

**SPIRITUALITY**

**Metro: Spirituality**

**Anawim Community** of gay men meets weekly for Christian meditation and prayer. (7:30 pm Thursday. 503-281-0722.) (7/05)

**Atkinson Memorial Church**, a Unitarian Universalist church, provides a spiritual home for those looking for a liberal-minded, supportive and caring congregation in Oregon City. (10:30 am Sunday. 710 Sixth St. 503-656-7296.) (7/05)

**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.) (7/05)

**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.pnaipdx.org.) (7/05)

**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. office@eastrose.org. www.eastrose.org.) (7/05)

**Eckankar—Religion of the Light and Sound of God** holds worship services and maintains a library of materials. Learn how the Divine Spirit works throughout your own life in today's world. (10 am Sunday. 7904 SE Milwaukie Ave. 503-233-1595. www.eckankar.org.) (7/05)

The **Enneagram Community of Portland** offers mentoring, therapy, spiritual direction, classes, workshops and retreats. (enneagramportland@aol.com. www.enneagramportland.com.) (7/05)

**Faith United Methodist Church** is a welcoming congregation that values and affirms the sacredness of all people. We invite and encourage everyone to find a place in the family of God. (10:15 am Sunday. 27400 SE Stark St., Troutdale. 503-661-4520.) (7/05)

**First Congregational United Church of Christ** is an open and affirming congregation in the liberal Christian tradition. Church school and nursery care. (10:25 am Sunday. 1126 SW Park Ave. 503-228-7219.) (7/05)

**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.) (7/05)

**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.) (7/05)

**Integrity** is a group of sexual minority Episcopalians and friends. Various locations throughout Oregon. (Steven Norcross or Bruce 503-286-9111. brucepdxor@comcast.net. www.integrityusa.org.) (7/05)

**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.) (7/05)

**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.) (7/05)

**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.) (7/05)

**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.) (7/05)

**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.) (7/05)

**Peace Church of the Brethren** is a welcoming congregation. (11 am Sunday. 12727 SE Market St. 503-254-6380.) (7/05)

**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.) (7/05)

**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.) (7/05)

**Seventh-Day Adventist Kinship** is a support organization for former and current Adventists who are queer as well as their family and friends. (PO Box 49375, Sarasota, FL 34230-6375. 866-732-5677. office@sdakinship.org. www.sdakinship.org.) (7/05)

**Southminster Presbyterian Church** is an active member of the Community of Welcoming Congregations. Sunday school, nursery care, classes, community service activities and events for all ages and interests. (9 am Sunday chapel service, 10 am Sunday main worship service. 12250 SW Denney Road, Beaverton. 503-644-2073. staff@southmin.com. www.southmin.com.) (7/05)

**St. Andrew Catholic Church** invites all to join a diverse faith community for prayer and fellowship. (9:30 am Sunday; Noon Spanish language service. 806 NE Alberta St. 503-281-4429.) (7/05)

**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.) (7/05)

**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.) (7/05)

**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.) (7/05)

**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.) (7/05)

**Unitarian Universalist Community Church of Washington County** is an open and affirming liberal religious community offering a variety of enrichment programs in addition to community and social action opportunities. (9 and 11 am Sunday. 22785 NW Birch St., Hillsboro. 503-648-1720. www.uuccwc.org.) (7/05)

**Waverly Heights United Church of Christ** is open and affirming with worship, children's school and child care. (10 am summer, 11 am school year. 3300 SE Woodward St. 503-238-1337. pastor@waverlyucc.org. www.waverlyucc.org.) (7/05)

**Wyeast 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.wyeast.pnwd.uua.org.) (7/05)

**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 (10:30 am summer). 2025 NE 23rd Ave., Gresham. 503-665-8741.) (7/05)

**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 worship (9:30 am summer). 111 E Fifth St. 541-296-2909. ucccog@netcnct.net. www.fornistry.com/usorocfuccoc.) (7/05)

**Washington: Spirituality**

**Abundant Life Center** assists the community in spiritual growth. (10 am Sunday. 111 W 39th St., Vancouver. The Rev. Kathleen Verigin 360-573-2626. www.abundant-life-center.org.) (7/05)

**Longview United Methodist Church** is welcoming and reconciling. (10 am Sunday. 2851 30th Ave., Longview. 360-425-4927.) (7/05)

**Metropolitan Church of the Gentle Shepherd** in Vancouver welcomes you. (10:30 am and 6:30 pm Sunday worship. Bible study follows morning worship. 2200 Broadway St. The Rev. Harriet Barshofsky 360-695-1480.) (7/05)

**Michael Servitius 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.) (7/05)

**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.) (7/05)

**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.) (7/05)

**Washington: Youth**

**Triple Point** offers education, support and advocacy to gay, lesbian, bi, trans and questioning youth in Vancouver. Meets every Tuesday in the basement of Youth House. (6-8 pm. 1112 Columbia St. John 360-695-1325.) (7/05)

**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. 541-884-3466.) (7/05)

**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.) (7/05)



Susan Lynch's photographs document Day of the Dead Oct. 28-Nov. 16 at Onda Arte Latina

queer and questioning youth to plan and attend monthly social events. Also information, referral and advocacy services in Washington County. (Monthly 503-260-5792. molly@prideproject.org.) (7/05)

**Second Minority Youth Resource Center (SMYRC)** offers support and recreation to gay, lesbian, bi and trans youth 23 and younger. 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 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.amyrc.org.) (7/05)

**Eastern Oregon: Youth**

**Eastern Oregon Center for Independent Living** offers support and advocacy to gay, lesbian, bi, trans and questioning youth in Eastern Oregon. (1021 SW 5th Ave., Ontario. 541-889-3119 or 888-248-8369. eocil@eocil.org. www.eocil.org.) (7/05)

**ADVICE**

**Please release me**

Stuck between a rock and a hard place

DEAR MS. BEHAVIOR:

I'm on the horns of a dilemma, so to speak. I suffer from clinical depression. Fortunately, with the advances in modern pharmaceutical technology, medication allows me to have some semblance of a life—or at least to get out of bed and bathe.

But these psychotropic wonders are not without their downside. For several years I took Prozac, which gradually eroded my usually overactive libido. Eventually, I had no interest in even a casual wank, much less a full-on sexual encounter. That made me more depressed than the Prozac was making me un-depressed.

Recently my doctor switched me to a new antidepressant. Most of the side effects of this medication are tolerable. I can live with the dry mouth, occasional nausea and a little insomnia. On the plus side, the change has given me a lovely burst of energy, and I'm as randy as a teen-ager.

The problem is that while I'm ready and able to perform, I'm not able to complete the act, if you get my drift. I'm like the Energizer Bunny—I keep going and going and going, at least until chafing sets in and my arm is ready to fall off. This would be great if I were a top, but as it is, I'm just frustrated and crampy.

So now I'm stuck between a rock and a hard place—do I stay on my meds so that I'm not depressed but never able to, um, release, or do I go off them and get off?

—Frustrated

DEAR FRUSTRATED:

You shouldn't have to choose between orgasmic release and functioning well enough to get up off the couch. Talk to your doctor frankly about the side effects you're experiencing, and ask about other antidepressants. Many problems can be alleviated by lowering doses or totally switching meds.

Have you seen the ads for Wellbutrin that claim "no sexual side effects"? Perhaps it's time to find out if their claims are true, before you wear out your arm and break off your wiener.

DEAR MS. BEHAVIOR:

I am getting married in a week and still haven't heard from six of my guests about whether they are attending or not. Ms. Behavior, I realize the gay community is not used to the whole wedding thing, but rude is rude!

What am I supposed to tell the caterer? And can I call these jerks and say: "What the hell? Are you coming to my wedding or not?" I'd like to tell them where to get off!

—Angry Bride

DEAR ANGRY BRIDE:

It's better to call your rude guests than to fume and wonder. But don't stoop to their level of boorishness; just ask politely if they plan to attend. Your giving them a lesson in etiquette will just lead to them giving you a lame excuse to further irritate you.

You can always count on a couple of last-minute calamities that prevent guests from

coming, so it's generally safe to subtract a few people (perhaps 5 percent) from your final expected number before calling the caterer.

Gay people aren't more polite than straight ones, by the way. Our primary social advantages are more attractive shoes, clothing and eyeglasses.

DEAR MS. BEHAVIOR:

Your answer to "K." (the "dis-empowered" dyke in your Oct. 1 column) should have included a fact she needs to be aware of: Despite her understandable desire to let her dog run freely, it's illegal to let dogs run without a leash in Provincetown, including on the beach. Those guys who were getting it on under the Dick Dock were well within their rights, should they have chosen to do so, to say, "Lady, get yer friggan animal on a leash and away from here before we call the cops!"—assuming, of course, they had a cell phone, er, handy.

I was, however, glad to read that your recommendation to her to yell, "Charlotte, come!" was made purely tongue in cheek as, if she were so foolish to yell any such thing in such a place under those circumstances she would surely, of course, find herself awash in a sea of spermatozoa.

—Legal Eagle

DEAR LEGAL EAGLE:

Actually, it's legal in Provincetown for dogs to be off-leash on town beaches during certain hours of the day (which vary, depending on the season), assuming that the dog is under the owner's "voice and sight" control. Of course, "this particular owner was afraid to exert voice control, and it's likely the dog ended up out of her sight.

If a cop happened to come along, it's hard to assess who would have been the more likely candidate for a ticket: the woman with the untethered dog or the men engaged in moonlight sodomy. In this situation, it probably depends on the cop. ☐

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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.



Ms. Behavior® by Meryl Cohn

**YOUTH**

**Metro: Youth**

The **Gay, Lesbian and Straight Education Network (GLSEN)** strives to assure that each member of every school community is valued and respected, regardless of sexual orientation or gender identity/expression. (12700 SW North Dakota St., Suite 180 #129, Tigard, OR 97223. 503-525-1177. glsen@glsenoregon.org. www.glsenoregon.org.) (7/05)

**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. Provide transitional housing for youth 20 and younger and for those HIV-positive and younger than 23. Need volunteers of all ages. (10 am-6 pm Monday-Friday. 1132 SW 13th Ave. 503-535-3800. www.outsidein.org.) (7/05)

**Pride Project** brings together Washington County