



## Doorway into Thanks...and Blessing

On Saturday, March 16th, The Women's Table hosted a *Morning for Mothers of children with special needs*. This half-day retreat provided mothers with time for themselves, and included a variety of expressive arts, e.g. poetry, reflective writing & artwork, as well as valued time for large & small group sharing. Eight women participated, and all agreed to meet on an ongoing basis. We met again on April 22nd, and will continue meeting once a month for this meaningful circle of support. Feel free to recommend this circle to other mothers whom you know!

## Writer's Workshop

Mary Caruso, our esteemed volunteer, led another 6-week Writer's Workshop this spring. This is the third program of its kind hosted by The Women's Table. One participant commented that Mary incorporates writing prompts that are "deeply thoughtful and always inspiring," as well as opportunities for reflection and sharing. Fourteen women gathered weekly for 1 1/2 hours on Thursday mornings. Here are a few of their comments: "This has been a transformative experience," "So happy I did this," "I enjoy hearing different perspectives from classmates," and "Fabulous balance of inspiration from outside sources and emphasis on self-exploration. "

## Gardner Pilot Academy Mother's Group

Meeting women *where they are* is a vital component of The Women's Table. This spring, Mary Rita co-led a 5-week Mother's Group with Elba Mendez, Parent Coordinator at the Gardner Pilot Academy (GPA) in Allston, MA. Eight mothers participated in this bi-lingual group, and all agreed that it was an enriching experience. It prompted lively discussion about self-esteem, caring for our needs as well as our children, and resource sharing.

## Praying

It doesn't have to be the blue iris, it could be weeds in a vacant lot, or a few small stones; just pay attention, then patch

a few words together and don't try to make them elaborate, this isn't a contest, but the doorway

into thanks, and a silence in which another voice may speak.

--Mary Oliver

Check out The Women's Table website at <http://thewomenstable.org/> and Like us on Facebook!

<https://www.facebook.com/TheWomensTable>