

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.pnaorpxd.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)



Sweet Thunder celebrates the release of its jazzy debut CD, *Kinship*, Dec. 11 at Common Grounds Coffeehouse

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@pceez.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 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.wyeast.pnw.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. ucccngj@netcnct.net. www.forministry.com/usorucafucoccc.) (7/05) •

Washington: Spirituality

Abundant Life Center assists the community in spiritual growth. (10 am Sunday. 111 W 39th St., Vancouver. The Rev. Kathleen Vergin 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 Servitus 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 Hilyard St. 541-684-3466.) (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)

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.) (7/05)

Sexual 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 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.) (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 866-248-8369. eocil@eocil.org. www.eocil.org.) (7/05)

ADVICE

Kerry on

Exhilarated campaigner pursues happiness

DEAR MS. BEHAVIOR:

I spent the past three weeks in Florida campaigning for John Kerry. I took an unpaid leave from my job, left my girlfriend to care for my dog and worked with a group of young people who slept on floors in sleeping bags and ate fast food.

I found the whole thing exhilarating. It was like reliving the late '60s, when I was actually young enough to live that way. The best part was feeling like what I had to say mattered. Every night, a group of young people gathered around to hear me talk about the civil rights movement and the gay rights movement and the women's movement.

My problem is this one young woman, Pamela, who followed me everywhere, claiming to be in love with me. After a week, I stopped resisting.

Making love to someone in her 20s was a wonderful experience for me. I felt alive and happy and free. But now that I'm back home, Pamela calls me three times a day. She's threatening to come up here and follow me around until I let her into my life.

Ms. Behavior, I'm half tempted to let it happen, or else to leave my life and go to her. I haven't told her because I don't want to be responsible for disrupting her life. But I think I'm on the verge of disrupting my own.

Should I do it? Am I out of my mind? My girlfriend and I have been very comfortable together for a long time. And yet I can't help feeling pulled toward freedom.

—Reeling

DEAR REELING:

There's nothing like having a common cause to make you get naked with a 20-something comrade. It's exhilarating to be surrounded by like-minded people who are devoting their energy to an ideal, even when they don't remove their clothes. Now that you're away from Pamela, it may seem that this amazing passion belonged to her (or at least to her dewy young body), but it didn't.

Maybe you need a change in your life, or maybe you're feeling nostalgic for your own juicy youth. Now you need to ask yourself how you can find that passion at home.

If you try to attach all of your feelings of longing to one woman in her 20s whom you barely know, you're bound to be disappointed. The things you're trying to cultivate—a sense of community, a sense of purpose and a reason to wake up



Ms. Behavior® by Meryl Cohn

in the morning—are so much more than what any one person can give you. Lots of former activists woke up a few weeks ago and realized they feel too complacent now. If nothing else, the dreary election results may catalyze a whole new revolution.

There's plenty to be done, and it's great if you'd like to participate, but please try to remember that the key to your happiness isn't in trading in your life or your girlfriend for a new one.

DEAR MS. BEHAVIOR:

My boyfriend, Craig, is very sweet, but he sometimes allows people to take advantage of him. A few weeks ago his sister Claire came to stay with us "for a few nights" because things got ugly with her husband. Claire is 32 and doesn't have a responsible job. She's a singer, which means she goes on an audition every two weeks and occasionally gets a gig singing old Peggy Lee songs in a motel lounge.

Claire's not a terrible person, but she's needy and she eats everything in sight and talks loudly on her cell phone 24/7. Craig promises she'll move out within three months, once she gets her settlement from a lawsuit, which will enable her to afford another place.

Should I put my foot down and insist that she move out now? Or should I just bite my tongue and let Claire hang out for another three months even though she's wrecking my quality of life?

—Trapped

DEAR TRAPPED:

Have some compassion and let Claire stay. It's not like she's wearing your panties, using your Amex card or making meatloaf in your tofu-only Tupperware. Why force Craig to choose between you and his sister, especially since she'll be moving out soon? Asking him to turn Claire away in a time of need would strain your relationship.

Besides, in the long run, you never know when you might need Craig to return the favor: What if your brother breaks his leg and needs to sleep on your sofa for a few weeks or your mother develops a taste for Ecstasy and needs a place to stay while recovering from her addiction? ☑

MERYL COHN is the author of *Do What I Say: Ms. Behavior's Guide to Gay and Lesbian Etiquette*. Signed copies are available directly from the author. Send questions or correspondence to msbehavior@aol.com.

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