

**ADVICE**

# Addicted to love

Frequent feelings for Fabio frustrate fairy

DEAR MS. BEHAVIOR:

My ex-boyfriend lives in another state but visits frequently. We broke up a year ago, and I'm not sorry we did: Fabio drinks too much and isn't always honest.

But it's hard for me to let go, and his visits stir up my feelings. Whenever I tell him I need a year or two to get over him before we can be friends, he drives 100 miles to visit me, and we end up in bed.

I really have tried just to be his friend. In the year we've been apart, he's worked out a lot, and he looks incredible.

I know he's not right for me, but I love him. So when he visits and then leaves, I end up with a knot in my stomach and an ache in my heart for days. Even worse, my feelings about him make me emotionally unavailable to other men.

How can I stop having sex with Fabio? Can I take some kind of oath never to see him again? (I don't know if it would work.) Should I tell him never to call me again no matter what?

—Long John

DEAR LONG JOHN:

It sounds like you and Fabio changed the nature of your relationship instead of actually breaking up. Unfortunately, you're dragging out the ending, addicted to the bittersweet pain and sexiness of boffing someone when you're "not supposed to" anymore.

So now you want to impose an even stricter law, so you really will be able to stop. The problem with your new faux forced ending is it's bound to be even more dramatic and sexy.

Just think of all movies you know in which a couple are forced apart by family pressure, class issues or geography. The protagonist becomes obsessed with the idea that he never will wake up with the scent of his loved one's hair (or whatever...) on his pillow. He becomes romantically and sexually driven and takes to moaning and thrashing in his sleep. (You know what happens next.)

A dramatic gesture, like telling Fabio never to call you again, not only will increase your longing but also will allow your imagination to construct a shrine to



**Ms. Behavior**

his flawless love, because you won't have the real-life version of him disappointing you in all the regular daily ways.

So, don't make rules. Just try to muster the strength to not see the delicious Fabio today. Tomorrow, try the same thing again.

Don't make any major declarations of your intentions. Maybe

one day at a time you can save yourself from the pain of repeating your pattern.

DEAR MS. BEHAVIOR:

For the past two years we've employed a man I'll call the Cleaning Fairy to clean our home. After he leaves, clumps of cat hair remain under the bed, our dishes have crusty cereal on them, and sometimes it seems like he hasn't even vacuumed. When we discuss our dissatisfaction with him, he improves for a week or two, then resumes the professional habits of a slacker.

Recently, the Cleaning Fairy took a long trip, and we hired Matilda, who cleans for a friend, as a substitute. She did a wonderful job; everything sparkled.

I think we should fire the Cleaning Fairy and hire Matilda. My girlfriend, Chris, doesn't agree and says it even would compromise her politics to do so. She thinks we should continue to employ our gay brethren and not the "Puerto Rican straight mama" who does a great job.

I'm annoyed by her attitude. We've agreed to consult you. What do you think?

—House of Dust

DEAR HOUSE OF DUST:

Your girlfriend probably thinks she's delightfully politically correct (an oxymoron), but her politics are racist and misguided. And if she insists on advancing stereotypes, why wouldn't she continue her bias and insist on a Fastidious Fairy to clean her home?

The real issue, though, is that lowering standards for queer workers like the Cleaning Fairy is insulting. It implies you can't expect much from homos, so you might as well settle for less. Similarly, those old enough to remember television before *Will & Grace* might recall that audiences were once so starved for queer depiction in books, movies and theater, they were grateful for any homosexual tidbit—no matter that the nellie character was psychotic and got killed in the end.

Tell Chris if she intends to support her gay brethren, she ought to expect the best from him. Otherwise, she needs to find a replacement who cares enough to do a good job, even with wings less gossamer. [ ]

Write your confused and conflicted heart out to MS. BEHAVIOR at [MsBehavior@aol.com](mailto:MsBehavior@aol.com).

concurrently. (2941 NE Ainsworth St. 503-284-8767. [aucc@teleport.com](mailto:aucc@teleport.com).) (11/01)

**Anawim Community** of gay men meets weekly for Christian meditation and prayer. (7:30 pm Thursday. 503-281-0722.) (5/02)

**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.) (11/01)

**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.) (11/01)

**Dignity Portland** meets for Mass on Sundays. (2:00-2:45 pm.) (11/01)

**Eastrose Fellowship Unitarian Universalist**, a welcoming congregation, offers Sunday service and children's religious education at 10:30 am. (1133 NE 181st Ave., Gresham. 503-665-2628. [eastrose@teleport.com](mailto:eastrose@teleport.com).) (5/02)

**Estacada United Methodist Church Reconciling Congregation**, where we really mean everyone is welcome. Sunday worship at 10:30 am. (204 SE Main St., Estacada. 503-349-4245.) (11/01)

**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.) (11/01)

**First Unitarian Church of Portland** is an open and affirming liberal religious community. We offer a wide range of programs to nurture spiritual growth and community. Our Sunday services are at 9 and 10:45 am. (1011 SW 12th Ave. 503-228-6389. [www.firstunitarianportland.org](http://www.firstunitarianportland.org).) (5/02)

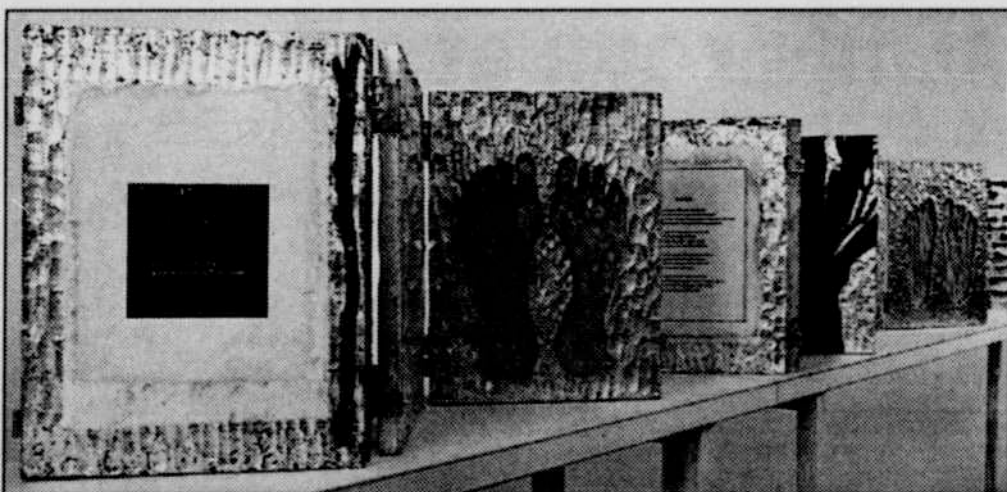
**First United Methodist Church of Portland**, a welcoming and reconciling congregation, believes no one is left out in God's family. GLBT potlucks are held monthly. (10:30 am Sunday. 1838 SW Jefferson St. 503-228-3195. [www.fumcpdx.org](http://www.fumcpdx.org).) (11/01)

**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.) (11/01)

**Portland Center for Spiritual Growth** invites you to celebrate your spirituality with the Revs. Casey and Berdell Moffett-Chaney. Liberal, practical, all are welcome. (10:30 am Sunday. 4828 NE 33rd Ave. 503-481-7591.) (05/02)

**Grace Space**, a multidominational spiritual center led by the Rev. Stephanie Torres, holds Sunday evening celebrations. (5 pm. Friends of Multnomah. 4312 SE Stark St. 503-287-3216.) (11/01)

**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. 503-286-9111. [www.integrityusa.org](http://www.integrityusa.org).) (11/01)



Passages by Nancy Azara with poems by Judith Barrington is on view at Froelick Gallery through Dec. 1

**Interfaith Spiritual Center**. Spiritual directors from various world religions are available for guidance, classes and retreats. (Second Floor, 3910 SE 11th Ave. 503-233-2026. ext. 3. [www.spirtone.com/~isc](http://www.spirtone.com/~isc).) (11/01)

**Compassionate Heart Sangha**, a lesbian and gay meditation group, meets in the Buddhist Vipassana tradition. (7:30-9 pm Wednesday. Flanders House, 2926 NE Flanders St. Jon 503-239-5539.) (11/01)

**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 5 pm. 2116 NE 18th Ave. 503-281-3697. [www.tearsoup.com/metanoia](http://www.tearsoup.com/metanoia).) (5/02)

**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. [info@mccportland.com](mailto:info@mccportland.com).) (11/01)

**Potter's House Ministries Life Center**. Evangelical and charismatic Christian. (3830 SE 62nd

Ave. 503-775-5024.) (11/01)

**Portland Radical Faeries** meet twice a month with potlucks and circles at the full moon and the new moon. Open to all men seeking alternative spiritual growth and community. Coffee hours start 9:30 am Saturdays at 3 Friends Coffeehouse, 201 SE 12th Ave. (503-235-0826. [otter@pccz.com](mailto:otter@pccz.com).) (5/02)

**SisterSpirit** offers women's spirituality celebrations, discussion groups, a drumming circle, workshops and classes. Schedule of events available. All women are welcome. (Suite 102, 3430 SE Belmont St. Mailing address: PO Box 9246, Portland, OR 97207. 503-736-3297. [sistersp@teleport.com](mailto:sistersp@teleport.com).) (11/01)

**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.) (11/01)

**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.) (11/01)

**St. Philip Neri Catholic Church** offers a gay-positive community for Catholics and their friends. Mass at 7:30 pm Fridays followed by a social. (Paulist Center, 2408 SE 16th Ave. 503-231-4955.) (11/01)

**St. Stephen's Episcopal Church** 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. SW 13th Avenue at Clay Street. 503-223-6424.) (11/01)

**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. [unityprind@wwdb.org](mailto:unityprind@wwdb.org).) (11/01)

**University Park United Methodist Church** is a member of the network of reconciling congregations and meets for worship at 10 am Sundays. (4775 N Lombard St. 503-289-7843.) (11/01)

**Wy'east Unitarian Universalist Congregation** is a new, open and liberal religious community on the inner east side of Portland offering intergenerational services and religious education for children. It welcomes members of the gay, lesbian, bi and trans community. Wy'east nurtures spiritual growth and promotes living by Unitarian Universalist principles. (4 pm Sunday. 3915 SE Steele St. 503-777-3704. [www.wy'east.pnwduaa.org](http://www.wy'east.pnwduaa.org).) (5/02)

**Zion United Church of Christ**, an open and affirming congregation, is open to gay, lesbian, bi, trans 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.) (11/01)

## Washington: Spirituality

**East Vancouver United Methodist Church**. Reconciling, welcoming. (10 am Sunday.

**First Congregational United Church of Christ** is an inclusive Christian community, an open and affirming church. (9:30 am Sunday summer, 10:30 am Sunday winter. 4515 SW West Hills Road, Corvallis. 541-757-8122.) (5/02)

**Gay-Straight Alliance of the Unitarian Universalist Congregation** of Salem meets for a potluck on the third Sunday of each month. (6 pm. 5090 Center St. NE. 503-363-8716.) (11/01)

**Interfaith Spiritual Community** meets for inspirational messages, children's celebrations and joy every Sunday at the Heart Center. 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.) (11/01)

**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 Sunday. 3674 12th St. SE, Salem. 503-364-5013.) (11/01)

**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.) (11/01)

## YOUTH

### Metro: Youth

**Expression** is a free art/expression support group for GLBT youth between 13 and 23 in Gresham. Hang out and have fun every Friday! Sponsored by Roots and Branches. (Jonathan 503-872-9664, ext. 28.) (11/01)

The **Gay, Lesbian and Straight Education Network** fights to end anti-gay bias in K-12 schools. (12700 SW North Dakota St., Suite 180, #129, Tigard, OR 97223. 503-525-1177 or 503-936-5614. [glseonor@aol.com](mailto:glseonor@aol.com).) (11/01)

**Outside In** operates a clinic for anyone who can't qualify for the Oregon Health Plan as well as a needle exchange service that includes exchange for those who inject hormones. 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.) (11/01)

**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. [molly@prideproject.org](mailto:molly@prideproject.org).) (11/01)

**Rainbow** is a multicultural peer support and activity group for gay, lesbian, bi, trans and questioning youth. (4:30 pm Wednesday. Metropolitan Community Church of Portland, 2400 NE Broadway. 503-281-8868.) (11/01)

**Sexual Minority Youth Recreation Center (SMYRC)** offers drop-in computer access, pool tables and an informal place to hang out and 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](http://www.smyrc.org).) (11/01)

**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.) (11/01)

**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.) (11/01)

### Southern Oregon: Youth

**Southern Oregon Youth Outreach (SOYO)**, a group for gay, lesbian, and bi youth between 14 and 20, meets on the first and Thursdays of the month in Ashland. (541-488-6990.) (11/01)

### Washington: Youth

**Triple Point** offers education, support and advocacy to gay, lesbian, bi and trans and questioning youth in Vancouver, Wash. Meets 6-8 pm Tuesdays in the basement of Youth House, 1112 Columbia St. in Vancouver. (John 360-695-1325.) (5/02)

### Willamette Valley: Youth

**Gay, Lesbian, Bisexual, Transgender and Questioning Youth Group** for ages 13 to 18 offers support, information and fun. Free, confidential, drop-in. (4-6 pm Friday. Amazon Community Center, 2700 Hilyard St., Eugene. 541-684-3466.) (11/01)

**Lesbian, Gay, Bisexual, Transgender Youth Group** for ages 25 and younger meets every Monday. (5 pm. Koinonia Center, 1414 Kincaid St., Eugene. 541-346-1134.) (11/01)

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

