

Women Explore

Lecture and Discussion Forum

Now on Zoom

Spring 2022 Series

Friendship, Distraction, Hardiness: The Complexity of This Moment



March 17

FRIENDSHIP

Focus: Amy Banks

Lecture: **AMY BANKS**, psychiatrist, neurobiologist, at International Center for Growth in Connection and the Wellesley Centers for Women



March 24

WRINKLES IN FRIENDSHIP

Focus: Mary Ann Serra

Roundtable Discussion: Audience contributions



March 31

THE ATTRACTION OF DISTRACTION

Focus: Dorianne Low

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



April 7

FINDING BALANCE AND RIGHT RELATIONSHIP

Focus: MaryMargaret Halsey

Roundtable Discussion: Audience contributions



April 14

HARDINESS: WOMEN'S HEALTH AND HEART

Focus: Marcia Boehlke

Lecture: **DEE FOLEY**, nurse practitioner specializing in adult health care, former director of nursing at North Shore Community College

with **CARLA PEPKA**, prev. director of activities at an independent living community, & overseeing therapeutic activities for those in long term care



April 21

SPIRITUAL HEALTH: RITUALS & PRACTICE

Focus: Lindsa Vallee

Roundtable Discussion: Audience contributions



April 28

DRIVING THE CLIMATE CRISIS: TO BUY OR NOT TO BUY, THAT IS THE QUESTION

Focus: Barbara Villandry

Lecture: **LIZABETH COHEN**, in Harvard Dept of History, Howard Mumford Jones Professor of American Studies, author of *A Consumers' Republic: The Politics of Mass Consumption in Postwar America*

May 5

BECOMING A MINIMALIST

Focus: Susan Nulsen

Roundtable Discussion: Audience contributions



May 12

BECOMING EMOTIONALLY AND SPIRITUALLY HARDY

Focus: A WomenExplore participant

Lecture: **JANET COOPER NELSON**, chaplain at Brown University, supervising a ministry serving a multi-faith, multi-ethnic community

May 19

TAKING ACTION!

Focus: Paula Chandoha

Roundtable Discussion: Audience contributions



Thursdays in Harvard Sq since 1973, now on ZOOM

The 2-hour sessions begin at 11.30 am.

For the five headline topics, on Mar 17, Mar 31, Apr 14, Apr 28, May 12, we will follow the usual format:

11:30 am Focus
12 noon-1pm Main Lecture
1pm-1:30 pm Discussion

The week following each of these forums – Mar 24, Apr 7, Apr 28, Apr 28, May 12 – will be devoted to a topic that has arisen out of the previous week's topic. The program on these weeks will be introduced by a focus presentation which will be followed by a roundtable discussion giving the audience members extended time to present their own stories or own views on the topic:

11:30 am Focus
12 noon-1:30 pm Roundtable Discussion

Each week before the forums is an optional informal gathering to share our lives and how we have been impacted by the topic in the previous week. **All welcome!**

10-11 am Reflections

Online via Zoom

Register at womenexplore.org
info@womenexplore.org

781 938 0776

WE, PO Box 380333, Cambridge MA 02238
WE is an independent 501(c)(3) non-profit organization.