

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.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. www.eastrose.org.)

Eckankar—Religion of the Light and Sound of God holds worship services and maintains a library of materials. Learn how you can work daily with the Divine Spirit in your own life. (10 am Sunday. 7904 SE Milwaukie Ave. 503-233-1595. www.eckankar.org.)

Elevation, a gay Christian rock band, invites you to join us for energetic, inspiring jams and powerful, spiritual messages at Metropolitan Community Church of Portland. (6 pm Sunday. 2400 NE Broadway. 503-281-8868.)

Enneagram Community of Portland offers mentoring, therapy, spiritual direction, classes, workshops and retreats. (enneagrampx@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. 503-228-6389. 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.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. 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.)

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.)

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@sdakinship.org. 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. 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. Brigid Celtic Anabaptist Community is a newly developing group connecting ancient traditions and future visions to manifest liberty, peace and justice. Now meeting for discussion, study and meditation. (Sarah 503-757-7545. www.stbrigidcac.co.nr.)

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.)



Seattle drag punk pioneers Jackie Hell and Ursula Android celebrate Sissyboy's first anniversary July 20.

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.pnw.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, multiracial/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. uccccongl@netcnct.net. www.forministry.com/usoruofcucocc.)

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 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 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.)

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

ADVICE

Addicted to love

How can I stay in the moment and take it slow?



Ms. Behavior
by Meryl Cohn

DEAR MS. BEHAVIOR:

I am a 45-year-old gay man and have had many long-term relationships. For the past few years, I've dated a closeted man who has no interest in anything gay. In fact, he could happily live without sex.

I think good, healthy sex is one of the greatest things in the world. This relationship has been an energy drain; seeing other gay couples in positive and accepting relationships has made me sad.

I met two psychics last year at a healing expo. Both said they saw me meeting a compatible man this spring. When I asked how meeting this man would affect the guy I'm dating, they both said he'd understand and remain a loyal friend.

So, a few weeks ago, I met a man who I clicked with from a soul level. The sex made me feel like I was 21 again—we had a three-hour love-making session! I can't believe this was predicted. He and I have been e-mailing every day; he is gracious and complimentary and into me.

I am trying to stay in the moment and just enjoy this new man. I forgot how intense a new relationship is and am worried about not communicating properly or putting out too much too soon. All my past relationships happened quickly. I want to go slow, but we're already e-mailing daily.

I'm feeling nervous. My question is: When the sex is soooo hot, the man is sooo cute and you haven't had attention like this for sooooo long, how do you keep it in perspective? I know about addiction and do not feel this is sex addiction. But I need to know how to go slow. I'm addicted to doing things too fast.

I am writing you first, then contacting my psychics. I'd also like to know if you consider yourself a psychic.

—Need to Slow Down 'Cause I Move Too Fast

DEAR NEED TO SLOW DOWN 'CAUSE I MOVE TOO FAST:

What's more thrilling than a sexy new relationship? Some would suggest that you take off your clothes and drift in the buoyant current of new love. But maybe your history tells you that you're likely to get carried away and drown.

If you typically behave like a junkie in a new relationship, try to impose a few external rules to ground yourself. For example, see your other friends a couple of times a week; don't give up your physical exercise just because you're having strenuous sex; don't sleep over more than twice a week or talk on the phone or e-mail more than once a day. Look in the mirror a lot to affirm that you're still there. Touch yourself. Feel your own separate skin and bones. Say these

words aloud: "I will not abandon my own life and become a parasitic growth on his body."

Please be kind to the closeted and somewhat asexual man who you're dumping. Even with your psychics' assurances that he'll be OK, you need to treat him with compassion. Ms. Behavior does not consider herself

to be psychic. When she foresees the future, it's only because people tend to behave in fairly predictable ways.

DEAR MS. BEHAVIOR:

My boyfriend and I are longtime readers of your column but have never needed your counsel so badly.

We are a sex-friendly couple living in an apartment building. About six weeks ago, a lesbian moved into the apartment above ours. Since then, she's been having the loudest orgasms. These aren't run-of-the-mill, oh-oh-oh-it's-overgasm but bed-rattling, floor-shaking, apocalyptic, shrieking-till-the-cows-come-home orgasms. At 6 every morning. And then again at 7.

I am agitated, my boyfriend is cranky, and our ceiling plaster is chipping. How can we tell our sapphic friend to muffle the noise without making the obvious carpet jokes?

—Sleepless in 5-J

DEAR SLEEPLESS IN 5-J:

If you're shy about gently confronting the screamer in the elevator, try a friendly note under her door:

DEAR MUFFY (INSERT HER ACTUAL NAME HERE):

We're delighted that you have such an enjoyable sex life, complete with multiple orgasms. However, we are sleep-deprived and need your help. Could you please put casters and a rug under your bed? We'll happily help you lift your bed to install them.

Also, have you considered bondage? A well-placed gag, stuffed into your mouth just before coming, would heighten both your orgasmic experience and our sleep experience.

We are not creepy people getting off on your lovemaking or threatening you. We're queer, too, but desperate for some early morning quiet.

—Your Friends in 5-J

If that doesn't work, you might have to combat the moans with an electronic noise machine. You can choose among various sounds such as rainfall, ocean waves, forest sounds and lesbian moans. Perhaps you'll choose rainfall. ☐

MERYL COHN is the author of *Do What I Say: Ms. Behavior's Guide to Gay and Lesbian Etiquette*. Send questions to msbehavior@aol.com.