

**ADVICE**

**The ex files**

**Pal postpones plans, prefers pokey pickup**



**Ms. Behavior**

DEAR MS. BEHAVIOR:

A few weeks ago, my ex invited me over to watch movies. I was not in the mood, but I said yes.

Later in the evening, I called to cancel. (I didn't feel obligated to say why.) She said, "Let me get this straight, you made plans with someone else?"

I said I had matters to attend to—I wasn't in the mood for movies and needed to pick up a friend who was released from prison—but I didn't specify. My ex slammed down the phone.

Should I have sat through movies when I didn't want to just to spare her feelings? Isn't part of being an adult understanding that plans change?

My ex can be manipulative and frequently resorts to guilt trips. Then she says she simply is "expressing her feelings," but I feel that's different from guilt tripping so others will act how you want them to act. What do you think?

—Confused Friend

DEAR CONFUSED FRIEND:

Why did sitting around watching videos with an ex ever seem like a good idea, anyway? Why not just sit in a dark alley and pull your hair out?

Plans sometimes need to be broken, but it's not fair to make lukewarm plans just to cancel them when something better comes along. Next time, if you know you're "not in the mood" or you have unresolved anger toward your ex (who doesn't?), just tell her you'd rather stay home and scrub your bathtub with a toothbrush (the one she left in the medicine cabinet).

If you really had to pick up your friend from jail, why couldn't you tell your ex instead of being mysterious? Try something like, "I'm sorry I can't make it; Susie was just sprung from the joint." (Ms. Behavior may be naive about penal matters, but she doesn't understand why your friend couldn't catch a ride home from prison in the paddy wagon.)

If during your relationship your ex wanted more than you could give, she probably was sometimes manipulative in attempting to have her needs met. Then maybe you were cold, particularly if you felt she was guilt tripping you or being clingy. And so the cycle continues.

If you do want to be friends with your ex, avoid situations that trigger the dynamic that occurred in your relationship. For example, try planning only fun outings for a while, so you'll be less apt to cancel.

Or bring her next time you retrieve your recidivist friend. It takes effort to break a pattern, but if you can do it, you'll be a lesbian legend in your community.

DEAR MS. BEHAVIOR:

I'm gay, and I work with two gay guys in a large agency. Larry is my peer, and John is fresh out of college. I sometimes joke around with John and generally tease the kid, with compliments about his appearance and with mild physical contact.

Larry listens to our banter, then responds by being uptight and judgmental. He says stuff like, "Whoa, Jay, you better cool it."

I don't understand why Larry has to butt in. He denies feeling jealous; he claims it just makes for a bad work environment.

Larry is clearly homophobic and doesn't know fun when he sees it. This is just an innocent expression of gay horsing around in the workplace. How can I make Larry see that?

—Jay

DEAR JAY:

Since when is it homophobic to not want to see you rubbing your corporate suit up against a lowly copy boy?

You want to change Larry's point of view instead of your own behavior. But if you continue to tease John, you'll soon be slapped by a corporate matron from the human resources department who will interpret your "joking" as sexual harassment.

Gay or not, lewd behavior in the workplace is considered harassment, particularly when one employee holds a more powerful position than the other. You might think you're "just teasing," but if John ever were to file such a complaint against you, your job and even your career could be in jeopardy. (You also might find it hard to get a date, because by the time the story gets out, you'll look like an old lech.)

Even if John doesn't complain, Larry might. If the human resources people think your behavior creates a "hostile work environment," you also can be fired.

Perhaps you could find an outlet for your fun homosexual banter on the way to work, like by focusing your teasing on the cute Starbucks coffee barista. There, at least, the boy would be protected from your wandering hands by the counter.

And the worst outcome for you, if your flirting happens to be unwanted, probably would be a lousy cup of joe. ☹

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



(204 SE Main St., Estacada. 503-349-4245.) (5/02)

**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.) (5/02)

**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.) (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.funpcpx.org.) (5/02)

**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.) (5/02)

**Grace Space**, a multidimensional spiritual center led by the Rev. Stephanie Torres, holds Sunday evening celebrations. (5 pm, Friends of Multnomah, 4312 SE Stark St. 503-287-3216.) (5/02)

**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.) (5/02)

**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.spirtone.com/~isc.) (5/02)

**Lincoln Street United Methodist Church** is an open and accepting congregation of progressive Christians. (9 am Sunday, 5145 SE Lincoln St. 503-231-1930.) (5/02)

**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.) (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.) (5/02)

**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.) (5/02)

**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@pcez.com.) (5/02)

**Potter's House Ministries** is an open, affirming, bible-exploring congregation with specific outreach in the gay and lesbian community. (10:45 am Sunday, 3830 SE 62nd Ave. 503-775-5024.) (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.) (5/02)

**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.) (5/02)

**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.) (5/02)

**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.) (5/02)

**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, Southwest 13th Avenue at Clay Street, 503-223-6424.) (5/02)

**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.) (5/02)

**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.) (5/02)

**Waverly Heights Congregational United Church of Christ** is an open and affirming community with worship, children's school and child care. (11 am Sunday, 3300 SE Woodward St. 503-238-1337. www.waverlyucc.org.) (5/02)

**Wyeast 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. Wyeast nurtures spiritual growth and promotes living by Unitarian Universalist principles. (4 pm Sunday, 3915 SE Steele St. 503-777-3704. www.wyeast.pnwduua.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.) (5/02)

**Washington: Spirituality**

**East Vancouver United Methodist Church**. Reconciling, welcoming. (10 am Sunday, 5701 MacArthur Blvd. 360-693-4761. ourclarkcounty.columbian.com/273.) (5/02)

**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. vanucc@aol.com.) (5/02)

**Metropolitan Community Church of the Gentle Shepherd**. (10 am every Sunday; 6:30 pm second and last Sunday, Suite E/F, 2200 Broadway, Vancouver. 360-695-1480. Mccgs@aol.com www.mccgs.org.) (5/02)

**Michael Servetus Unitarian Universalist Fellowship**, a home for the liberal religious spirit. (10 am Sunday, 4505 E 18th St., Vancouver. 360-695-1891.) (5/02)

**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.) (5/02)

**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.) (5/02)

**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.) (5/02)

**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. 503-364-0312.) (5/02)

**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.) (5/02)

**YOUTH**

**Metro: Youth**

**Clackamas County Youth Pride** provides opportunities for gay, lesbian, bi, trans and questioning people 23 and younger to get together for free, fun and supportive social activities. Also one-on-one support, advocacy, information and referrals for Clackamas County service providers. (503-969-0060. youth\_pride@hotmail.com.) (5/02)

**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.) (5/02)

**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. glsenor@aol.com.) (5/02)

**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.) (5/02)

**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.) (5/02)

**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.) (5/02)

**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.) (5/02)

**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.) (5/02)

**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.) (5/02)

**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.) (5/02)

**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, adult-facilitated. (Drop in 4-6 pm Friday, Amazon Community Center, 2700 Hilyard St., Eugene. 541-684-3466.) (5/02)

**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.) (5/02)

**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.) (5/02)



You'll have to hurry to spend Christmas with the Crawfords—they're only at Theater! Theatre! through Dec. 22