

available. United Methodist pastor, the Rev. Jeanne G. Knepper. (760-4215.) (7/97)

SisterSpirit is women sharing spirituality. All women welcome. Most events are wheelchair accessible. (Suite 426, 408 SW Second Ave. PO Box 9246, Portland, OR 97207. 294-0645.) (1/97)

Southminster Presbyterian Church welcomes people of all sexual orientations. Wheelchair accessible; Sunday school and nursery care available. Pastors are Jim Petersen and Laurie Miller. (Sunday: 9:30 and 11 am in winter, 10 am in summer. 12250 SW Denney Road, Beaverton, OR 97008. 644-2073.) (5/97)

University Park United Methodist Church is a Reconciling Congregation that welcomes and affirms all persons regardless of sexual orientation. (9:55 am Sunday. 4775 N Lombard St. Rev. Deedee Walters 289-7843.) (1/97)

SPORTS

The **Adventure Group**, Portland's gay and lesbian outdoors group, organizes a variety of activities and social events including hiking, skiing, mountain biking, camping and rafting. (452-5680.) (5/97)

FOREST Group outings are cooperative adventures for women only. Participants are responsible for providing their own equipment and choosing outings appropriate for their skill and fitness level. (235-1712.) (8/97)

Portland Frontrunners is an internationally affiliated running club for gay men, lesbians and their friends. Everyone is welcome to run. (6:30 pm Tuesday, 9 am Saturday. Dunway Park. Tamara 233-4937.) (10/96)

Portland Gay and Lesbian Community Bowling Association's league bowling began Jan. 5, and runs through May. Everyone is welcome. (11 am and 5 pm Sunday, 20th Century Lanes, 3550 SE 92nd Ave. \$7.50 per session. Renee 231-7085, Tom 293-0428, or send an SASE to: PCBA, PO Box 851, Portland, OR 97207.) (3/97)

Rose City Softball Association is Oregon's only nationally affiliated gay and lesbian softball league. Friendly competition for all skill levels. Players provide their own equipment. Fall and spring season play; ASA sanctioned. Nonplayers who want to volunteer are welcome. (Scott 244-8520, Jim 281-7637.) (7/97)

Team Portland Aquatic Club is an organized masters swim team for all swimming levels and interests. (Jill 228-1596.) (8/97)

Team Portland Tennis Association is a club for lesbian, gay and bisexual tennis players of all levels. The team plays every Sunday morning, publishes a newsletter, and holds occasional business meetings and social tennis mixers. New members always welcome. (Carol 213-0949.) (8/97)

FTS Winter Bowling League meets at Pro 300 Bowl from September to April. Thirty-six teams participate; the largest league of any kind in Oregon. (7 pm Friday. 3525 SE 31st Ave. Doug 788-6367.) (4/97)

Join a **gay and lesbian pool league** affiliated with the Oregon Pool Amateur League. All skill levels welcome; sanctioned by the American Poolplayers Association. (Call OPAL at 243-6725 and ask to sign up for the Central Division.) (3/97)

Ski-O-Rama is Portland's gay and lesbian ski club. (286-2513.) (3/97)

Wrestling Club provides means to contact other wrestlers. (PO Box 40066, Portland, OR 97240-0066.) (7/97)

YOUTH

Janus Youth Programs offers workshops for teens in areas such as self-esteem, anger management and life skills. (738 NE Davis St., Portland, OR 97232. Doug Pullin 233-6090, ext. 133.) (7/97)

Lesbian, Gay and Bisexual Youth Group of Eugene is a peer social, support and rap group that meets every Monday. Age 25 and under. (5-6:30 pm. Koininia Center Library, University of Oregon, 1414 Kincaid St. 541-346-3360.) (4/97)

The **National Coalition for Gay, Lesbian and Bisexual Youth** is an organization of groups and individuals formed to serve the needs of queer youth across the country. Current projects include the development of a national database of resources. (PO Box 24589, San Jose, CA 95154-4589.) (7/97)

Out 'n' About Youth, a social and support group for gay, lesbian and bisexual teens, meets Thursday evenings in Corvallis. (7 pm. First United Methodist Church, 1165 NW Monroe St. 541-752-2491.) (8/97)

Phoenix Rising Foundation Inc. is a mental health agency primarily serving members of the sexual minority communities, with social and support groups for sexual minority youth: **Awakenings**, an interagency project with Janus Youth Programs (6-8 pm Wednesday, Harry's Mother, 3942 SE Hawthorne Blvd.); **The Trans Group**, for transsexual, transgendered and cross-dressing youth (6-8 pm Wednesday, Phoenix Rising offices); **Transitions** (3:30-5 pm Wednesday,

Cedar Hills Recreation Center, Beaverton); **Windfire** (6-7:30 pm Thursday, Phoenix Rising offices); **Personal Deity Proxy**, a group to share creative endeavors (5-7 pm Friday, Phoenix Rising offices). (620 SW Fifth Ave., Suite 710, Portland, OR 97204. 223-8299.) (3/97)

Positive Place, a new group for HIV-positive people under age 25, meets on Thursdays at Outside In. A joint project of Outside In and Project Quest. (1236 SW Salmon St. Call to sign up: Graham Harriman 241-6448.) (2/97)

Pride Mentorship Project serves Multnomah County gay, lesbian, trans and questioning youth between the ages of 13 and 19. A project of Phoenix Rising, Westside Youth and Family Services of Neighborhood House Inc. and the Oregon Department of Human Resources Volunteer Program. (Vanessa Usui 244-2292 or 223-8299.) (5/97)

Rainbow is a positive social and peer-support group for sexual minority youth, with an emphasis on youth of color. Sponsored by the Urban League of Portland. (4:30 pm Monday, Cascade AIDS Project, Suite 300, 620 SW Fifth Ave. 280-2600.) (8/97)

Roots and Branches provides positive mental health counseling tailored to the needs of lesbian, gay and bisexual youth. Therapy, consultation, advocacy and referral are offered to individuals and families on a sliding scale. A program of The Network. (2020 SE Powell Blvd. 238-0780.) (7/97)

Safe Space is a group for lesbian, gay, bisexual or questioning youth that meets in Bend on Fridays. (Call for location: 541-383-4861.) (9/96)

Triple Point is a social group for gay, lesbian, bisexual, transgender, queer and questioning youth in Southwest Washington. Weekly rap sessions and activity excursions. A program of Evergreen AIDS Response. (Celeste Baskett 360-735-9170.) (5/97)

VOICES (Voices of Individual and Community Empowerment from the Streets) is a self-support group for queer youth. **Free pizza.** An interagency project of Outside In and Phoenix Rising. (6-8 pm Wednesday, 1030 SW 13th Ave. 223-4121.) (3/97)

CENTRAL OREGON

Beyond the Closet Inc. provides services to the lesbian and gay community, its families, friends and supporters. Services include speakers, films, entertainers and workshops that educate about issues of concern, such as homophobia. BTC seeks to form alliances with others who work for social, economic and environmental justice and to share resources with others in rural Oregon. (PO Box 9174, Bend, OR 97708. 541-317-8966.) (7/97)

Deschutes County Coalition for Human Dignity. (PO Box 6084, Bend, OR 97708-6084. 541-385-3320.) (6/96)

Deschutes Discrimination Reporting Line exists to document discrimination in Central Oregon. For information, referral and confidential reporting of hate crimes call 541-383-4113. (PO Box 6084, Bend, OR 97708.) (12/96)

Equestrian Group (Goose Lake Ranch 541-388-3680.) (7/97)

Gay and Lesbian Alcoholics Anonymous meets in Bend. (5:30 pm Tuesday. 541-388-3680.) (5/97)

Parents, Families and Friends of Lesbians and Gays-Bend meets on the third Monday of the month at the First Presbyterian Church. The group's threefold mission is support, education and advocacy. (6:30 pm meeting, come at 6 pm for coffee, visiting or browsing in the library. 230 NE Ninth St. 541-317-2334.) (5/97)

COASTAL OREGON

Coos Bay Parents, Families and Friends of Lesbians and Gays meets on the first Tuesday of the month. (7:30 pm. First Presbyterian Church, 438 Erod St. 541-347-9109.) (7/97)

Coos County Coalition for Human Rights is committed to the promotion of equal rights for all people. Meets last Tuesday of the month. (PO Box 325, North Bend, OR 97459. Jim 541-269-5374.) (7/97)

GALON, Gay and Lesbian Outreach Network, is a support group for the gay, lesbian and transgendered people of Coos County. The group publishes a monthly newsletter. (PO Box 1324, Coos Bay, OR 97420. 541-269-6692.) (7/97)

GLUE PAC (Gay and Lesbian United Effort) meets monthly to promote equality for, and visibility of, the gay and lesbian community in Lincoln County. Fun social and political advocacy. (541-265-6368.) (7/97)

Lincoln County Parents, Families and Friends of Lesbians and Gays provides support, education and advocacy. (PO Box 1156, Newport, OR 97365-0091. 541-265-6368.) (7/97)



Dr. Joycelyn Elders speaks at Embracing Midlife, a Menopause Conference at Portland State University March 7

North Coast Pride Network, Columbia Pacific Region, for lesbians, gay men, bisexuals and transgendered people. Social and political activities, gay film series, networking with other human rights groups. Meets monthly in Seaside-Astoria area. (PO Box 2751, Gearhart, OR 97138-2751. Bob Gwinn 738-0215.) (6/96)

The **Out-Line** program provides outreach to and advocacy for gay and lesbian youth and adults. Services include monthly support groups, information and referral, and a media center. (Careerpaths Training and Resource Center, PO Box 2004, Newport, OR 97365. 541-265-3087.) (7/97)

EASTERN OREGON

Lambda Eastern Oregon Association is a social, support and networking association serving gay men, lesbians and bisexuals in Baker County. Bimonthly meetings are held. (Box 382, Baker City, OR 97814.) (7/97)

SOUTHERN OREGON

Abdill Ellis Lambda Community Center Association welcomes men, women, families and friends. (56 Third St., Ashland, OR 97520. 541-488-6990.) (3/97)

Gay Alcoholics Anonymous meets at First United Methodist Church in Medford. (7 pm Friday. 607 W Main St. 541-770-9461.) (3/97)

Gay and Lesbian Alliance meets monthly. (7:30 pm second Thursday, Umpqua Unitarian Church, 1265 NW Waters St., Roseburg, PO Box 813, Roseburg, OR 97470.) (7/97)

Grants Pass Parents and Friends of Lesbians and Gays no longer holds monthly meetings. (541-488-3436.) (11/96)

Klamath Area Lambda Association meets regularly and hosts a variety of friendly, inclusive social gatherings. (PO Box 43, Klamath Falls, OR 97601. 541-883-2437.) (8/97)

Klamath County Parents and Friends of Lesbians and Gays offers resources and support. (Write care of First United Methodist Church, 230 N 10th St., Klamath Falls, OR 97601. 541-882-3309.) (7/97)

Lesbian Community Project (PO Box 515, Medford, OR 97502. 541-488-6990.) (3/97)

OnTrack Alan Collins AIDS Project offers HIV counseling, testing, educational outreach and case management at the **10th Street Outreach Center**; adult foster care at **Alan's House**; low-cost housing for independent living at **Fairfield Place**; and an HIV support group on Thursday from 5:15 to 6:30 pm. (541-772-1777. 541-779-2006.) (3/97)

Rogue Valley Parents and Friends of Lesbians and Gays meets on the first Thursday of the month. (7 pm. First United Methodist Church, 175 N Main St., Ashland. 541-488-3436.) (11/96)

WILLAMETTE VALLEY

After 8 provides information, referral and advocacy for lesbians, gay men and bisexuals in Benton and Linn counties. (7 pm second Tuesday, 101 NW 23rd St., Corvallis. PO Box 1828, Corvallis, OR 97339. 541-752-8157.) (5/97)

Eugene Frontrunners/Frontwalkers: Walk or run one to five miles with friendly gay, lesbian and bisexual people. (Hank 541-484-6259.) (7/97)

Gay and Lesbian Health Care Workers of Salem is open to gay men and lesbians who work in any health-related field. (557-8414, 363-0519.) (7/97)

A **gay men's prayer and meditation group** meets on Sundays in Eugene. (5-6 pm. 1440 Kincaid St. Hank 541-484-6259.) (7/97)

Ladies Home Companion is a newsletter for lesbians in the Corvallis area. Since 1986, LHC has provided information about community activities, politics, events and people. Subscriptions are \$6 per year. (PO Box 1828, Corvallis, OR 97339.) (7/97)

Ladies Social Register is a monthly lesbian newsletter featuring social events, home repair and gardening tips, etc. Subscriptions are \$10 per year. (PO Box 3214, Albany, OR 97321.) (1/97)

Lavender Welcome Wagon greets lesbians new to Linn, Benton or Marion counties, or those just coming out. (541-979-9115.) (7/97)

Lesbian Forum meets alternately in Corvallis and Albany for social, nonpolitical discussions and events. (7 pm first Wednesday. Call for location and details: 541-928-0871.) (7/97)

Morningside United Methodist Church is a Reconciling Congregation. Persons of every sexual orientation are welcome to full participation in the life of the congregation. (3674 12th St. SE, Salem. 364-5013.) (7/97)

MPowerment Project is a social and outreach center for all gay and bisexual men in Eugene, offering weekly group meetings, coffee hours, movie nights and special events. (775 Monroe St. 541-683-4303.) (7/97)

Parents, Families and Friends of Lesbians and Gays-Corvallis/Albany meets every fourth Monday. (7 pm. First Methodist Church, 1165 NW Monroe St., Corvallis. 541-752-0889.) (8/97)

Parents, Families and Friends of Lesbians and Gays-Salem meets on the third Wednesday of each month at First United Methodist Church. (7:30 pm. Church and State streets. PO Box 121, Gates, OR 97346. 897-2524. 393-9668.) (1/97)

Pathfinders of Linn and Benton Counties is a support group for gay men, bisexuals and lesbians. Meets monthly for dinner and social time with speakers or activities. (PO Box 971, Corvallis, OR 97339. 541-752-6322.) (7/97)

Sweet Spirit Metropolitan Community Church is an ecumenical Christian church open to all people. (11 am Sunday, 3322 Lancaster Drive NE, Salem. 363-6618.) (7/97)

Together Works is a support group for lesbians, gay men, bisexuals and friends. Activities include social events and discussion of timely topics. Meet others in a neutral, safe environment. (7:30 pm second and fourth Mondays. First Baptist Church, McMinnville. 434-6266.) (7/97)

Willamette University's Lesbian, Gay, Bisexual Alliance meets on a weekly basis during the school year for discussions, event planning and support. Community members are welcome to attend. (370-6267.) (7/97)

WASHINGTON

Nahcotta Sanctuary, a secluded retreat on Long Beach Peninsula, provides a healing refuge for individuals, couples or small groups. Ongoing events: see Workshops. Lodging \$35-\$95; Intentional Community opportunity available. (PO Box 87, Nahcotta, WA 98637. 360-665-4181.) (7/97)

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