

SPIRITUALITY

Metro: Spirituality

Ainsworth United Church of Christ is a multicultural, 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)

Bible Abuse Recovery is a spiritual growth group for healing gay, lesbian, bi and trans people hurt and abused by distorted and manipulative views of the Bible. (503-760-5791. biblerecovery@yahoo.com. www.geocities.com/biblerecovery) (7/03)

Bridgeport United Church of Christ is a community of progressive, political people exploring and celebrating the Christian faith. We are sexual minority and straight, multicultural and multiracial, and our children are valued members. (10:30 am Sunday. 621 NE 76th Ave. 503-258-0992. www.bridgeportucc.org) (7/03)

The City Church, Portland's "oldest gay-affirming Christian church," offers a spirit-driven church for today's diverse generations. (10 am Sunday communion and worship service. 6:30 pm Sunday worship service. 7 pm Wednesday Bible study. 3830 SE 62nd Ave. 503-775-5024.) (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.pnaiofpx.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)

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)

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)

Koinonia Catholic Community is a progressive, small faith community that gathers weekly to celebrate Eucharist at Bridgeport United Church of Christ. A welcoming congregation, Catholic in tradition and Ecumenical in membership. (6 pm Sunday. 621 NE 76th Ave. 503-699-0473. www.koinoniacommunity.org) (7/03)

Longview United Methodist Church is welcoming and reconciling. (10 am Sunday. 2851 30th Ave. 360-425-4927.) (7/03)

Metanoia Peace Community United Methodist Church is a "house church" that brings 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@pccz.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. lbtspintcircle@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)

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)

Trinity United Methodist Church is an open Christian community where faith and life intersect. All invited! (10:30 am Sunday. 3915 SE Steele St. The Rev. Wendy Joy Woodworth 503-777-3901.) (7/03)

Waverly Heights 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) (7/04)

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.pnwduua.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. ourclarkcountycolumbian.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 Thursdays, except third Thursdays. 1500 NE 49th St. 360-885-9461. pastor@godsholyterritory.com) (7/03)

Metropolitan Community Church of the Gentle Shepherd in Vancouver welcomes you. (10:30 am and 6:30 pm Sunday worship. 9 am Sunday Bible study. 2200 Broadway. The Rev. Harriet Barshofsky 360-695-1480.) (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. wholihth@aol.com. www.sacredsouls.org) (7/03)

Living offers support and advocacy to gay, lesbian, bi, trans and questioning youth in Eastern Oregon. (541-889-3119 or 866-248-8369. ecocil@ecocil.org. www.ecocil.org) (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 Hilliard 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)

Rainbow Youth of Salem for kids 21 and younger meets twice weekly. (6-8 pm Tuesday, 4-6 pm Thursday. 600 State St. Dani 503-930-7260.) (7/03)

recreation to gay, lesbian, bi and trans kids 23 and younger. Programs include: **Clackamas County Sexual Minority Youth Connection (COS-MYCY)** 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.) **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) **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) **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)

Eastern Oregon: Youth

Eastern Oregon Center for Independent

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. (Laye 503-228-3892 or jaye@imfamily.org) (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. (Laye 503-228-3892 or jaye@imfamily.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)

Vancouver Youth Services, a program of Cascadia Behavioral HealthCare, offers support and

ADVICE

Ready to cha cha?

You don't have to stay home but avoid prickly dates



Ms. Behavior by Meryl Cohn

DEAR MS. BEHAVIOR:

I ended a rocky, long-term relationship six months ago. Some of my friends are now urging me to "get out there" by answering personal ads or going out on blind dates. Other friends tell me that not enough time has passed and that I should wait.

Do you have any hints for how I might tell whether I'm ready to start dating?

—Jasmine

DEAR JASMINE:

Your readiness to date depends mostly on how recovered you feel from your recent relationship and breakup, which you can probably quantify with a simple injury assessment. If you still have more than one of these symptoms of damage, you're probably not ready:

1. Persistent bitterness that remains despite repeated processing with your friends or therapist of the events leading up to your breakup.
2. Obsession with your ex. This may take a variety of forms: driving by her house to see if she's home, on-going conversations in your head or with your ex about who was right or wrong, or concern with whether the woman she's dating now is as sexually exciting as you were.
3. Deep cynicism (which feels situational rather than characterological) about love.
4. Virgin/whore mood swings, which manifest as bouts of staying home, vowing celibacy and pledging devotion to a box of Girl Scout cookies, alternating with bouts of sleeping with scary, inappropriate people you'd never have looked at before.

DEAR MS. BEHAVIOR:

My girlfriend prefers a cleanly shaven chacha, but when it grows in it gets kind of prickly. Do you think I should try tweezing instead?

Thanks for your opinion.

—Chown Box

DEAR CHOWN BOX:

Tweezing is a good option only if you and girlfriend are both aroused by slow torture, or if you need a hobby to occupy your minds while you are doing something tedious like, say, quitting smoking.

Unfortunately, snatch tweezing is welcome in even fewer public places than is smoking, so you probably won't be able to do it while standing and waiting for your train or in front of a restaurant in between dinner and dessert.

Waxing, which needs to be done about once a month, is also painful, but it's much quicker. Eventually the hair grows in finer and less prickly.

If you think you and your bald-

chacha fetishist are destined to be together for a long time (and you enjoy the hairless look), you might consider some type of "permanent" hair removal, like electrolysis or laser. Keep in mind, though, that it's not unusual for some hair to grow back eventually; some practitioners (like some girlfriends) who claim "forever" are lying.

DEAR MS. BEHAVIOR:

It seems to me you missed Ed's point in his letter bemoaning the fact that his coupled friends do not invite him to join in their blissful coupling games. It's my reading that Ed is not invited because perhaps he's an embarrassing whore who "can't devote [himself] to one person."

What respectable couple wants to be reminded of how sad our current gay culture is? I am not a self-hating fag, trust me; I love our community and support it fully, but, please, we are run amuck with a bunch of shallow sluts and drug addicts.

He says he's waiting for Mr. Right to come along, but, honey, how is he ever going to know when he can't devote the time or the effort?

—Blissfully Uncoupled But Not Bitching

DEAR BLISSFULLY UNCOUPLED BUT NOT BITCHING:

You may be right that some of Ed's friends view him as you do—as an "embarrassing whore." And it's true that relationships require time and attention, which Ed may be unwilling to devote. However, Ms. Behavior sees no point in judging or trying to reform someone who is not interested in monogamy or who doesn't necessarily view a coupled relationship as an ideal for himself, at least for now.

Also, even if Ed is a shallow slut by your standards, he said nothing to suggest he's a drug addict. It sounds like his idea of a good time is more likely dinner parties or Scrabble games with coupled friends (perhaps some even you would find "respectable"), not drug or barebacking orgies in after-hour clubs.

If you indeed "love our community," why would you assume the worst or perpetuate the stereotypes inflicted on us by others, just because someone isn't ready to settle into the kind of coupling you find acceptable? ☑

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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). Signed copies are available directly from the author. Send questions or correspondence to msbehavior@aol.com.