

**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.) (7/04)

**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.) (7/04)

**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. 3830 SE 62nd Ave. 503-775-5024.) (7/04)

**Congregation P'nai Or** (Faces of Light) is a vibrant, egalitarian, Jewish Renewal congregation in Portland. Meets several times a month at Portland State University Campus Ministries. (PO Box 42187, Portland, OR 97242-0187. 503-248-4500. www.pnaiorpdx.org.) (7/04)

**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.) (7/04)

**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.) (7/04)

**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.) (7/04)

**Gay Men's Labyrinth Project** meets quarterly for a walking meditation and wisdom circle on the labyrinth. (www.gaylabyrinth.com.) (7/04)

**Gay Men's Spirit Group** is open to all men experienced or interested in alternative spiritual practices such as New Age, shamanism, meditation, psychic/intuitive, energy work and healing. (503-230-7949.) (7/04)

**Integrity** is a group of sexual minority Episcopalians and friends. Various locations throughout Oregon. (Bruce 503-286-9111. brucepdxor@attbi.com. www.integrityusa.org.) (7/04)

**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.) (7/04)

**Keshet Portland** is a potluck group for Jewish members of the sexual minorities community and their partners, spouses and supporters. Its purpose is to help build bridges with the larger Jewish community. Monthly social, religious and cultural events. (David or Laney 503-226-7079, ext. 14.) (7/04)

**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.) (7/04)

**Longview United Methodist Church** is welcoming and reconciling. (10 am Sunday. 2851 30th Ave. 360-425-4927.) (7/04)

**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 service. (2400 NE Broadway. 503-281-8868. info@mccportland.com. www.mccportland.com.) (7/04)

**Nichiren Buddhist Temple of Portland** offers several weekly gatherings. Everyone welcome! (10 am Sunday, 7:30 am Tuesday and Thursday, 7:30 pm Wednesday meditation. 2025 SE Yamhill St. 503-232-8064. www.nichiren-shu.org/portland.) (7/04)

**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 center for worship, growth and leadership that adheres to an all-inclusive spiritual philosophy similar to 12-step. Unity and Religious Science. (503-777-0727. www.portlandcenter.org.) (7/04)

**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@pfcz.com.) (7/04)

**Seventh-Day Adventist Kinship** is a support organization for queer 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)

**Southminster Presbyterian Church** is an active member of the Community of Welcoming Congregations. Sunday school and nursery care. Classes, community service activities and events for all ages and interests. (9-9:30 am Sunday chapel service, 10 am Sunday community worship service. 12250 SW Denney Road, Beaverton. 503-644-2073. staff@southmin.com. www.southmin.com.) (7/04)

**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.) (7/04)

**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. www.stjameslutheranportland.org.) (7/04)

**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. 1432 SW 13th Ave. 503-223-6424.) (7/04)

**University Park United Methodist Church** believes in giving to the community, caring for one another and making a difference one person at a time. Come celebrate God's diversity with us! (10 am Sunday. 4775 N Lombard St. The Rev. Jeannie Knepper 503-289-7843.) (7/04)

**Waverly Heights United Church of Christ** 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 youth and adults. We welcome gay, lesbian, bi and trans members and nurture spiritual growth living by Unitarian Universalist principles. (4 pm Sunday. 3915 SE Steele St. 503-777-3704. www.wy'east.pnwd.uua.org.) (7/04)

**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.) (7/04)

**Central Oregon: Spirituality**

**United Church of Christ Congregational** is an open and affirming congregation in The Dalles. (9:20 am adult Sunday school. 10:30 am Sunday worship. 111 E Fifth St. 541-296-2909. ucccongr@metcnct.net. www.forministry.com/usoucofucoccc.) (7/04)

**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. The Rev. Kathleen Verigin 360-573-2626.) (7/04)

**East Vancouver United Methodist Church** is reconciling and welcoming. (10 am Sunday. 5701 MacArthur Blvd. 360-693-4761.) (7/04)

**First Congregational Church.** United Church of Christ, holds services in an open and affirming congregation. (10 am Sunday worship, 11:15 am adult education. 1220 NE 68th St., Vancouver. 360-693-1476. vanucc@aol.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.) (7/04)

**Michael Servetus Unitarian Universalist Fellowship.** A Welcoming Congregation, provides a home for the liberal religious spirit. (9:30 and 11:15 am Sunday. 4505 E 18th St., Vancouver. 360-695-1891.) (7/04)

**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. (9:30 am Sunday learning hour. 10:30 am worship. 700 Marion St. NE, Salem. 503-363-3660.) (7/04)

**Metropolitan Community Church Two Rivers** is a Christian church with primary outreach in the sexual minorities community. (6:30 pm Sunday. 1166 Oak St. Eugene.) (7/04)

questioning youth in Eastern Oregon. (541-889-3119 or 866-248-8369. eoocl@eoocl.org. www.eoocl.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.) (7/04)

**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 Hayard St. 541-684-3466.) (7/04)

**Lesbian, Gay, Bisexual, Transgender Youth Group** for ages 25 and younger meets every Monday in Eugene. (5 pm. Kanonia Center, 1414 Kincaid St. 541-346-1134.) (7/04)

**Rainbow Youth** is a safe, confidential support group for young gay men, lesbians, bisexuals, transgender, questioning and friends. (6-8 pm Wednesday. Micha Building, 690 State St., Salem. www.salemrainbowyouth.org.) (7/04)

**ADVICE**

**Sweet surrender**

If you love something, set it free...or join in

DEAR MS. BEHAVIOR:

About three weeks ago I met a wonderful guy. We proceeded to embark on a passionate, tender romance: easy, fun, HOT and moving at light speed, including talking about trips together, meeting family and eventual cohabitation.

We've even been using the word "boyfriend." But at the end of week two, M starts to panic and requests that we take a step back and date instead of buying rings already. His pattern, he says, is to meet someone, get totally caught up in the whirlwind and then burn out quickly, and he says he doesn't want that to happen with me.

The problem is, even though I have his words and hard proof (ahem) that he's crazy about me, he wants "dating" to include other people. He wants to be sure it's me he wants to be with.

I say that dating other people isn't going to help me get to know him better. But if that's what he wants, who am I to say no? Still, I think it would feel pretty awful to know he was out on a date when I was at home knitting. Especially since I don't know how.

Do I risk losing M by saying, "No, I'm sorry, if you want to be with me, you can't see other people"? Could this be a lesson in surrender? What should I do?

—Tangled

DEAR TANGLED:

There's nothing wrong with trying on a relationship, as if it's a shoe, to see if it fits. The problem is that you want to try on one pair at a time, and M wants to try on every shoe in the store.

When people continue to shop, it's often because they haven't found exactly what they're looking for. Or they're what car salesmen refer to as "tire kickers," which means they'll go out for a test ride and play with all the buttons and features, but they have no intention of buying the car.

Perhaps M has no idea what he wants, or he's scared, or he has "intimacy issues." It doesn't make him a bad person, but you might get hurt, particularly if you think he'll change for you.

There's nothing wrong with non-monogamy. But if what you truly want is a monogamous relationship, you'd be better off looking for someone who wants the same thing instead of bending yourself into a pretzel, trying to accommodate his needs.

The biggest problem most people have in relationships stems from not listening to what someone says about himself in the beginning. If someone



**Ms. Behavior**  
by Meryl Cohn

says, "I am a slob," or "I hate children," or "I'm cheap," believe him! M told you that he typically gets caught up in a whirlwind and burns out quickly. So, even if he has an endless hard-on for you, plans trips with you and whispers sonnets in your ear, remember the truth: He burns out quickly.

DEAR MS. BEHAVIOR:

At first I thought my girlfriend, Nancy, was having an affair because a few months ago she started always smelling like, well, pussy. Turns out it's hers, not someone else's.

We only have sex about once a month, but her sex life with herself is pretty active. Often, as I'm falling asleep, I hear her masturbating. Last week I came home from work for lunch to find her going at it on the couch.

I haven't confronted her about why she'd rather do it herself than have sex with me. Maybe I'm afraid to know the answer. Should I say anything?

—Spumed for Self-Love

DEAR SPUMED FOR SELF-LOVE:

There's nothing wrong with coupled people masturbating, but if it's at the expense of your sex life together, that makes it less...fun. You can talk about it without making it into a confrontation. Let Nancy know that you'd like to have sex more often. She may have a bigger sex drive than you do and take matters into her own hands.

If you usually just play dead when you hear Nancy masturbating in bed, you might try something else, like, say, putting Nancy's pussy-flavored fingers in your mouth. Or climbing on top and joining in her middle-of-the-night masturbation party.

Next time you have your monthly sex date, check in and make sure Nancy likes what you're doing. Invite her to tell you what feels good to her. Make sure to talk a lot, in bed and out, and to do whatever helps you feel close to one another.

If Nancy's just not getting enough sex, these suggestions should help. If, however, she's fantasizing about the next-door neighbor or the local bowling team, climbing on top of her probably won't help. [7]

© Meryl Cohn 2004

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.

**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. (Jaye 503-228-3892. jaye@mfamily.org.) (7/04)

**The Gay, Lesbian and Straight Education Network (GLSEN)** fights to end anti-gay bias in K-12 schools. (Suite 180, 12700 SW North Dakota St. #129, Tigard, OR 97223. 503-525-1177. glsen@gslenoregon.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 queer and questioning youth of color. (Jaye 503-228-3892. jaye@mfamily.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. Needs volunteers of all ages. (10 am-6 pm Monday-Friday. 1132 SW 13th Ave. 503-535-3800. www.outsidein.org.) (7/04)

**Sexual Minority Youth Resource Center (SMYRC),** 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 includes Trans Youth Group and the creative group Personal Daily 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 queer and questioning youth. (503-969-0060. cosmcyoyouth@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, bi, trans and

Send your **outreach** listings to:

**just out** (attn: Calendar) • PO Box 14400 • Portland OR 97293 0400

Fax submissions to **503-236-1257** or e mail **justout@justout.com**

Submissions cannot be accepted over the phone. • Please type your announcements and include full contact information