

ADVICE

SPIRITUALITY

Metro: Spirituality

**Ainsworth United Church of Christ** is a multi-racial, multicultural, open and affirming church. Sunday worship is at 10 am; church school for children runs concurrently. (2941 NE Ainsworth St. 503-284-8767. [aucc@teleport.com](mailto:aucc@teleport.com)) (7/03)

**Anawim Community** of gay men meets weekly for Christian meditation and prayer. (7:30 pm Thursday. 503-281-0722.) (7/03)

**Atkinson Memorial Church** is a Unitarian Universalist welcoming congregation in Oregon City. (710 Sixth St. 503-656-7296. [www.atkinsonchurch.com](http://www.atkinsonchurch.com)) (7/03)

**Compassionate Heart Sangha** plays host to weekly sittings in the Vipassana Meditation Tradition at Flanders House. (7:30-9 pm Wednesday. 2926 NE Flanders St. Jan 503-239-5539.) (7/03)

**Congregation Neveh Shalom**, an open and progressive Conservative Jewish synagogue, extends a warm welcome to all sexual minorities. Shabbat services 8:15 pm Friday and 9 am Saturday. (2900 SW Peaceful Lane. 503-246-8831.) (7/03)

**Congregation P'nai Or** (Faces of Light) is a vibrant, egalitarian, Jewish Renewal congregation in Portland. Meets several times a month in various locations. (PO Box 42187, Portland, OR 97242-0187. 503-248-4500. [www.pnaicorpdx.org](http://www.pnaicorpdx.org)) (7/03)

**Dignity Portland** meets for Mass on Sundays. (503-262-6947.) (7/03)

**Eastrose Fellowship Unitarian Universalist**, a welcoming congregation, offers Sunday service and children's religious education. (10:30 am. 1133 NE 181st Ave., Gresham. 503-665-2628. [eastrose@teleport.com](mailto:eastrose@teleport.com)) (7/03)

**Faith United Methodist Church** is a welcoming community of Christians in Troutdale that values and encourages all people in finding a place of belonging in the family of God. Sunday worship at 10:15 am; Adult Education at 9 am; children and youth at 10:30 am. Wednesday Prayers 6-6:30 pm. (27400 SE Stark St. 503-661-4520.) (7/03)

**First Unitarian Church** of Portland is an open and affirming liberal religious community offering a wide range of programs to nurture spiritual growth, community and social justice. Sunday service 9 and 11 am. (1011 SW 12th Ave. 503-228-6389. [www.firstunitarianportland.org](http://www.firstunitarianportland.org)) (7/03)

**First United Methodist Church** of Portland, a welcoming and reconciling congregation, believes no one is left out in God's family. Sexual minority potlucks held monthly. (10:30 am Sunday. 1838 SW Jefferson St. 503-228-3195. [www.fumcpdx.org](http://www.fumcpdx.org)) (7/03)

**Integrity** is a group of sexual minority Episcopalians and friends. Various locations throughout Oregon. (Bruce Mason 503-286-9111. [brucepdxor@attbi.com](mailto:brucepdxor@attbi.com). [www.integrityusa.org](http://www.integrityusa.org)) (7/03)

**Interfaith Spiritual Center** houses spiritual directors from various world religious traditions, who are available for guidance, classes and retreats. (Second Floor, 3910 SE 11th Ave. 503-233-2026, ext. 3. [www.interfaithspiritualcenter.com](http://www.interfaithspiritualcenter.com)) (7/03)

**Keshet Portland** is a group for Jewish members of the sexual minorities community and their partners, spouses and supporters. Monthly social, religious and cultural events. (David or Laney 503-226-7079, ext. 14.) (7/03)

**Metanoia Peace Community United Methodist Church** 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)) (7/03)

**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)) (7/03)

**Portland Center for Spiritual Growth** is a New Thought Center offering an uplifting, warm and refreshing service with the Revs. Casey and Berdell Moffett-Chaney. (10 am Sunday. Call for location. 503-777-0727.) (7/03)

**Portland Church of Religious Science** is a liberal, open, progressive New Thought community welcoming everyone to discover the spirit within. Change your thinking, change your life! (10 am Sunday meditation. 10:30 am service and junior church. 6:30 pm Wednesday prayer circle. 3983 NE 112th Ave. 503-261-0677.) (7/03)

**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](mailto:otter@pcez.com)) (7/03)

**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)) (7/03)

**Spirit Circle** is for lesbian, bi or trans women seeking a welcoming community in the Catholic church. Meets every third Thursday in the St. Andrew Nativity School. (7 pm. 806 NE Alberta St. [lbspiritcircle@yahoo.com](mailto:lbspiritcircle@yahoo.com)) (7/03)

**Southminster Presbyterian Church** is a challenging, supportive community that welcomes all people. It is the first More Light Presbyterian Church in Oregon. Sunday school and nursery care. (10 am

Sunday. 12250 SW Denney Road, Beaverton. 503-644-2073. [staff@southmin.com](mailto:staff@southmin.com)) (7/03)

**St. Andrew Catholic Church** invites all to join a diverse faith community for prayer and fellowship. (9:30 am Sunday. 806 NE Alberta St. 503-281-4429.) (7/03)

**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 and 11 am Sunday. 1315 SW Park Ave. 503-227-2439.) (7/03)

**Gay and Lesbian Outreach (GALO)** of St. Philip Neri Catholic Church celebrates an affirming Mass followed by a social. (7:30 pm Friday. Paulist Center, 2408 SE 16th Ave. 503-231-4955.) (7/03)

**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.) (7/03)

**Waverly Heights Church (UCC)** is open and affirming with worship, children's school and child care. (10 am Sunday. 3300 SE Woodward St. 503-238-1337. [www.waverlyucc.org](http://www.waverlyucc.org)) (7/03)

**Wyeast Unitarian Universalist Congregation** is an open and liberal religious community offering intergenerational services and religious education for children. It welcomes gay, lesbian, bi and trans members. Nurtures spiritual growth and promotes living by Unitarian Universalist principles. (4 pm Sunday. 3915 SE Steele St. 503-777-3704. [www.wyeast.pnwd.uua.org](http://www.wyeast.pnwd.uua.org)) (7/03)

**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.) (7/03)

Washington: Spirituality

**Abundant Life Center** is A New Thought Community for spiritual awakening and transforming lives through love. A safe place where children learn to embody spiritual principles. (10 am Sunday. 10006 NE Ninth Ave., Vancouver. 360-573-2626.) (7/03)

**East Vancouver United Methodist Church** is reconciling and welcoming. (10 am Sunday. 5701 MacArthur Blvd. 360-693-4761. [ourclarkcounty.columbian.com/273/](mailto:ourclarkcounty.columbian.com/273/)) (7/03)

**First Congregational Church**, United Church of Christ, holds two Sunday services, traditional and "less traditional" in an open and affirming congregation. (1220 NE 68th St., Vancouver. 360-693-1476. [vanucc@aol.com](mailto:vanucc@aol.com)) (7/03)

**God's Holy Territory** offers a spirit-filled worship experience, seeking God for holiness and wholeness. For gay, lesbian, bi, trans and straight. Everyone welcome! (11 am Sunday, 7 pm Thursday Bible study and prayer. 1500 NE 49th St., Vancouver. 360-885-9461. [gmbear68@netzero.net](mailto:gmbear68@netzero.net)) (7/03)

**Michael Servetus Unitarian Universalist Fellowship**, a Welcoming Congregation, provides a home for the liberal religious spirit. (9:15 and 11 am Sunday. 4505 E 18th St., Vancouver. 360-695-1891.) (7/03)

Willamette Valley: Spirituality

**First Congregational Church**, United Church of Christ is an open and affirming congregation offering worship and church school. Child care provided and wheelchair accessible. (9 am Sunday learning hour, 10 am worship. 700 Marion St. NE, Salem. 503-363-3660.) (7/03)

**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.) (7/03)

**Sacred Souls** honors all sacred paths, promotes peace and strives to create an environment that supports and promotes interfaith dialogue. Meets at the Oregon School of Massage. (6:30-8 pm Sunday. 440 Ferry St. SE, Salem. [wholhth@aol.com](mailto:wholhth@aol.com). [www.sacredsouls.org](http://www.sacredsouls.org)) (7/03)

Onda Arte Latina displays fine fiber tapestries by Maximo Laura Jan. 30-March 2



YOUTH

Metro: Youth

**Flavors**, a program of MultiQueer and Brother to Brother, is a social support group for sexual minority youth of color 24 and younger. Meets every other Sunday for food and socializing. Regular events and activities. (Des 503-228-3892 or [des@lmfamily.org](mailto:des@lmfamily.org). Stephan 503-417-7991 or [hey\\_stephan@hotmail.com](mailto:hey_stephan@hotmail.com)) (7/03)

**The Gay, Lesbian and Straight Education Network (GLSEN)** fights to end anti-gay bias in K-12 schools. (12700 SW North Dakota St., Suite 180, #129, Tigard, OR 97223. 503-525-1177. [glsen@glsenoregon.org](http://glsen@glsenoregon.org). [www.glsenoregon.org](http://www.glsenoregon.org)) (7/03)

**MultiQueer**, a program of Love Makes a Family, provides advocacy to sexual minority youth. Offers resources and support in the community and the school systems, with a focus on support for youth of color. (Des 503-228-3892. [des@lmfamily.org](mailto:des@lmfamily.org)) (7/03)

**Outside In** operates a clinic for anyone who can't qualify for the Oregon Health Plan as well as needle exchange services that include those who inject hormones. Can provide transitional housing for youth 20 and younger as well as for those HIV+ and younger than 23. Also plays host to VOICES (Voices of Individual and Community Empowerment from the Streets), a self-support group for queer youth. Needs volunteers of all ages. (10 am-6 pm Monday-Friday. 1132 SW 13th Ave. 503-535-3800. [www.outsidein.org](http://www.outsidein.org)) (7/03)

**Vanguard Youth Services**, a program of Cascadia Behavioral HealthCare, offers support and recreation to gay, lesbian, bi and trans kids 23 and younger. Programs include: **Clackamas County Sexual Minority Youth Connection (COSMYC)** provides opportunities for queer and questioning kids to get together for free, fun and supportive social activities. Also one-on-one support and referrals to Clackamas County service providers. (503-969-0060. [cosmycyouth@yahoo.com](mailto:cosmycyouth@yahoo.com)) **Expression** is a free art/expression support group in Gresham for queer youth. Hang out and have fun every Friday! (Jonathan 503-872-9664, ext. 28.) (7/03)

**Pride Project** brings together Washington County queer and questioning youth to plan and attend monthly social events. Also information, referral and advocacy services in Washington County. (Molly 503-260-5792. [molly@prideproject.org](mailto:molly@prideproject.org)) (7/03)

**Sexual Minority Youth Recreation Center (SMYRC)** offers drop-in computer access, pool tables and an informal place to hang out. Weekly youth support groups includes 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. TTY 503-231-9286. [www.smyrc.org](http://www.smyrc.org)) (7/03)

**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.) (7/03)

Washington: Youth

**Triple Point** offers education, support and advocacy to gay, lesbian, bi, 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.) (7/03)

Willamette Valley: Youth

**Gay, Lesbian, Bi, Transgender and Questioning Youth Group** for ages 13 to 18 offers support, information and fun in Eugene. Free, confidential, adult-facilitated. (Drop in 4-6 pm Friday. Amazon Community Center, 2700 Hilyard St. 541-684-3466.) (7/03)

**Lesbian, Gay, Bisexual, Transgender Youth Group** for ages 25 and younger meets every Monday in Eugene. (5 pm. Koinonia Center, 1414 Kincaid St. 541-346-1134.) (7/03)

Bad vibes

Don't bond with La Machine or with men who won't kiss you

DEAR MS. BEHAVIOR:

I've been with my girlfriend, Kate, for the past two years. I think we have a nice sex life, but she's been complaining lately.

I like to use a vibrator during sex. It helps me come easily, which makes me feel relaxed.

Kate feels somehow insulted by my use of this tool—as if it means she's not a good lover. I do enjoy her touch, but when it's time to have an orgasm, "La Machine" really does the trick.

I was married to a man for many years and never came at all when we had sex. I discovered the joy of vibrators after that when I was alone. I was amazed by how easy it is. Now I am used to the vibrator and don't really have the patience or the desire to try to achieve an orgasm without it.

Kate always wants to go down on me, which is nice, but I find it too frustrating. I guess I've gotten used to the more intense sensations that the vibrator provides. She thinks it means I'm numbed out. I think it's just a preference. How can I convince Kate that my attachment to my vibrator is not an insult to her?

—BUZZ

DEAR BUZZ:

Any sexual routine that is pleasing to one person and not the other can become a little dull. That's why feathers and shoes are boring to people who don't like birds or feet. Your love for your vibrator probably isn't a fetish, but since Kate doesn't share your mechanical enthusiasm, she might start snoozing as you're approaching your third climax.

Kate may feel that your vibrator is an obstacle to intimacy, since there are always three of you in the bed. Vibrating together is risk-free, since you know you'll come. But if you took the risk of allowing Kate to make love to you once in a while without the assistance of your vibrator, you'd probably both feel more vulnerable. And if you practiced enough so that you both became comfortable, you might actually feel closer.

But just tossing the vibrator out of the bed isn't the point; breaking



Ms. Behavior by Meryl Cohn

dull patterns is what's important here. In fact, if you'd said that your girlfriend had never used a vibrator, Ms. Behavior would have sent you literature about Magic Wands, vibrating eggs and latex dolphins designed for your orgasmic pleasure.

DEAR MS. BEHAVIOR:

I consider myself a straight male. However, I often fantasize about having oral sex with another man. Does that mean I am bi or gay?

I know swallowing is risky, but I really would like to experience that, too, if I could find an honest man to try it on who is younger than 38.

Now, on the other hand, I love women and want to get married someday. I do not like to cuddle with a man or kiss a man; in fact, I would find it gross. Can you give me some advice?

—Love to Swallow

DEAR LOVE TO SWALLOW:

What's "straight" about wanting sex with men and cuddling and

marriage with women? You specify the under-38 age range of the men you'd like to blow, and the only other characteristic you specify is honesty. Ms. Behavior presumes that by

"honest," you mean about his HIV status. But will you be "honest" with the woman you someday marry when you go out on your sucking and swallowing expeditions? Will you go down on her, too?

The fact that you find the idea of cuddling or kissing a man "gross" makes you sound like you might suffer from a touch of homophobia. Perhaps therapy would help you sort out your feelings so that someday the person you want to blow is the same one you want to kiss—and vice versa. [M]

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MERYL COHN is the author of *Do What I Say: Ms. Behavior's Guide to Gay and Lesbian Etiquette* (Houghton Mifflin). Her Internet site is [www.msbehavior.com](http://www.msbehavior.com). Send questions or correspondence to [msbehavior@aol.com](mailto:msbehavior@aol.com).