

## The Center functions as...

...a collaborative of women who work toward the bettering and enriching of each other's lives.

## The goals of The Center are to help women...

...become aware of their inner resources,  
...pursue life affirming relationships,  
...and develop their potential.

## The Center accomplishes its mission...

...by offering activities, programs and support groups,  
...in and through community, and in an atmosphere of respect,  
...by building partnerships with businesses, other agencies and service providers, and  
...through advocacy on behalf of women.

Tending to the spirit of women through deep listening, intentional community building, and the arts.

## The Center provides...

- ❖ compassionate listening.
- ❖ personal and spiritual guidance in an atmosphere that honors all traditions.
- ❖ a wide range of activities and programs & groups.
- ❖ an opportunity to meet and network with others.
- ❖ assistance in finding resources in the area.
- ❖ encouragement and support toward healthy life choices.
- ❖ a safe and hospitable place for women who desire companionship.
- ❖ a warm place during the cold of winter.



## The Center

Women's faces,  
Seeking.....  
Peace  
Acceptance  
Embraces?

Women's eyes  
Searching.....  
Fearful,  
Courageous,  
Wise.

A step through the door  
Means a step to new life;  
Breathing freely  
Finding others  
Learning new ways  
Beginning new days  
Seeing oneself in a different light.

Who are these women?  
They are you and me  
Waiting for someone  
To say we belong  
To say we are beautiful  
To set us free.

- Sr. Maureen Hurley, DW

In safe relationships, you can trust that you will not be lied to and will be free of exploitation, where the other does not feel superior at your expense, does not betray your confidences, or intrude upon your boundaries.

*- Jean Shinoda Bolen, Ring of Power*

*The Center is currently open:  
Weekday mornings,  
9:00 to noon.  
M - T - Th afternoons  
until 3:00.*



*"I felt safe, relaxed, not judged, and at peace."*

*- A Center Guest*

Executive Director:  
Klara Tammany

**HISTORY:** The Center was opened in 1999 by the Daughters of Wisdom, a Roman Catholic religious congregation. Over their nine years of operation, The Center, located in a very low income, high risk neighborhood of Lewiston, reached 1000 women, logging over 22,000 visits. It became a valuable resource, but in June 2008, the nuns found it necessary to discontinue the work. A group of volunteers and guests organized, and re-opened part time, with volunteer staffing. In October 2009 we hired a Director and increased programming and operating hours. In 2011 we logged 2418 visits and 2014 volunteer hours, with an average of 20 people volunteering monthly.

Current regular programs include various arts and crafts, game days, and a writing workshop. Specific programs, all with a focus on positive growth and change, are offered monthly, many in partnership with other area agencies. Topics have included nutrition, women's health, budgeting, and spirituality. Several small groups focus on wellness & self esteem and we have an Al-Anon & a Fibromyalgia Support Group. We are in a newly renovated space that includes a meditation room, activity & living rooms, kitchen, and a bathroom with shower. We have sponsored several special events, field trips, and a retreat weekend. One on one conversations focused on spirituality or wellness are regularly available. Coffee & Tea are always on! Come join us!



## The Center for Wisdom's Women

97 Blake St. PO Box 1016  
Lewiston, Maine 04243-1016  
(Behind Healy Terrace, just off Bates St.  
between Pine and Ash St.)  
207-513-3922

[www.wisdomswomen.org](http://www.wisdomswomen.org)  
[cww@oxfordnetworks.net](mailto:cww@oxfordnetworks.net)  
& find us on Facebook!

*A sacred and safe place  
that supports and  
empowers women.*

CONTRIBUTION FORM

*Honor the Wisdom of Women  
Honor Wisdom's Women!*

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Phone: \_\_\_\_\_

\_\_\_ I pledge to be a Sponsor @ \$240  
I prefer to pay: \$\_\_\_ Annually  
                          \$\_\_\_ Quarterly  
                          \$\_\_\_ Monthly

\_\_\_ Enclosed is a donation of \$\_\_\_

May we recognize your contribution publicly? \_\_\_ yes \_\_\_ no

\_\_\_ I would like to volunteer.

Checks should be written and sent to:  
Trinity Church/Wisdom \*  
The Center for Wisdom's Women  
PO Box 1016  
Lewiston, ME 04243-1016

*\* Thanks to Trinity Episcopal Church for being our partner & fiscal sponsor*

As a small non-profit  
with a big mission,  
we depend on ALL our donors!  
Thank you!

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#### DONATIONS HELP WITH:

- ❖ Rent (\$1250/month)
- ❖ Insurance (\$100/month)
- ❖ Programming (\$1200/year)
- ❖ Telephone (\$35/month)
- ❖ Internet (\$30/month )

#### WISH LIST:

- ❖ Instant coffee (reg. & decaf), honey, & creamer, hot chocolate, herbal teas, lemonade and ice tea mixes, powdered milk.
- ❖ Snacks: cookies, oatmeal, healthy munchies like granola bars, dry fruit & nuts, single serving fruit cups & soups, diabetic snacks.
- ❖ Paper goods: toilet paper, napkins, paper towels, plates & cups.
- ❖ Hygiene items: Feminine products, shampoo, deodorant, toothpaste, soap etc.
- ❖ Large framed print of Van Gogh's "Sunflowers."
- ❖ Small CD players (2), cork bulletin boards, metal serving cart with wheels, large inside door mat.
- ❖ Gift certificates: Office supply stores (for printer ink, paper etc.), hairdressers (to give away for birthdays), \$4 Dunkin Donut cards.
- ❖ In Kind: Computer tech, website/database support. Chorus Director. Printing of brochures, stationery, business cards, newsletter etc.

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