, education, and support needed to vocalize issues important to them. **What we do with HerSay is up to you!** Please join us and let your voice be heard.

~Judy Pich

## Recovering Our Voices

**O**ne thing abuse does is silence us. We're frightened into silence. When we begin to say "no more," we begin the long struggle to coax our voices out of hiding, to strengthen and support them, to give them a safe place to be heard. We hear our own voices and slowly shame turns into pride, self-hate into self-love, and victimization into victory. A powerful tool we can use in this process of recovering our voices is to write a play together.

As a playwright and an advocate for battered women, I am often struck by the poetry women unknowingly speak as they sit together in a support group, the poetry that comes from facing one's pain and speaking from the heart. I've wanted to hear their words spoken on a stage, for all to hear, not necessarily by the women themselves, but by actors celebrating those words.

From this desire was born "The Persephone Project." Persephone was a goddess who was captured by Hades, the king of the underworld, and taken underground. Her mother searched high and low for her, and eventually brought her back into the light. The Persephone Project is about bringing our voices up into the light.

We began in October and are looking for more people to join us. We meet once a week for 2 hours during which we share our experiences and do creative exercises. The group is multi-cultural, multi-age, and inclusive of all sexual orientations. We'll be meeting until next spring, when a group of professional actors will present the final product to the community in a staged reading. Naturally, all participants who wish to will remain anonymous.

You don't need to be a writer to participate. You don't need to tell your own personal story, though you can if you want. You don't need to be able to write, or to write in English. All you need to do is show up and share your energy and experience as a survivor of partner abuse.

For information or to register, call **Anna Baum 617-576-1308.**

## A New Grief Support Group

**A** weekly Grief Support Group begins this December.

An intense and very difficult process of healing follows the loss of a close loved one. Often family and friends are not able to provide all of the support needed during this critical time. Every person deals differently with loss and the grieving process can feel very lonely.

This group will provide women, who are grieving the loss of a loved one, a place where they are less isolated with their sorrow. Women will have the opportunity to connect with others who are mourning. Together, women will learn how to hold on to memories while moving on in life. Safe and confidential, all are encouraged to come share their experiences, voice their concerns, and talk about their feelings.

If you are interested in attending or have questions about the group, call Lizzie at (617) 312-8761. The meetings are every Tuesday from 6:30-8pm.

~Lizzie Lundgren

## Calling All Women of Color

Our monthly event for women of color is very popular!

To keep it going, we need you to help with event planning and organizing.

For more information, call Gabriele at (617) 625-4951 or email: atchison71@aol.com

## Volunteer Opportunities

**T**he Women's Center is reliant on the energy, compassion, and creativity of volunteers. From answering emotional support calls to painting, from updating resources, to running support groups ... volunteers are the heart and soul of The Women's Center. Without you we truly couldn't exist.

### Current opportunities include:

#### ▶ Information and Emotional Support Helpline:

Welcome and assist women, answer support and resource calls for two hours per week. Training provided. Day and night openings.

#### ▶ Update Resources:

Make calls and conduct internet research to keep our numerous resources up-to-date.

#### ▶ Computer Training:

Conduct workshops on basic computer skills for small groups of women.

#### ▶ Graphics/Layout:

Design our brochure, create thank you and holiday cards, and design posters.

#### ▶ Mailing Parties:

Help us send out this newsletter 3 times a year!

Groups of women gather together to insert, fold, stamp and label our large mailings.

Free munchies and great conversation provided.

*If you are interested in any of these opportunities, please call 354-8807 and ask the volunteer to send you an application. Thank you!!!*

## From The Desk of The Fundraiser

**T**his holiday season we express our sincere appreciation to our individual donors, supporting community businesses, agencies, corporations, foundations and volunteers. We would not be able to provide needed resources and services without your support. You give us longevity and inspire innovation and dedication. Thank you.

Your support has made it possible to welcome new staff and volunteers, launch a computer lab with internet access, paint much of the Center's interior, celebrate the donation of 11 artworks by women artists through The Art Connection and increase our community outreach to a greater diversity of women. On the horizon, we will begin renovating the Children's Room with the help of volunteer artist Mary Ann Guillette, who will paint a mural along the Children's Room walls and in the spring will offer a mother and child art class. As new programs move ahead, the Women's Center is thankful for your continuous and generous support.

With your help, we hope to cover our current operating budget by the end of this year. We bring a wealth of programming to women in the community. Please join us in the commitment to meet the growing and changing needs of women by giving as much as you can. We thank you for your belief in our work and for making the year 2000 such a wonderful year!

~ Eliza M. Hoyt

# WOMEN'S CENTER CALENDAR - WINTER 2000/2001

46 Pleasant Street, Cambridge MA - free & open to women - Info & helpline: (617) 354-8807 TTY/V

## ONGOING GROUPS

### MONDAY

- Al-Anon for Women (weekly) ..... 6-7:30pm
- Battered Women's Support Group (weekly) ..... 7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors  
[3<sup>rd</sup> Monday; info: Daniella, (617)497-0911] .. 7-8:45pm
- \*Lesbian Rap (weekly) ..... 7:30-9pm
- Women of Color Reading Circle (2<sup>nd</sup> Monday) ..... 7-8:30pm

### TUESDAY

- \*Bisexual Women's Rap (1<sup>st</sup> & 3<sup>rd</sup> Tuesday) ..... 7:30-9pm
- Grief Support Group (weekly) ..... 6:30-8pm
- Married Bisexual Women (2<sup>nd</sup> Tuesday) ..... 7:30-9pm
- Persephone Project (weekly; survivors of domestic violence  
working together to create a play) ..... 7-9pm
- Women's Reading Group [4<sup>th</sup> Tuesday;  
Info: Mary Siffelin, (781)663-4687] ..... 7:30-9:30pm
- \*Writers' Circle [2<sup>nd</sup> Tuesday;  
info: Cassandra, (617)494-2695] ..... 7-9pm

### WEDNESDAY

- Battered Women's Support Group (all Wednesdays  
except the third) ..... 7-9pm
- Lesbian Al-Anon (weekly) ..... 6:30-8pm
- Sexual Harassment Support Group (Dec. 6) ..... 7-9pm
- Transitioning out of the Patient Role [ongoing facilitated  
group, open about every 6<sup>th</sup> week; for more  
information, contact Diane, (781)226-7097] ... 6-7:30pm
- Web Basics (Dec. 20; RSVP: Heather, 354-8807) . 12-1:30pm
- \*Women Over 40 (2<sup>nd</sup> & 4<sup>th</sup> Wednesday) ..... 7-8:30pm
- \*Women Maximizing Abilities Now (WOMAN)  
(1<sup>st</sup> & 3<sup>rd</sup> Wednesday; woman@braintrust.org) . 2-3:30pm

### THURSDAY

- Boston Bisexual Women's Network, Introductory  
Meeting (2<sup>nd</sup> Thursday, odd months) ..... 7:30-9pm
- HerSay (2<sup>nd</sup> & 4<sup>th</sup> Thursday) ..... 7-8pm
- Support-4-Us (every other Thurs.; anxiety/panic) .. 6-7:30pm
- Thursday Night Gathering for Survivors of Child Sexual  
Abuse [weekly; topic at 1<sup>st</sup> mtg. of month ... 7:30-9:30pm
- \*Women's Community Cancer Project, Open  
General Meeting [1<sup>st</sup> Thursday; (617)354-9888] .. 7-9pm
- Women of Color Rap (1<sup>st</sup> Thursday) ..... 7-8:30pm

### FRIDAY

- CODA (Codependents Anonymous; weekly) ..... 6:30-8pm
- Incest Resources Facilitated Discussion for Survivors of  
Child Sexual Abuse (last Friday) ..... 6-7:30pm
- \*Incest Survivors Anonymous (weekly) ..... 6:30-8pm
- Web Basics (Dec. 15; RSVP: Heather, 354-8807) .. 5-6:30pm

### SATURDAY

- \*Beyond Living Paycheck to Paycheck (Personal finance  
workshops for women of color; 3<sup>rd</sup> Saturday) ..... 2-4pm
- \*Coming Out Discussion for Women of All Ages (1<sup>st</sup> Sat.  
each month, except holiday weekends) ..... 11am-1pm
- \*Organizing Meeting for Lesbians & Children Conference  
(December 9; info: Julie Joy, (617)522-7774) ... 12-2pm
- Trauma Survivors' Drop In Support Group  
[3<sup>rd</sup> Saturday; facilitated by Amy Aisenberg,  
(617)354-3721, 11am-7pm, please] ..... 12:30-1:45pm

\* Wheelchair accessible meetings

## NEW GROUPS/WORKSHOPS

**BARBARA NEELY READS!** Saturday, December 27, 1-3pm.  
Barbara Neely, the author of *Blanche Passes Go* and other  
mysteries, is an African-American writer whose work focuses  
on race, class, and other forms of oppression

**BEYOND LIVING PAYCHECK TO PAYCHECK: A series  
of Personal Finance Workshops for Women of Color,** 3<sup>rd</sup>  
Saturday, 2-4pm. Designed to explore financial issues and  
options in a comfortable setting. Topics: December 16: *More  
about Investments*; January 20: *Wealth*. Info: (617)354-8807.

**CHILD HEALTH DISCUSSION,** Thursday, January 4, 2001,  
10:15-11:30am. Come ask Dr. Ronnie Peterson about your  
child's health, illnesses, any other issues (eg. child-rearing).

**GRIEF SUPPORT GROUP,** Tuesdays, 6:30-8pm. A peer  
support group for women who are grieving the loss of a loved  
one. Info: Lizziewl@yahoo.com.

**HerSay,** Thursdays, December 14 & 28, 7-8pm. A group for  
women interested in political, social, and artistic activities that  
are focused on women's issues. Info: (617)354-8807.

**NOTHING TOO HEAVY TO SHARE (NTHTS),** for  
survivors of severe abuse, such as battering, torture, forced  
isolation/confinement, child sexual exploitation, or extreme  
neglect. Info/to join: Esther, (617)969-9347.

**\*ORGANIZING MEETING FOR LESBIANS & CHILDREN  
CONFERENCE,** Sat., December 9, 12-2pm. Help design  
this year's conference. Info: Julie Joy, (617)522-7774.

**PERSEPHONE PROJECT,** Tuesdays, 7-9pm. A new group  
of survivors of domestic violence working together to create a  
play about the subject. Info: (617)576-1308.

**SUPPORT GROUP FOR MARRIED BISEXUAL WOMEN,**  
2<sup>nd</sup> Tuesday, 7:30-9pm.

**WEB BASICS,** Friday, December 15, 5-6pm & Wednesday,  
December 20, 12-1:30pm. An introduction to the Internet.  
Must RSVP: Heather, (617)354-8807.

## TOPICS FOR DISCUSSION

### INCEST RESOURCES FACILITATED DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE

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

December 29 Self-Care

January 26 Anger

February 23 Growing Up

### WOMEN OF COLOR READING CIRCLE

2<sup>nd</sup> Monday, 7-8:30pm. Info: Vanessa, (617)629-3106.

December 11: *Interpreter of Maladies* by Jhumpa Lahiri.

**WOMEN OF COLOR RAP - 1<sup>st</sup> Thursday, 7-8:30pm**

December 7 Holiday Gathering

**\*WOMEN OVER 40 - 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 7-8:30pm**

December 13 Dating Themes.

27 Review Our Year Together

Info: Suzanne, (781)393-4854.

**\*LESBIAN RAP - Mondays, 7:30-9pm.**

December 4 Game Night

11 Economic Differences in Dating

18 Dealing with Holiday Diversity

**\*BISEXUAL WOMEN'S RAP - 1<sup>st</sup> & 3<sup>rd</sup> Tuesday,  
7:30-9pm; activities on off weeks; Elle, (617)718-0386.**

December 5 Sex: Casual or Committed

19 Getting Bi the Holidays

# THE WOMEN'S CENTER SUPPORTERS

*Many thanks to the following foundations, corporations, and individuals for supporting  
The Women's Center with contributions equaling \$500 or more from 11/1/00-11/21/00*

## *Foundations & Corporations*

Agilent Technologies  
Lassor Fanny Agoos Charity Fund  
Cambridge Community Foundation  
Cambridge Savings Bank  
Cambridge Trust  
Bushrod H. Campbell and Adah F. Hall  
Charity Fund  
Charles and Sara Goldberg Trust  
Citizens Bank  
City of Cambridge  
Clipper Ship Foundation  
Connor Charitable Foundation  
Cornyn Foundation  
Charles Stark Draper Laboratory  
Episcopal Diocese of Massachusetts  
East Cambridge Savings Bank  
First USA Partners  
Fredrick E. Weber Charities Corporation  
George and Beatrice Sherman  
Family Charitable Trust  
Gillette Company  
Haymarket People's Fund  
Hewat O'Connor Fund  
IBM/Lotus  
Medford Bank  
Marcia Rough & John Nitzche Foundation  
New England Financial  
Quest Diagnostics  
TJX Foundation  
The Art Connection

## *Individuals*

Anonymous, Maria Arseneault, Carolann C. Barrett,  
Maureen Barlow, Anne Burling,  
Grace Dinghee, Rosalene Dixon,  
Kevin Dunckel, Marica Duvall,  
Karin Ferencz, Gay Ferguson,  
Christine Flynn-Saulnier,  
Laurie Francis-Wright,  
Marsha Gerstein, Celia Gilbert,  
Deb Glancy, Harriet Ely Griesinger,  
Jean Hardisty, Margaret Harrigan,  
Deborah Holland,  
Nancy and Robert Hurlbut,  
Edith Kingsbury, Karen McIntosh,  
Heidi Meyer, Gina Orden,  
Avery Rimer, Janet Singer,  
Lally Stowell, Elaine Westerlund  
Genevieve Wichmann, Susan Yanow

## THE WOMEN'S CENTER WISH LIST

Four ergonomic chairs  
Copy Paper (white, colors)  
TV/VCR stand  
Children's videos  
(ages 2-10)  
Children's computer games  
Children's art supplies  
Children's art easel  
volunteer seamstress



*Thank you!*

CONTINUE SUPPORTING THE WOMEN'S  
CENTER



*Give a gift to a friend or  
loved one  
by making a donation to  
the Women's Center  
in their name*

## *A Special Thanks To Community Businesses*

Peer to Peer, Framers' Workshop, A Street Frames,  
FrameSmart, Cambridge Framery and Photo,  
Food For Free, Picante, Cambridge Deli,  
Carberry's Bakery & Coffeehouse,  
Harvest Co-op, Starbucks, Ras Café,  
Middle East Restaurant, Kabloom,  
Adlen Merrell, Hi Rise Bread Company,  
Bread & Circus, Shaws, Art Supplies Wholesale,  
The Children's Museum, Toscanini's Ice Cream,





**Yes, I want to support the Women's Center!**

Enclosed is my tax-deductible donation of: \_\_\_\$25 \_\_\_\$50 \_\_\_\$100 \_\_\_\$500 \_\_\_\$other

For a donation of \$150 or more, you'll receive a Women's Center T shirt or cap!

I'd like to become a regular **monthly sustainer**, with a pledge of \$\_\_\_ per month.

\_\_\_ Add me to the Women's Center mailing list.

\_\_\_ I'm interested in volunteering at the Women's Center.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_, State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

*Thank You!*

If you'd prefer to be taken off of our mailing list, please check the following box and return to the Women's Center

**THE WOMEN'S CENTER SEEKS COLLECTIVE MEMBERS**

**T**he Women's Center's Collective is welcoming new members. The Collective meets for two hours once a month to discuss potentially controversial issues impacting women coming to the Center which don't require immediate action. We are seeking women who can make a good faith commitment to joining for at least six months. Over the past year we have discussed permitting men access to events held while the Center is closed, computer access issues, and our Transgender Access policy (which is still in process).

We are seeking women committed to The Women's Center and to the consensus process.

Consensus decision-making values the input of every woman who attends, and requires a commitment to finding a decision which everyone can live with. The process is both highly rewarding and highly challenging. All new members will have an orientation to learn how it works.

If you are interested in learning more, please contact Heather at The Women's Center. Also, if you have issues which you would like the Collective to consider, please feel free to write them up and send them to the attention of Heather at the Women's Center or email them to [wmnscntr@mediaone.net](mailto:wmnscntr@mediaone.net).

*~Heather Searles*

The Women's Center  
46 Pleasant Street  
Cambridge, MA 02139

Address Correction Requested  
Return Postage Guaranteed

Non-Profit Org.  
US Postage  
PAID  
Boston, MA  
Permit No. 59699