

SPIRITUALITY

Metro: Spirituality

Ainsworth United Church of Christ is a multicultural, multicultural, open and affirming church. Sunday worship is at 10 am, and church school for children runs concurrently. (2941 NE Ainsworth St. 503-284-8767. aucc@teleport.com.)

The **Anawim Community** of gay men meets weekly for Christian meditation and prayer. (7:30 pm Thursday. 503-281-0722.) (5/01)

Bridgeport Community Church (UCC) is a growing community of progressive, political people exploring and celebrating the Christian faith. We are multicultural, lesbian, gay, bi and straight, and our children are valued members. (10:30 am Sunday. 621 NE 76th Ave. 503-258-0992.) (5/01)

Community of St. Andrew invites all to join a diverse Catholic faith community for prayer and fellowship. (9:30 am Sunday. 806 NE Alberta St. 503-281-4429.) (5/01)

Dignity Portland meets for Mass Sundays at 4 pm at St. Stephens Episcopal Church followed by a social. (Southwest 13th Avenue at Clay Street. dignitypd@aol.com.) (5/01)

DirECTIONS NorthWest (ECWR) supports GLBT Christians integrate faith and sexuality through scripture and fellowship. (PO Box 86383, Portland, OR 97286-0383. communities.msn.com/DirEctionNW PortlandHomePage.) (5/01)

Eastrose Fellowship Unitarian Universalist, a welcoming congregation, offers Sunday service at 10:30 am. (1133 NE 181st Ave., Gresham. 503-665-2628. eastrose@teleport.com.) (5/01)

Estacada United Methodist Church Reconciling Congregation, where we really mean everyone is welcome. Sunday worship at 10:30 am. (204 SE Main St., Estacada.) (5/01)

First Congregational United Church of Christ is an open and affirming congregation in the liberal Christian tradition. Sunday worship is at 10:25 am, and church school for children runs concurrently. (1126 SW Park Ave. 503-228-7219.)

Full Circle Temple is a place of worship for women of all ages offering workshops, song and drum circles, meditation rooms and altars of celebration, incorporating what you bring to share. (10 am-10 pm Tuesday-Sunday. 3125 E Burnside St. 503-238-0675.) (5/01)

The **God Connection Center for Worship, Growth and Leadership** invites you to celebrate your spirituality with the Revs. Berdell Moffett and Casey Chaney. Liberal, practical; all are welcome. (10 am Sunday. 4828 NE 33rd Ave. 503-481-7591.) (5/01)

Grace Space, a newly formed multidimensional spiritual center led by the Rev. Stephanie Torres, holds Sunday evening celebrations. (5 pm. Unity Church, 4525 SE Stark St. 503-287-3216.) (5/01)

Integrity, the gay and lesbian ministry of the Episcopal Church, meets on the second Friday of each month in the Morrison Room at Trinity Cathedral. Eucharist is celebrated at 6:45 pm followed by a potluck and fellowship. (147 NW 19th Ave. 503-289-1687.)

Interfaith Spiritual Center. Gay men's spirituality groups form every other month. Spiritual directors from various world religious traditions are available for guidance, classes and retreats. (Second Floor, 3910 SE 11th Ave. 503-233-2026, ext. 3. www.hometown.aol.com/djrho5/webpage.html.) (5/01)

Lesbian and gay meditation group. "Compassionate Heart Sangha," meets for meditation in the Buddhist Vipassana tradition. (7:30-9 pm Wednesday. Flanders House, 2926 NE Flanders St. Jon 503-239-5539.) (5/01)

Lilith's Daughters is a westside lesbian spiritual group facilitated by Rev. Grace Young. The meetings are on the 2nd and 4th Fridays of the month at 7 pm in Beaverton. (Grace at 503-643-3209.) (5/01)

Metanoia Peace Community (United Methodist) is a "house church," bringing gay and straight together. (Daily prayer 7:20 am. Sunday gathering 6 pm. 2116 NE 18th Ave. 503-281-3697.) (5/01)

Metropolitan Community Church of Portland holds ecumenical Sunday morning worship services at 9 and 11 am. Sunday school for children is held during the 11 am worship service. (2400 NE Broadway. 503-281-8868. mccpd@aol.com.) (5/01)

Potter's House Ministries Life Center. Evangelical and charismatic Christian. (3830 SE 62nd Ave. 503-775-5024.) (5/01)

SisterSpirit offers women's spirituality celebrations, discussion groups, a drumming circle, workshops and classes. Schedule of events available. All women are welcome. (3-6 pm Tuesday-Friday. Suite 102, 3430 SE Belmont St. Mailing address: PO Box 9246, Portland, OR 97207. 503-736-3297. sistersp@teleport.com.) (5/01)

Southminster Presbyterian Church is a challenging, supportive community that welcomes all people. It is the first More Light Presbyterian Church in Oregon. (10 am Sunday summer, 9:30 and 11 am Sunday winter. 12250 SW Denney Road, Beaverton. 503-644-2073.) (5/01)

St. James Lutheran Church, a reconciled in Christ congregation, welcomes all people for traditional liturgical worship where we experience God's reconciling love that sets all people free. (9 am and 11 am

Sunday. 1315 SW Park Ave. 503-227-2439.) (5/01)

St. Philip Neri gay and lesbian outreach. A gay/lesbian-positive community for Catholics and their friends. Mass at 7:30 pm on Fridays followed by a social. (Paulist Center, 2408 SE 16th Ave. 503-231-4955.) (5/01)

St. Stephen's Episcopal Church, the new home of the Portland Gay Men's Chorus, has been welcoming all people since 1863. (12:10 pm Wednesday and 7:45 and 10 am Sunday. Sunday school and child care at 10 am. Southwest 13th Avenue at Clay Street. 503-223-6424.) (5/01)

University Park United Methodist Church is a member of the network of Reconciling Congregations and meets for worship each Sunday at 10 am. (4775 N Lombard St. 503-289-7843.) (5/01)

Zion United Church of Christ, an open and affirming congregation, is open to gay, lesbian, bisexual, transgendered and heterosexual people who wish to worship in a Christ-centered, warm, caring, multiage/race/cultural faith community. (11 am Sunday. 2025 NE 23rd Ave., Gresham. 503-665-8741.) (5/01)

Washington: Spirituality

East Vancouver United Methodist Church. Reconciling, welcoming. (10 am Sunday. 5701 MacArthur Blvd., Vancouver. 360-693-4761. ourclarkcounty.columbian.com/273/.) (5/01)

First Congregational Church, United Church of Christ. Two Sunday services, traditional and "less traditional" in an open and affirming congregation. (1220 NE 68th St., Vancouver. 360-693-1476.) (5/01)

Metropolitan Community Church of the Gentle Shepherd. (10 am Sunday. 913 W. 13th St., Vancouver. 360-695-1480.) (5/01)

Michael Servetus Unitarian Universalist Fellowship. (10 am Sunday. 4505 E. 18th St., Vancouver. 360-695-1891.) (5/01)

Willamette Valley: Spirituality

First Congregational Church, United Church of Christ, is an open and affirming congregation offering worship and church school. Child care provided. Wheelchair accessible. (10 am Sunday. 700 Marion St. NE. Salem. 503-363-3660.) (5/01)

The **Gay-Straight Alliance** of the **Unitarian Universalist Congregation** of Salem meets on the third Sunday of each month for a potluck. (6 pm. 5090 Center St. NE. 503-363-8716.) (5/01)

Interfaith Spiritual Community meets every Sunday at the Heart Center for inspirational messages, children's celebrations and joy. We honor and celebrate all sacred paths, recognizing each person's divine gifts and supporting spiritual growth, healing and enlightenment. (6-7:30 pm. 1578 Commercial St. SE, Salem. 503-763-6030.) (5/01)

Morningside United Methodist Church is a reconciling congregation where everyone is welcome to participate in the full life of the congregation. (8:30 and 11 am Sundays. 3674 12th St. SE, Salem. 503-364-5013.) (5/01)

Sweet Spirit Metropolitan Community Church (MCC) holds worship at 11 am Sundays followed by coffee and fellowship as well as potluck lunches every second Sunday. (American Legion Hall, 4774 Lilac Lane NE, Salem. Mailing address: Pastor Ken Kerr, PO Box 12753, Salem, OR 97309. 503-315-7923.) (5/01)

YOUTH

Metro: Youth

Expression is a free art/expression support group for GLBT youth 13-18 who live in the Gresham area. Learn, grow and have fun! Sponsored by Roots and Branches. Meets Fridays from 5-7 pm in Gresham. (Call Jonathan to reserve your spot. 503-238-0780 ext. 244.) (5/01)

Outside In operates a clinic for anyone who can't qualify for the Oregon Health Plan as well as a needle exchange service. It also has some transitional housing for youth 20 and younger as well as for youth who are HIV-positive and younger than 23. It also plays host to **VOICES** (Voices of Individual and Community Empowerment from the Streets), a self-support group for queer youth. (10 am-6 pm Monday-Friday. 1236 SW Salmon St. 503-223-4121.) (5/01)

Pride Project brings together Washington County lesbian, gay, bi, trans and questioning youth to plan and attend monthly social events. Also information, referral, support and advocacy services for Washington County. (Molly 503-260-5792.) (5/01)

Rainbow is a multicultural peer support and activity group for gay, lesbian, bisexual, trans and questioning youth. (4:30 pm Monday. Metropolitan Community Church of Portland, 2400 NE Broadway. 503-281-8868.) (5/01)

Sexual Minority Youth Recreation Center (SMYRC) offers drop-in computer access, pool tables and an informal place to hang out. Also plays host to weekly youth support groups including Windfire, Trans Youth Group and Personal Deity Proxy (a creative group). (4-8 pm Wednesday, 4 pm-midnight Friday and Saturday. 424 E Burnside St. 503-872-9664. www.smyrc.org.) (5/01)

S.M.I.L.E. is a free education/support group for GLBT youth 13-18. Learn, grow and have fun! Meets from 5 to 6:30 pm Thursday beginning Jan. 11. Sponsored by Roots and Branches. (Jonathan 503-238-0780, ext. 244.) (5/01)

Youth HIV/STD Prevention Project provides fun and educational programs along with counseling and testing to queer youth in a friendly, relaxed environment. (503-872-9664.) (5/01)

YouthNet, a program of Love Makes a Family, offers tutoring and mentoring for lesbian, gay, bi and trans youth as well as for children of LGBT parents. (503-227-1981.) (5/01)

Southern Oregon: Youth

The **Sexual Minority Youth Recreation Group of Klamath Falls** provides support for gay, lesbian, bi, trans and questioning youth and their allies. (boytoy22@hotmail.com.) (5/01)

Southern Oregon Youth Outreach (SOYO), a group for gay, lesbian, and bi youth aged 14-20 meets on the first and Thursdays of the month in Ashland. (541-488-6990.) (5/01)

Washington: Youth

Teen to Teen Sexual Minority Youth Program offers education, support and advocacy to gay, lesbian, bi and trans and questioning youth in Vancouver, Wash. Meets 6-8 pm Tuesdays and 3:30-5:30 pm Thursdays at Cascade AIDS Project, 1104 Main St. Suite M-100. (Amanda 360-693-1188.) (5/01)

Willamette Valley: Youth

Gay, Lesbian, Bisexual, Transgendered and Questioning Youth Group for ages 13-18 offers support, information and fun. Free, confidential, drop-in. (4-6 pm Friday. Amazon Community Center, 2700 Hilary St., Eugene. 541-684-3466.) (5/01)

Lesbian, gay, bisexual, transgender youth group for ages 25 and younger meets every Monday. (5 pm Monday. Koinonia Center, 1414 Kincaid St., Eugene. 541-346-1134.) (5/01)

ADVICE

Come on Eileen

Female ejaculator gives us all the juicy details

DEAR MS. BEHAVIOR:

I am one of those rare female ejaculators who gets her lovely lover very, very sopping wet. Sometimes the ejaculate is clear and fresh, and other times it's slightly yellow.

You can guess my question, right? What the hell is the flood between my legs? Am I peeing, or am I gushing with love juice?

My girlfriend is a little squeamish about being peed on—who can blame her?—so, I'm hoping you'll say my love potion doesn't contain a drop of urine. Please help. I hate to think of her being "germed out," and I'd hate to become so self-conscious that the floodgates close once and for all. You are the goddess of all things. Please enlighten us.

—Noah's Dyke

DEAR NOAH'S DYKE:

Let your juices flow, Mama. Most sex researchers think it's not urine you're gushing but rather a fluid that comes from a gland located in the paraurethral sponge, located under the urethra and next to the vagina.

Not all women ejaculate, but for envious readers who want to find their G-spots (a place you can touch to stimulate the sponge) and try it, *Lesbian Sex* author Joann Loulan gives directions. Here's the gist of what she says in her book:

The G-spot is about 2 inches up from the entrance of the vagina toward the front of the body. To find it, put your fingers inside your vagina with your fingertips pressing upward and move your fingers up and down.

The sponge swells when stimulated and might give you a pleasurable sensation—which also might feel like you have to pee. With continued stimulation, a fluid is produced in the gland and, through its ducts in the sponge, sometimes is sprayed out of the body via the urethra.

Ejaculation often happens at a different time than orgasm. It might feel like a lot of liquid, usually a few teaspoonfuls to half a cup.

Ms. Behavior's advice: If your girlfriend still seems squeamish after Loulan's reassurances that it's not urine she's drinking, you can put towels down and have her duck for cover before the flood. But positive reinforcement is always your best bet. Try feeding her a chocolate chip cookie just after you ejaculate.

DEAR MS. BEHAVIOR:

Every year, my boyfriend expresses

discomfort at my request that our married straight friends not bring their children to our annual holiday brunch. The party is held at my teeny, Barbie-case-sized apartment.

Everything I own is made of fairy dust and toothpicks, and I don't want to spend the day chasing kids away from my treasures. I think I'm doing my

friends a favor, giving them a chance to get away from their horrid tykes.

They get to relax and not worry that Little Janey is ripping the heads off my vintage GI Joes. Boyfriend says I'm being rude. What do you say?

—Leave the Brats at Home, It's Christmas

DEAR LEAVE THE BRATS AT HOME, IT'S CHRISTMAS:

If you've been making the same request for years, by now your friends understand you are a fussy homosexual and expect them to make other arrangements for their children during your holiday celebration. Brunch was invented by club-hopping, late-rising gay men; by definition, it excludes children, who usually arise by 7 a.m. and watch loud, frightening cartoons.

Ms. Behavior adores children as much as the next dyke but doesn't think they need to be invited everywhere. It's true, too, that some exhausted parents use every

social encounter as an opportunity for relaxation—assuming other adults will pitch in and watch their kids—without regard for what might happen to your antique tidbits.

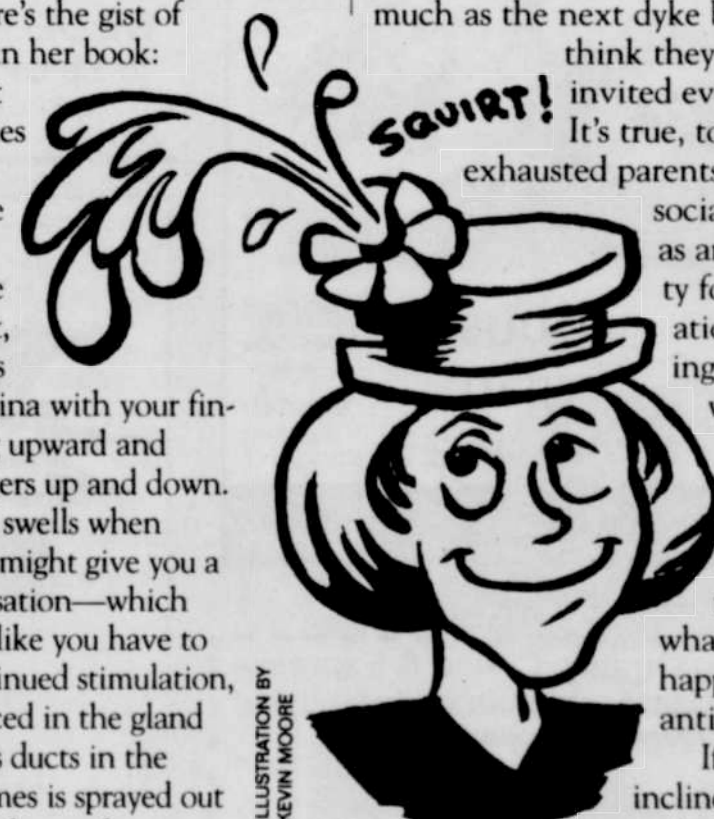
If you're inclined to offer your boyfriend a compromise, someday during the summer you can pretend to like children and play host to a small party for your friends and their offspring. Make it an outdoor event, like a barbecue or a picnic, so your silk sofa will remain untainted, and Midge and Skipper will be safe from grubby, insensitive fingers.

Maybe if you're lucky, you'll meet a sensitive, artistic child among the brood who reminds you of yourself as a young nellie. **JN**

Write your confused and conflicted heart out to MS. BEHAVIOR at MsBehavior@aol.com.



Ms. Behavior



"Orah" is part of *Avoda: Objects of the Spirit*, ceremonial art on view at the Oregon Jewish Museum through April 6