

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.pnaiorpx.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)

Eckankar—Religion of the Light and Sound of God holds worship services and maintains a library of materials to help you learn about the Divine Spirit in today's world. (10 am Sunday, 7904 SE Milwaukee Ave. 503-233-1595. www.eckankar.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)

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. Impromptu wedding ceremonies available. (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@pcez.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)

Trinity Episcopal Cathedral, a welcoming and affirming congregation, invites all to worship services and ongoing programs in spiritual development, community outreach, music and arts education. (8 am Sunday Rite I chapel service, 10 am Sunday Rite II cathedral service, 147 NW 19th Ave. 503-222-9811. www.trinity-episcopal.org.) (7/04)

Trinity United Methodist Church is for all people who seek the grace of God and desire to work for peace and justice. Child care available. (10:30 am Sunday, 3915 SE Steele St. 503-777-3901.) (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 inter-generational 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.pnw.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. ucccong@netcnct.net. www.forministry.com/usorucfucoccc.) (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 Metro 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)

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 Hillyard St. 541-684-3466.) (7/04)

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.) (7/04)

Out 'n' About Youth meet every Thursday in Corvallis. (7 pm, 1165 Monroe Ave. 541-754-3906.) (7/04)

Rainbow Youth is a safe, confidential support group for young gay men, lesbians, bisexuals, transgender, questioning and friends. (6-8 pm Wednesday, Miche Building, 690 State St., Salem. www.salemrainbowyouth.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 Dirty 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. cosmycyouth@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 questioning youth in Eastern Oregon. (541-889-3119 or 866-248-8368. eocil@eocil.org. www.eocil.org.) (7/04)

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. (Kristy 503-228-3892. multiqueer@imfamily.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@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 queer and questioning youth of color. (Kristy 503-228-3892. multiqueer@imfamily.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)

ADVICE

Cutting the cord

Why are Internet relationships so damn intense?



Ms. Behavior
by Meryl Cohn

DEAR MS. BEHAVIOR:

Recently I met a nice woman through an Internet forum. We started exchanging e-mails regarding everything from politics to literature to the deterioration of pop music. We clicked on an intellectual level and decided to talk on the phone and exchange pictures.

I never promised anything. Because of my crazy work schedule and a relative who needs my care, I am not in a position to be in a romantic relationship, especially a long-distance one.

She said she understood, but whenever I can't e-mail or call her or if I remind her that I am not ready for anything more than friendship, she gets insecure and e-mails me four or five times a day. She is bipolar and tried to commit suicide when she was younger. I am terrified that if I just cut all ties, she will do something to hurt herself.

I don't want to hurt her, but we've known each other less than a month, and she's talking about love and the future. I can't sleep at night for fear that I've done something horrible and will be even more horrible if I back away from this. What do I do?

—Worried

DEAR WORRIED:

Online relationships develop rapidly and intensely. Writing to each other every day, sharing thoughts and exchanging photos tends to foster a feeling of intimacy that wouldn't progress so quickly in any other context. So, even if you say you're not in a position to be in a romantic relationship, your actions may inadvertently say otherwise.

You can't save your friend from her insecurity or her bipolar illness, but you can suggest that she seek therapy if she's in emotional pain. If you need to back away from the relationship, do so slowly and steadily, while making sure not to give mixed messages.

Continue to remind her that you can't offer more than a limited friendship. Treat her with compassion and kindness, without pretending to be more available than you are. Encourage her to get the help she needs, whether professional or through other friends.

If you continue to stay up worrying about this, you may be more invested than you think. Sometimes people in a caretaking situation transfer their feelings of worry from the person they're caring for to any other available person or situation. You may need a caretaker's support group.

DEAR MS. BEHAVIOR:

I am a single, black, 24-year-old lesbian living with my 2-year-old son. I'm thick, I have a pretty face, and I seem

to be attractive to men. But I can't find a new love interest with a woman.

I like women who are smart, aggressive, settled and funny and who love children. My last girlfriend fit only two out of my five preferences.

A big hindrance is that all of my current friends are straight, so I go to a lot of straight clubs and get-togethers.

I never get a chance to be around people like me, and I really don't like going out by myself. And, since I am a feminine lesbian, other lesbians don't approach me. I guess I look straight, or maybe lesbians just don't like thick women. (Just joking!)

I need to know how to meet people—if not on a romantic level then maybe just new friendships. How do I find someone to go out with? What are the ways to find people who spark my interest or are interested in me?

I'm not unhappy; I have a nice job, a terrific son, good straight friends and a great attitude.

—Alone for the Moment

DEAR ALONE FOR THE MOMENT:

You sound confident, intelligent and attractive—an overall good catch. A "thick" woman can be alluring to some dykes (but you'd never know it by watching those skinny women on *The L Word*.)

It's true that hanging out in straight bars and with straight friends won't help in your search for an intimate lesbian relationship. Your talents are being wasted on the wrong marketplace. (Ms. Behavior believes that yours is the exact situation that first inspired the expression "a snowball's chance in hell.")

Check out some personal ad Web sites and see who looks good to you. Write a snappy ad about yourself and post it on a few sites, too. You might try LesbianPersonalsOnline.com, PlanetOut.com, CurveMagazine.com and Lesbotron.com.

A Google search for lesbian personals will give you more ideas about where to advertise. Romantic relationships aren't your only option; some personals sites include options for pen pals and friends.

Check your local queer paper for ads about social networks for lesbian moms, and place an ad if you can't find one. Search the classifieds for other social groups that interest you: You might find a lesbian book circle or a sporty gaggle of dykes who like to climb things for no apparent reason. []

© 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.

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