

ADVICE

# Three's a crowd

## Gym buddy wants to show lesbian couple his equipment



**Ms. Behavior**  
by Meryl Cohn

DEAR MS. BEHAVIOR:

My sweetie and I are hardworking ladies in our early and mid-40s who like to keep in shape by hitting the gym at least three times a week.

About six months ago, T.K., a buff, 38-year-old straight guy, started hanging around with us and joining in our workouts. T.K. is fun, irresistibly good-looking and mature, and he's bragged about his experience and skills in "pleasing lesbians in bed."

We're both attracted to him. Last week he winked and said to us, "Let me know when you're ready to continue this workout up at my apartment—I've got some equipment I think you'll like." We're tempted. We've had a few threesomes in our day, but never with a guy.

But T.K. is divorced, and his ex-wife, who is very nice and quite hot herself, is a member of our gym. He also has a 9-year-old daughter he says he wants us to meet.

With these complications, T.K.'s not exactly the stud-for-hire, no-strings-attached, dildo replacement of our occasional fantasies. Still, it's an offer too hard (if you know what I mean) to turn down.

What's your advice? What would you do? Thanks! We love your column.

—Three on a Treadmill

DEAR THREE ON A TREADMILL:

On the right kind of sultry summer day, Ms. Behavior might encourage you to go for it. A threesome could be a fun romp. Sex with your gym buddy could spice up your relationship, and if it turns into a disaster—with T.K.'s ex-wife trying to slap you in the sauna and his 9-year-old spitting whenever she sees you—you always have the option of switching to Lucille Roberts.

But today, perhaps influenced by damp weather, Ms. Behavior can't help but be a wet blanket: Why blow a good thing? Your attraction to T.K. is a great incentive for you and your partner to get to the gym, work out and enjoy the attention and fun. A threesome with the dude will probably be far less fulfilling than the fantasy.

Why? Well, anytime you contemplate having sex with someone new, there's a cost/risk analysis you should automatically do in your head to decide whether it's worth it.

If, for example, you've been single for several months or longer, the stakes are relatively low; you barely remember what it's like to feel

another person's body against yours, so you don't expect much. You've probably had to form a hard little protective shell so you don't take things too personally. A potentially disappointing sexual experience won't crush you; you've already lowered your standards anyway. (Drinking, in this scenario, decreases the likelihood of

caring if something goes wrong but increases the risk of vomiting.)

If, at the other extreme, you're in a relationship, bringing your partner to the table as part of your hookup raises the stakes a lot. It increases the likelihood of jealousy and competition and offers your partner the opportunity to witness (and remind you about) anything weird or awkward that might happen.

Could an actual sexual act ever live up to your steamy fantasy? In your mind's eye, sex is always smooth and sweet and pretty; everything looks and tastes delightful and goes just as expected.

But once you go home with the object of your fantasy, you risk encountering all sorts of things you've never imagined: an elbow in the eye, an aversion to his body hair, jealousy between you and your girlfriend, body-building posters on the walls, scary family photos on the mantel, cat fur on the sheets, an unhygienic bathroom, weird body smells, performance anxiety, disappointment or subsequent social awkwardness.

Worse, after you and your GF have sex with your gym buddy, you may find yourself reluctant to put on your sneakers and your sexy little sweatpants. Your gym nights could become *American Idol* nights, and your thighs could turn to cottage cheese. Is it worth it?

T.K. might be a great guy, but he's likely a better friend than dyke-pleasing stud. If you don't believe Ms. Behavior, it sounds like you have immediate access to his ex-wife, who may enjoy the opportunity to be candid about T.K.'s sexual skills and whether he's overstated them. And if the ex-wife happens to like threesomes...

As for what Ms. Behavior might do in this situation, only her personal trainer knows for sure. ☑

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](mailto:msbehavior@aol.com).

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](http://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.pnaiorpxd.org](http://www.pnaiorpxd.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](http://office@eastrose.org). [www.eastrose.org](http://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](http://www.eckankar.org).)

**Enneagram Community of Portland** offers mentoring, therapy, spiritual direction, classes, workshops and retreats. ([enneagrampx@aol.com](mailto:enneagrampx@aol.com). [www.enneagramportland.com](http://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](http://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. 503-228-6389. [www.firstunitarianportland.org](http://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](mailto:brucepdxor@comcast.net). [www.integrityusa.org](http://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](http://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](http://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.tearsoup.com/metanoia](http://www.tearsoup.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](mailto:info@mccportland.com). [www.mccportland.com](http://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](http://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](http://www.portlandcenter.org).)

**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](mailto:otter@pceez.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](http://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@sdakinship.org](mailto:office@sdakinship.org). [www.sdakinship.org](http://www.sdakinship.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](mailto:staff@southmin.com). [www.southmin.com](http://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](http://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](mailto: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](http://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](http://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](mailto:pastor@waverlyucc.org). [www.waverlyucc.org](http://www.waverlyucc.org).)

**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. (5 pm Sunday. 3300 SE Woodward St. 503-777-3704. [www.wyeast.pnwd.uua.org](http://www.wyeast.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. [ucccong@netcnct.net](mailto:ucccong@netcnct.net). [www.forministry.com/usorucofuccoc](http://www.forministry.com/usorucofuccoc).)

**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](http://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](http://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 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.)

**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 Allan 360-696-0181. [www.stlukeschurch.info](http://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.)



Profile Theatre Project shows us *The Full Monty* June 14.

Wednesday, 4-11 pm Friday, 2100 SE Belmont St. 503-872-9664. [www.smyrc.org](http://www.smyrc.org).)

**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. [eoicil@eoicil.org](mailto:eoicil@eoicil.org). [www.eoicil.org](http://www.eoicil.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.)

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. [glseu@glseuoregon.org](mailto:glseu@glseuoregon.org). [www.glseuoregon.org](http://www.glseuoregon.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](http://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](mailto: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