

Fall 2019 Series

Am I Here? Waking Up to What Matters

September 19 RIVERS OF LIFE

Display of wildlife photography by Carol Berney

11.30 am Lecture: **CHRISTINA GASBARRO**, Charles River Watershed Association

12.15 pm: Water ritual, facilitated by Lindsa Vallee



September 26 MUSIC AS HEALER

Focus and Sound Healing: Comma Williams Lecture: **ANNETTE PHILIP**, vocalist, composer-arranger, recording artist, choir conductor, artistic director of Berklee India Exchange at Berklee College of Music

October 3 CLEANING UP OUR ACT

Focus: Sue Edwards

Lecture: MARIAMA WHITE-HAMMOND,

minister for Ecological Justice at Bethel AME Church, Boston, and fellow with the Green Justice Coalition, a partnership for environmental justice





October 10 RESOURCES: HOW MANY PEOPLE CAN THE WORLD SUSTAIN?

11.30 am: JONATHAN HARRIS Tufts University Global Development and Environment Institute (GDAE)



12.15 pm: ANNE-MARIE CODUR, GDAE, North American coordinator of *Dialogues en humanité*



October 17 WHY IS LIFE SO BUSY? Focus: Dorianne Low

Lecture: **PAMELA KRISTAN**, teacher, consultant and author of Awakening In Time: Practical Time Management For Those On a Spiritual Path, and The Spirit of Getting Organized



October 24 INFLATION AND POVERTY: EROSION OF THE MIDDLE CLASS

Focus: Liz Wilson

Lecture: **CHARLES DERBER**, Boston College, sociologist focusing on today's global social, economic and environmental crises

October 31 AFFORDABLE HOUSING: KEEPING OUR COMMUNITY

Focus: A panel of WomenExplore participants

Lecture: **LARRY FIELD**, deputy director Massachusetts Smart Growth Alliance, promoting equitable, sustainable communities



November 7



OVERCOMING OUR INTERNALIZED PATRIARCHY

11.30 am: **UKUMBWA SAUTI**, creator of men's work initiative, educator, cultural studies facilitator, consultant

12.15 pm: JUDITH JORDAN, director Jean Baker Miller Training Institute at Wellesley Centers for Women



November 14 AUTISM TOUCHES US ALL

Focus: Mary Rose Muti

Lecture: **DANIA JEKEL**, executive director of the Asperger/Autism Network, supporting those on the autism spectrum

November 21

MINDFULNESS: BEING PRESENT TO WHAT MATTERS

Focus: MaryMargaret Halsey

Lecture: **NARAYAN LIEBENSON**, Cambridge Insight Meditation guiding teacher, author of *The Magnanimous Heart* and *Life as Meditation*



Thursdays in Harvard Sq, Cambridge MA 11 am Registration 11:30 am Focus* 12 noon–1 pm Main Lecture* 1pm–1:30 pm Discussion *Unless otherwise indicated

At Democracy Center, **45 Mt Auburn St**, cnr DeWolfe St The Democracy Center is partially wheelchair accessible, with no accessible bathroom on site. Contact info@democracycenter.org or 617 492 8855 as needed.

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Single session \$15 – pay more if you can, less if needed. Series enrollment \$130. Groups (5 or more) \$12. Students \$5.