

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.pnaiorpxd.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)

Enneagram Community of Portland offers mentoring, therapy, spiritual direction, classes, workshops and retreats. (enneagrampxd@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 Congregational United Church of Christ of Hillsboro is an open and affirming congregation explicitly welcoming everyone into its Christian community, fellowship and worship. Bible and book study groups, Sunday school and nursery care. (10:30 am Sunday, 494 E Main St. 503-648-4341. www.hillsboro-ucc.org.) (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. brucepxd@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@pcez.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)

Soul Quest—a men's group exploring soul, spirit, inner transformation and authentic living—will meet weekly starting this spring. (Lincoln 503-730-2347. info@soulquests.com.) (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)

University Park United Methodist Church is a small, diverse, open and progressive community of faith that extends a warm welcome to all people.

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 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.) (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)

(10 am Sunday, 4775 N Lombard St. 503-289-7843. www.upmc.net.) (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)

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. (5 pm Sunday, 3300 SE Woodward St. 503-777-3704. www.wyest.pnwduaa.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 10:30 am summer, 111 E Fifth St. 541-296-2909. ucccong@netcnct.net. www.forministry.com/usorocofucoccc.) (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)

First Congregational United Church of Christ has been an open and affirming congregation since 1992, extending God's extravagant welcome to all people, no matter who they are or where they are on life's journey. (1220 NE 68th St., Vancouver. 360-693-1476. www.vancouverucc.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)



Portland Metro Performing Arts Center revives *Hot Flashes*, a hit comedy that follows the career of a five-woman band, through March 5

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. Jori 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. 541-684-3465.) (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)

ADVICE

Diamond in the muff

Bi-curious teen loses her patience

DEAR MS. BEHAVIOR:

I am an 18-year-old bi-curious female. I'm not sure how to label it or even if my sexual preference needs a label.

I have had two boyfriends and have had sex with one of them. My only experience with a woman consisted of a make-out session with a short-lived friend while watching an all-female porn movie.

I have no problem letting my attraction to women be known, if asked. But I keep getting, "Oh, another one of those teen-age bi-sexual girls who just want attention from guys who are turned on by two women together" reactions. It makes me question just how bisexual I am, since I haven't experienced sex with a woman.

I want to have sex with a girl. I particularly want to go down on a girl. Dreams of it are quite nice to wake up after.

But I'm not the casual-sex-seeking type. I wouldn't be against it, but I'd prefer to be with a girl I really like. I'm wondering when I'll meet this person, if ever, and I'm getting very impatient about my discovery of my true bisexuality or lack thereof.

Is this just one big fantasy that I'll snap out of as soon as I experience it and realize it's not really what I want?

—Muff-Diving Dreamer

DEAR MUFF-DIVING DREAMER:

Don't worry about your bi-authenticity. Life is long, and you'll probably have lots of sex with lots of different people.

Your inexperience with women suggests more a lack of opportunity than sexual confusion. Few girls your age are lucky enough to hook up with other girls. These matters take a long time to straighten out, so to speak.

If you've got a jump on exploring your sexuality, you may have to wait for your peers to catch up. Either that, or hang out where the baby dykes hang out and see if you can strike up a friendship with someone.

Trust your instincts and desires. If you're not into casual encounters, wait until you meet someone you like. You'll have the linguistic edge if you don't refer to girl-on-girl sex as "muff diving," at least once you're in arm's reach of a muff. (Also, don't say you want to "eat her out"; it doesn't have a good ring to it.)

Once you've found the right person, you'll find the right words to let her know you want to go down on her. Then, when you lie down together and kiss, and make your way down her body—your mouth touching every inch of her—she'll

figure out what you're up to.

Not all women who have sex with women are lesbians or even bisexual. But Ms. Behavior suspects that if you're dreaming about "muff diving," it's unlikely you'll find you don't have a taste for it.

DEAR MS. BEHAVIOR:

I'm a 32-year-old gay man. Last year, I ended a three-year

monogamous relationship with my boyfriend.

I still loved David, but we had virtually no sex and no romance, and we were short-tempered with each other. If I tried to roll close to him in the morning, he'd say, "Move over." He was moody and refused to go to couple's counseling.

Still, David is a funny, charming person, so I repeatedly forgave him. We eventually broke up because I felt that removing the expectation of being lovers might relieve the tension and let us transition to a close friendship.

Things didn't work as I'd planned. Once I moved out, David refused to speak with me. He has never returned any of my calls or e-mails.

I couldn't have imagined David totally cutting me out of his life. I dream about him every night. I miss him terribly. Should I show up at his door and beg him to take me back?

—Stuart

DEAR STUART:

Don't beg David to take you back. You ended the relationship because you needed it to end. Some people can't be friends with their exes; maybe if you knew that David would cut you out of his life, you would have stayed with him and settled for a certain deadness, but it's lucky that didn't happen.

Your soul wanted out, and so did your libido. You didn't want to settle for a passionless relationship, especially since there was little reason to believe it could be fixed. David's refusal to go to counseling is a good indication of his unwillingness to try.

You need someone else, and you'll find him when you're ready. You'll recognize him because he'll be passionate and willing. He'll need and want your affection. He'll be funny and charming, too, in a different way, and he'll want to lie on top of you a lot. That's how you'll know he's the one. ☐

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 queer and questioning youth to plan and attend monthly