

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) (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.pnaipdx.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)

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) (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. 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) (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 is a charismatic, joy-filled worship experience in Vancouver where everyone is welcome; gay, lesbian, bi, trans and straight. (11 am Sunday service. Bible study 7 pm most Thursdays. 1500 NE 49th St. 360-885-9461. pastor@godsholyterritory.com) (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. wholth@aol.com. www.sacredsouls.org) (7/03)



Raymond Alexander's creative use of abacá fibers is on display through Feb. 28 at Interstate Firehouse Cultural Center

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 Hiyard 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)

ADVICE

Shock doc

Don't let a 'phobe probe your queer body

DEAR MS. BEHAVIOR:

I recently went to see a medical specialist who was highly recommended to me by several people, including my own doctor. He's reputed to be the best in his field for the particular surgery I now need.

Unfortunately, I hated the guy. Not only was he condescending and rude, but he also seemed to be homophobic. He made a derogatory joke after a male nurse left the room and then started making sexual comments about women.

I think he assumed that since I'm a jock, I must share his disgusting misogynist and heterosexist views. Ordinarily, I'd object, but in this situation I didn't want to upset the guy who may someday cut into my knee.

The thing is, I don't feel comfortable with him personally. Some of my friends tell me that his personality and views shouldn't matter; his expertise and ability to fix my knee are all I should care about. What do you think?

—Homo with a Busted Knee

DEAR HOMO WITH A BUSTED KNEE:

It's hard to imagine that you could relax and suck down the anesthesia, knowing that the person "caring" for you is a homophobe. You may feel good about the fact that he's reputed to be a

renowned surgeon, but your ability to lie back and to recover may be hindered by your reaction to his unpleasantness.

Try to find another qualified, respected doctor who's experienced with the surgery you need. He doesn't have to be charming—not too many doctors are charming, anyway—but it would be best if he didn't make queer jokes while examining or operating on your queer body.

DEAR MS. BEHAVIOR:

I have been single for nine years but am now ready to find a girlfriend. I've been answering personal ads recently.

Each new woman I go out with asks about my relationship history immediately. When I reveal how long I've been single, my date always



coughs or gasps, as if my nine years alone are a sign of a major personality defect.

Does a long period of single-ness signal to my dates that I'm damaged? Should I lie about it so I don't scare these women off?

—Rachel

DEAR RACHEL: You don't actually owe anyone an explanation for your long period of solitude, but if you fail to provide a credible reason some of your dates may slip out the bathroom window, fearing that you've spent the past nine years living with your mother or in prison—not that it's usually too difficult to find a girlfriend in women's prison—or that you've been a bad girl, participating in a secret, lascivious relationship.

You can be yourself on a date—it's really better not to lie—as long as you have the awareness that most people try to frame information about themselves in an attractive manner. Pay attention to advertisements and marketing campaigns; they may teach you how to position yourself.

For instance, you might say, "I'm slow to get involved, but I'm well worth the wait because once I com-

mit, I'm truly loyal and devoted." (Of course you say this only if it's true.) Or "I'm selective about love, but you sure seem to have the right qualities."

Many lesbians are bound to be suspicious of your capacity for long-term involvement, particularly right after your apparent need for so much time alone. But only you can really assess your own ability and desire for intimacy or maybe even a hidden fear of it.

If the right woman gives you the opportunity, you both may be pleasantly surprised to find that you're like a dry sponge, absorbing all the juiciness of new love. ☐

© Meryl Cohn 2003

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.