

ADVICE

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/DirECTIONSNorthWestHomePage.) (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.)

First United Methodist Church of Portland, a welcoming and reconciling congregation, believes no one is left out in God's family. GLBT potlucks are held monthly. (10:30 am Sunday. 1838 SW Jefferson St. 503-228-3195. www.fumcpdx.org.) (5/01)

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 multidominational 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. 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.spintone.com/~isc.) (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, a place for goddesses, witches and wisdom women. Beginning group to travel through Starhawk's book *Twelve Wild Swans*. Meeting second and fourth Fridays in Beaverton. (Grace Young 503-643-3209.) (5/01)

Lincoln Street United Methodist Church is an open and accepting congregation of progressive Christians. (9 am Sunday. 5145 SE Lincoln St. 503-231-1930.) (11/01)

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. mccpdx@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. (9 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)

Unity Church of Portland is an all-inclusive community following Christ's teachings and celebrating diversity and truth without trappings for 75 years. Sunday school and child care available. Potluck first Sundays. (10 am Sunday. 4525 SE Stark St. 503-234-7441. Unityprtd@wwdb.org.) (11/01)

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, a home for the liberal religious spirit. (9:15 and 11 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 between 13 and 18 years old who live in the Gresham area. Learn, grow and have fun! Sponsored by Roots and Branches. (5-7 pm Friday. Jonathan 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 Monday and Wednesday, 4 pm-midnight Friday and Saturday. 2100 SE Belmont 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! Sponsored by Roots and Branches. (5-6:30 pm Thursday. 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. (boyt022@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 Hilyard 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)

Rainbow Youth is a support group for gay, lesbian, bisexual, transgendered and questioning youth and their friends between 13 and 17 years old in the Salem-Keizer area. (503-581-5535.) (11/01)

Sometimes when we touch

Past petting pal perturbs partner



Ms. Behavior

DEAR MS. BEHAVIOR:

A few weeks ago at work, I ran into a childhood friend I haven't seen for 20 years. It turns out we both work for the same huge corporation.

Jen is straight and married with lots of kids. I'm excited about reconnecting with her, and we've been eating lunch together regularly.

The problem is my girlfriend is terribly jealous. Perhaps this was a mistake, but I mentioned to Marilyn that when Jen and I were teen-agers, we used to go on double dates with boys, then I would sleep at her house. The beds were side by side, and after the lights were out, we would masturbate together in silence. We never touched one another or even acknowledged that anything was going on.

Now that so many years have passed and Jen has turned out to be a straight woman who wears fur coats and acrylic nails, I thought this was a funny story. But Marilyn was not amused; in fact, she was furious.

She acted as if I made a secret house call last week and sodomized Jen on a heart-shaped bed. Marilyn doesn't want me to have lunch with her anymore, even though I swore I have no sexual or romantic feelings for her.

This is awkward for me; I don't want to stop being Jen's friend, nor would I know how to explain it. Should I discontinue this relationship just because Marilyn is overreacting?

—Bewildered

DEAR BEWILDERED:

Marilyn is just mad because Jen almost had you in your nubile youth. And who could compete with that?

Try to work something out that doesn't involve ending your friendship with Jen. Breaking it off would be reasonable if you indeed had intense feelings that might compromise your commitment with Marilyn. But if you don't, being forced to give up your friend might leave you resentful.

Let Marilyn talk about her feelings without being defensive. Then see if she is willing to try some of the usual ways to diffuse jealous situations.

For example, would she be willing to go on a double date with Jen and her husband? If Marilyn sees her in the context of her hetero life, she might seem less like a sexual threat.

If this doesn't work, you might have to resort to Plan B: acknowledging that jealousy usually has an

unwanted component of sexual fantasy. You and Marilyn can lie side by side, imagining you're teen-agers, and masturbate. Then, besides being allowed to have all her feelings—desire for you, jealousy, rage, sexual excitement—she also can imagine the thrill of deflowering you first.

DEAR MS. BEHAVIOR:

I am a recently out teen-ager with some questions about sex. I understand the need for condoms, and I plan to use one when the time comes.

Meanwhile, a guy I met recently asked me if I knew how to rim. I have heard about rimming, and I'm very curious to try it.

But my hesitation lies in the health risks involved. Is it safe?

Are there questions I need to ask him first? What should I do to prepare in case he offers it to me?

I'm very curious, and this interests me a lot. Anything you can do to enlighten me? —Curious Newcomer



DEAR CURIOUS NEWCOMER:

Rimming (mouth-to-anal contact) presents little HIV risk. But you're at risk for other infections and sexually transmitted diseases, including herpes, intestinal parasites, hepatitis and gonorrhea, if your date is carrying these things.

Asking questions is a good idea, but anyone can have an infection he doesn't know about. And in this case, your questionnaire would have to be exhaustive.

For example, you'd sound like a freak if you unbuttoned your date's pants and then remembered to ask if he ever swims in a river with beavers—Ms. Behavior hopes she doesn't need to clarify that she means the small disease-carrying mammals, not women. If your man does swim with beavers, he could have a parasite called giardia.

Eating raw fish or undercooked meat can lead to other parasites and infections. Basically, it's a jungle out there, and it also can be one in your date's intestines.

Unfortunately, your taste as rimmer involves higher risk than if you were the rimmee. You can use non-microwavable Saran Wrap as a barrier if you want to make it safer.

But please don't use a plastic bag over your nose and mouth. That has its own perils. ☐

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



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