

SPIRITUALITY

Metro: Spirituality

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

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.)

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.)

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.)

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.)

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.)

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

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.)

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.)

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.)

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. 503-229-6389. www.firstunitarianportland.org.)

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.)

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.)

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.)

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.)

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.learsoup.com/metanoia.)

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.)

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.)

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

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.)



Christy Klep's photographs of children and expectant families are on display through May 25 at Milagros.

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.)

Rose City Park Presbyterian Church, a member of the Community of Welcoming Congregations and the Covenant Network of Presbyterians, is a vibrant, inclusive community of faith. All God's children are welcome to join in our life and worship. (10 am Sunday. 1907 NE 45th Ave. www.rosecityparkpres.org.)

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@sdaykinship.org. www.sdaykinship.org.)

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.)

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.)

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.)

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.)

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.)

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.)

University Park United Methodist Church is

a small, diverse, open and progressive community of faith that extends a warm welcome to all people. (10 am Sunday. 4775 N Lombard St. 503-289-7843. www.upumc.net.)

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.)

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.wy'east.pnwd.uua.org.)

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.)

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. ucccng@netcnct.net. www.forministry.com/usorucocucc.org.)

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.)

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.)

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

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

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.)

St. Luke's Episcopal Church has welcomed all people since 1853. Traditional but never stuffy. (English: 8 and 10:30 am Sunday. Spanish: 1 pm Sunday. Child care at 10:30 am. 426 E Fourth Plain Blvd., Vancouver. The Rev. John Allen 360-696-0181. www.stlukeschurch.info.)

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.)

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.)

Wednesday, 4-11 pm Friday, 2100 SE Belmont St. 503-872-9664. www.smyrc.org.)

YOUTH

Metro: Youth

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.)

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.)

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.)

Sexual Minority Youth Resource Center (SMYRC) offers support, recreation, counseling and referral to gay, lesbian, bi and trans kids 23 and younger. Drop-in computer access, pool tables and an informal place to hang out. Weekly trans, leadership and art support group meetings. (4-9 pm

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 Fifth Ave., Ontario. 541-889-3119 or 866-248-8369. eocil@eocil.org. www.eocil.org.)

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.)

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.)

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.)

ADVICE

Pillow talk

My lover is critical and insensitive in bed! What to do?

DEAR MS. BEHAVIOR:

I've been with my new girlfriend, Sandra, for two months, and we're compatible in most ways. We both love literature and camping, and we have similar politics. She's attractive and professional, with a job that keeps her busy but not unavailable.

My only complaint about Sandra is sexual: In bed, she becomes this totally different person. She even has a different voice—a whiny, complaining Midwestern tone. Every time we have sex, she says things like: "No, Audrey! Not like that!" And "What the hell are you doing down there?" And "Well, that's just not good. Haven't you ever done this before?"

It's like being in bed with my overly critical mother. I'm starting to feel horrible about my ability to please her.

I've talked to her about it and even tried to get her to tell me what she likes sexually when we're NOT in bed, but she still can't seem to stop. Now Sandra wants to go to sex therapy to work on "our problem."

Our problem? I've never had this happen before.

I love her madly, except in bed. Surely something can be done, right?

—Anxious Audrey



Ms. Behavior by Meryl Cohn

knows how to put up a tent in three minutes flat, but her inability to communicate with kindness and sensitivity means she's a lousy lover. Toss her back and hold out for a partner who likes to read AND finds you sexy.

DEAR MS. BEHAVIOR: I'm a consultant-for-hire in a conservative financial industry.

Recently, a local newspaper profiled me and my work. When the reporter came to my home to interview me, I briefly introduced him to my partner, Tom. I assumed the reporter would be discreet, since Tom has nothing to do with my business life, and the reporter didn't ask any direct questions about my being gay.

Much to my dismay, half of the article was about the reporter's impressions of my private life, including my relationship with Tom. The whole "outing" of my private life upsets me, and I'm feeling too anxious to get anything done.

I don't think there has been any actual fallout yet, but how will I know if there is? How can I make sure my clients know I am still the person they thought I was before this article appeared in the paper? (I am straight looking and acting.) Should I issue a statement?

—Banking on Your Answer

DEAR ANXIOUS AUDREY:

Who needs a mean, inconsiderate lover? Someone so nasty and insensitive to your feelings during sex is not worthy of your trust in other matters.

Masochism is only fun when it's intentional, within boundaries acceptable to both people. This kind of ego-crushing, emotionally sadistic treatment is not what you signed up for.

Hungry sex therapists may disagree, but this doesn't sound like a case that's worth the investment. If you said that you and Sandra used to have hot sex but it eventually fell apart and your desire began to wane, Ms. Behavior would encourage you to go to therapy to find out why and try to fix it.

Or, if Sandra were sweet and patient but you just hadn't figured out how to please her, sex therapy might help you communicate better in bed. In that case, Sandra could learn to ask for what she needed in a way that wouldn't hurt or insult you—"Honey, it would be great if you could move your tongue a little higher"—and you could become more adept at pleasing her.

But sex therapy won't turn Sandra's mean streak into something else, especially if she needs to be nasty to get off. So cut your losses: Sandra may be a fun companion who

DEAR BANKING ON YOUR ANSWER:

What sort of statement would you issue to your clients? An assurance that despite your homo lifestyle you're just as manly as before? An affidavit swearing that you'll never let your desire for cocksucking interfere with your fiduciary responsibilities? Maybe you could have your picture taken at a rodeo while you try to lasso a big hairy bull and include the photo in your next client mailing.

This is clearly a case of someone else—perhaps a divine power?—doing something for you that you could not do for yourself. Namely, growing up and coming out.

At this point, anything you say in attempt to discredit the reporter's observation that you're gay would make you look like a liar or a self-loathing wimp. Try to muster up the attitude that your sexual orientation is a neutral fact, like hair color or shoe size, and expect others to do the same. It's a lot better than parading your silly internalized homophobia for all to see. ☐

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.