

**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)

**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](mailto:biblerecovery@yahoo.com). [www.geocities.com/biblerecovery](http://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](http://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.pnaorpd.org](http://www.pnaorpd.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)

**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](mailto:brucepdxor@attbi.com). [www.integrityusa.org](http://www.integrityusa.org).) (7/03)

**Interfaith Spiritual Center** houses spiritual direc-

tors 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)

**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](http://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](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@mcportland.com](mailto:info@mcportland.com).) (7/03)

**Peace Church of the Brethren** is a welcoming congregation. (11 am Sunday. 12727 SE Market St. 503-254-6380.) (7/04)

**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](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)

**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](http://www.waverlyucc.org).) (7/04)

**Wy'east 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/](http://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** 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 Thursday. 1500 NE 49th St. 360-885-9461. [pastor@godsholyterritory.com](mailto: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 Sorvotus 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)

**Eastern Oregon: Youth**

**Eastern Oregon Center for Independent Living** offers support and advocacy to gay, lesbian, bi, trans and questioning youth in Eastern Oregon. (541-889-3119 or 866-248-8369. [eoicil@eoicil.org](mailto:eoicil@eoicil.org). [www.eoicil.org](http://www.eoicil.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 Hybrid St. 541-684-3468.) (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. Dan 503-930-7260.) (7/03)

**'Til cheating do us part**

Should you go with monogamy, like, right away?



**Ms. Behavior**  
by Meryl Cohn

DEAR MS. BEHAVIOR:

When I hook up with a man I like, I hate the thought of him having sex with other people. I usually tell him I like him and ask him to have a period of "trial monogamy" with me.

During this time I don't want him to sleep with anyone else without letting me know. Of course he's free to do anything he wants as long as he tells me about it, so I can move on and date someone else instead. This helps me eliminate the sex addicts from the start.

Most of my friends act like I'm crazy and think my needs are totally unreasonable. I think it's a good way to weed out men who won't be able to make a commitment. What do you think?

—Paul

DEAR PAUL:

Your plan certainly weeds out the restless men for whom monogamy is an absolute "NO." But your strict requirements might also eliminate some delightful prospects who could be willing to commit after a few months of dating, even if they're not ready to don a chastity belt after a second date with you.

Still, if you're willing to sacrifice a few good men for your goal, go for it. Anyone who absolutely hates the idea of sex with one person for the short term will have a lot of trouble keeping it in his pants once your laundry commingles.

On the other hand, lots of people can commit for a year or two but get itchy after, say, 600 or 700 nights in the same bed. You may have to come up with a new way to anticipate this in a boyfriend or at least to accept the fact that you can't control it.

DEAR MS. BEHAVIOR:

I'm responding to your letter about "ugly babies." I am a retired pediatrician. One observation I made in my practice was that only beautiful babies developed leukemia—at least that was my impression.

When I would see a new baby who was ugly, I would tell the parents they won't have to worry about their child developing leukemia. They were so happy to hear that message, no one in 25 years ever asked me the basis for my judgment.

—John P., M.D.

DEAR JOHN P., M.D.:

Ms. Behavior looks forward to the

day you publish your findings in *The Journal of the American Medical Association* or even in *The National Enquirer*. Titles might include "Six Servings of Vegetables a Day and a Swat with the Ugly Stick: How to Prevent Leukemia in Your Offspring" or "How Your Baby's Funny Face Protects Against Cancer."

DEAR MS. BEHAVIOR:

For the past two weeks your "ugly babies need adoptive parents, too" question has been troubling me. I have to get this out of my system and off my desk.

Simply stated, there is no such thing as an ugly baby. There couldn't be. People cannot be ugly; they can only act ugly. Or, put another way, you may be plain or unattractive or whatever, but you can only be ugly if you act that way. So no person is intrinsically ugly, and certainly not a baby.

A baby's face may not at first sight radiate happiness and beauty (as so many babies do), but that doesn't mean there isn't happiness and beauty inside. Need proof? Tickle that baby's tummy or hold that baby up in the air or perhaps just hug or smile at him or her. See what happens. When that baby smiles, you will sense the true meaning of beauty. If potential adoptive parents aren't ready to bring out the happiness and inner beauty of the baby, perhaps they should

rethink their readiness for such an important undertaking. And, by the way, shame on you for writing "ugly babies" in the first place!

—Jerome Witt

DEAR JEROME:

When you were a beautiful infant waiting in line for God's gifts to be bestowed on you, clearly you took double helpings from the "earnestness" line and skipped over "sense of humor." However, Ms. Behavior appreciates your generous life view and wishes more people were as loving as you. ☑

© Meryl Cohn 2003

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](mailto:msbehavior@aol.com).

**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. (Jaye 503-228-3892 or [jaye@mfamily.org](mailto:jaye@mfamily.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](mailto: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. (Jaye 503-228-3892 or [jaye@mfamily.org](mailto:jaye@mfamily.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.) **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).) **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).) **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)