

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) (7/04)

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)

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.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 Sunday. 1133 NE 181st Ave., Gresham. 503-665-2628. eastrose@teleport.com. www.eastrose.org) (7/04)

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)

Gay Men's Labyrinth Project meets quarterly for a walking meditation and wisdom circle on the labyrinth. (Dale 503-233-2026, ext. 3. www.gaylabyrinth.org) (7/04)

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.org) (7/03)

YOUTH

Metro: Youth

Flavors, a social support group for sexual minority youth of color 21 and younger, meets on weekends for food and socializing. Regular events and activities. Flavors is a project of Love Makes a Family's MultiQueer program and is supported by Brother to Brother. (Laye 503-228-3892 or jaye@lmfamily.org) (7/04)

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) (7/04)

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 LGBTQ youth of color. (Laye 503-228-3892 or jaye@lmfamily.org) (7/04)

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

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)

Lesbian Christian Fellowship meets for study and social outings. Committed Christians and still-unsures welcome. (Barbara 503-760-5791.) (7/04)

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 morning prayer and Sunday evening worship. (503-281-3697. www.tearsoup.com/metanoia) (7/04)

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)

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) (7/04)

Seventh-Day Adventist Kinship is a support organization for LGBT people, their families and friends. (PO Box 7320, Laguna Niguel, CA 92607. 7320 866-732-5677. office@sdakinship.org. www.sdakinship.org) (7/04)

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) (7/04)

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

ages. (10 am-6 pm Monday-Friday. 1132 SW 13th Ave. 503-535-3800. www.outsidein.org) (7/03)

Sexual Minority Youth Resource Center, a program of Cascadia Behavioral HealthCare, offers support and recreation to gay, lesbian, bi and trans youth 23 and younger. Offers drop-in computer access, pool tables and an informal place to hang out. Weekly support meetings include Trans Youth Group and the creative group Personal Deity Proxy. (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) Other programs include: **Clackamas County Sexual Minority Youth Connection (COSMYC)** provides opportunities for queer and questioning youth ages 23 and younger to get together for free, fun and supportive social activities. Offers one-on-one support, referrals and information on HIV and STD prevention and resources for adults who work with LGBTQ youth. (503-969-0060. cosmyc-youth@yahoo.com) **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) (7/04)

Eastern Oregon: Youth

Eastern Oregon Center for Independent Living offers support and advocacy to gay, lesbian,

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)

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) (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 services in an open and affirming congregation. (10:00 am Sunday worship, 11:15 am adult education. 1220 NE 68th St., Vancouver. 360-693-1476. vanucc@aol.com) (7/04)

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) (7/04)

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. wholhth@aol.com. www.sacredsouls.org) (7/03)

bi, trans and questioning youth in Eastern Oregon. (541-889-3119 or 866-248-8369. ecol@ecol.org. www.ecol.org) (7/04)

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)

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)

ADVICE

Oh, the inhumanity!

Back-biting ex and hungry dog make one bloody mess



Ms. Behavior
by Meryl Cohn

DEAR MS. BEHAVIOR:

Last summer I found out my girlfriend of eight years cheated me out of a lot of money. I had no choice but to break up with her. Jennifer turned most of our friends against me, so I relied heavily on my family for support.

During a recent visit to my sister, Helen, I was shocked to see a card from Jennifer on the refrigerator. Helen acknowledged that she's been in touch with her and that they've even been out for dinner a few times. (They were never friendly when Jennifer and I were together.)

I don't understand why my sister would want to hang out with my dishonest ex. I told her that her friendship with Jennifer was disloyal to me. She reluctantly stopped seeing her. In the meantime, I received a hateful e-mail from Jennifer accusing me of being a "controlling bitch."

Am I wrong to request loyalty from my sister? Or am I really a controlling bitch?

—Confused Sibling

DEAR CONFUSED SIBLING:

You're not insisting that Helen spit in your ex's face to prove devotion; you're merely asking her not to cultivate an active friendship with your thieving ex, which seems reasonable.

Helen and Jennifer's new bond is disturbing. And Jennifer's nasty e-mail reveals that you've spoiled more than her dinner plans; you've also interfered with her scheme to drive a wedge between you and your sister.

You might also wonder about your sister's motives. Why, for example, did she post your ex's card to her refrigerator? Did guilt lead her to leave clues so you'd be forced to squash their burgeoning friendship? Or did Helen merely display the card to bug you—in retaliation for the mean sisterly tortures you inflicted on her when you were kids?

Name-calling by an ex should be ignored. Once relieved of girlfriend duties, exes frequently also feel relieved of the obligation to be truthful or kind. Never rely on exes for accurate personality assessments, job recommendations or bikini-line trims.

DEAR MS. BEHAVIOR:

The morning after a recent party, our basset hound had a picnic on the bed with a discarded bloody tampon. My boyfriend, who is frightened of vaginas, was forced to do the toxic waste

cleanup, and the knowledge of where that tampon came from has put him into a coma.

I have narrowed down a list of the premenopausal females at the event. Would it be proper to send out a group e-mail with instructions of correct tampon disposal? If we do locate the culprit, can we bill for the trauma therapy that my partner

will require to make a full recovery?

—Tasty Tampon Household

DEAR TASTY TAMPON HOUSEHOLD:

A finger-pointing group e-mail would not be appropriate. Why blame the women for the fact that your ill-behaved dog ate the garbage? What would you have had the menstruating woman do with her used tampon? Flush it down the toilet and ruin your septic system? Carry it home in her purse? Eat it herself to spare your dog and your bed and your boyfriend?

If two fastidious homosexuals own a garbage-eating dog, they have several choices:

1. Hire a trainer to deter their dog from the nasty trash-chomping habit.
2. Purchase a secure, lidded garbage can that the dog cannot get into

(which shouldn't be too difficult with a mediocre-I.Q. dog like, say, a basset hound; it would be much harder with a poodle, for example).

3. Rush around dumping the trash can several times a day (or at least immediately after every party), attempting to rescue the luscious contents before their canine companion devours it.
4. Be prepared to don a hazardous materials suit to deal with whatever mess may turn up on the bed.

Instead of trauma therapy, your boyfriend might do better with desensitization. The therapist could start with moist vagina-like fruits (e.g., figs and mangos) and allow your boyfriend to touch and smell them. Once he works up to contact with the real thing, maybe some of your female friends will be willing to help—if you haven't already alienated them with silly accusations. **JM**

© 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.