

SPIRITUALITY

Metro: Spirituality

Ainsworth United Church of Christ is a multiracial, 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) (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) (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. Jon 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.pnaiorpd.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) (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) (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) (7/03)

Integrity is a group of sexual minority Episcopalians and friends. Various locations throughout Oregon. (Bruce Mason 503-286-9111. brucepdxor@attbi.com. 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) (7/03)

Kesher 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) (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) (7/03)

Portland Center for Spiritual Growth is a New Thought, uplifting, refreshing and exciting place of worship. Become a minister in our ministerial program. (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) (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) (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. lbtspiritcircle@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) (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) (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) (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/) (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) (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) (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. whofith@aol.com. www.sacredsouls.org) (7/03)

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. Stephan 503-417-7991 or 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. 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) (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) (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) **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) (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) (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)



Whole new species are being created in the bio revolution according to artist Dan Buzdor, whose paintings are on view Feb. 23 at Talisman Gallery

ADVICE

Mind altering

Just say NO to LTR



Ms. Behavior by Meryl Cohn

DEAR MS. BEHAVIOR:

Where are the alternative alternatives?

When I read the personals, they sound good: "Creative, kind, optimistic GF 40+, likes outdoors, literature, movies, conversation...."

Then at the end there is always that getting-painted-into-a-corner part about seeking LTR. Not that I'm opposed to long term—a girlfriend of mine from 25 years ago is my closest family. But didn't we wear out "serial monogamy" in the '70s?

Where are the girls who want to be primarily with themselves, who can be with you and love you without having pairing as an ultimate agenda? I have played every imaginable type of wife, husband, maid, baby sitter, mom, adventure guide and other, darker, shadow roles for lovers.

The chase is high. The catching is sweet.

And then it takes twice as long to extract ourselves after the coupling-up phase inevitably compromises us both into a suffocating box that doesn't resemble what either person really wants for herself.

I want some strong and centered women in my life to enter into my orbit without either of us having to become a moon to the other's planet. Please tell me, Ms. Behavior, how and where do I look for this? What do you say in a classified ad when you want mates who don't want to mate?

I know how to be loyal and true. I know how to love women and please them and nurture them and make them scream in bliss. But I don't know how to approach this—how to do it without falling into the ruts of worn-out habits that aren't even of our own creation.

I don't think the answer is a new girl. I think the answer is a new way to go about the whole thing. How do I get there?

P.S. You are welcome to give my address out freely if anyone is interested. Maybe we can start a support group or a 12-step program or a motorcycle club or something.

—Myra

DEAR MYRA:

You're much more likely to find an occasional simpatico dyke who'll sleep with you just for fun than you are to succeed in perpetuating a large-scale revolution. A campaign to abolish serial monogamy in lesbians is about as likely to work as convincing the attendants of a PETA convention to eat veal.

Lesbians invented serial monogamy. It's our cultural heritage and probably our genetic destiny.

However, nature always provides a few mutations, sometimes with serendipitous results. It's from this small population of delightfully aberrant women that you'll find your dream dyke.

Make sure to say what you're really looking for in a personal ad, without pussyfooting around. You might try something like: "Middle-aged lesbian seeks

similar passionately inspired goddess muse for sex and fun, but don't bother if you want cohabitation or a long-term relationship."

Once you capture this rare breed, it may be best to proceed like a lawyer and make her initial your personal ad in three places, showing that she's read, understood and agreed to your terms.

But please note that even the most die-hard, fun-loving, noncommitment-seeking dyke is ultimately just as vulnerable to falling in love as any of us. Perhaps you'll write again seeking different advice if you find that it happens to you.

DEAR MS. BEHAVIOR:

My boyfriend, Joel, has been reading about using hallucinogenic drugs as a way to have a spiritual experience. He really wants me to take mushrooms with him so we can have sex he thinks will be special. He says he wants the experience to "enhance our connection to our higher selves and each other."

I don't have any desire to do drugs. I like sex to feel very grounded in reality. Should I stand my ground, or should I give in and take the mushrooms so as not to disappoint Joel?

—Tom

DEAR TOM:

It's never a good idea to ingest anything just to please someone else, even if you think your lack of willingness will disappoint. If you don't want mushrooms in your bed, just say no to mushrooms.

If Joel really needs a mind-altering experience during sex, perhaps he can chant or hold his breath or drink a martini. If you both long for a stronger connection during sex, maybe you can engage in some rituals (read a lesbian goddess book for tips) or take a class in tantric lovemaking. ☐

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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. Send questions or correspondence to msbehavior@aol.com.