

SPIRITUALITY

Metro: Spirituality

Ainsworth United Church of Christ is a multicultural, multiracial, open and affirming, just peace congregation. (2941 NE Ainsworth St. 503-284-8767.)

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 joyful community working for justice, nurturing peace and exploring and celebrating our progressive Christian faith. We are queer and straight, multicultural and multiracial, and our children are valued members. Good coffee, cool people, hot church! (11 am Sunday. 621 NE 76th Ave. 503-258-0992. www.bridgeportucc.org.)

Community of Welcoming Congregations, an interfaith ministry of spiritual congregations in Oregon and Southwest Washington that welcome and affirm people of all sexual orientations, provides pastoral care, advocacy, education and consultation. (503-665-8741. 2025 NE 23rd St., Gresham. Mailing address: PO Box 14948, Portland, OR 97293. www.welcomingcongregations.org.)

Congregation P'nai Or (Faces of Light) is a vibrant, egalitarian, Jewish Renewal congregation in Portland. Meets several times a month at St. Mark Presbyterian Church. (9750 SW Terwilliger Blvd. 503-248-4500. www.pnaiorpx.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.tearsup.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.)

Soka Gakkai International, a huge world peace Buddhist organization, holds monthly Rainbow Group meetings to talk about Buddhism and where queers can become familiar with a philosophy that has always had a place for everyone. (1805 SE Ankeny St. 503-230-1038. sgi-usa-oregon.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.stbrigidcc.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.)

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 9248, 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.)

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.)

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. ucccngl@netcnct.net. www.forministry.com/usorucocucc.)

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.)

Sweet Spirit Metropolitan Community Church holds services at the American Legion Building in Salem. (11 am Sunday. 4774 Lilac Lane NE. Ken Kerr 503-315-7923. salemssweetspirit@aol.com.)

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 886-248-8369. ecil@ecil.org. www.ecil.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

My cheating heart

How long do I have to tolerate the cold shoulder?



Ms. Behavior
by Meryl Cohn

DEAR MS. BEHAVIOR:
Last month, I cheated on my girlfriend, Jane, who had been cold and distant for a long time. After two weeks of sneaking around with my physical therapist (who was helping with my knee injury), I felt too guilty and confessed everything. Jane and I have decided to stay together and go to couple's counseling.

The problem is that even though I have apologized and groveled and begged for forgiveness, Jane is treating me badly. She growls at me instead of speaking; she grunts instead of answering. She often gives me the cold shoulder.

I'm willing to try to work on our relationship, which was damaged even before the affair. But how long do I have to lie down and take her anger at me? When is it OK for me to stand back up and demand that Jane treats me with respect?

—Willa

DEAR WILLA:

It's only been a month since you told Jane that you cheated on her and you're already whining about her lack of forgiveness? Hello? Didn't you touch your physical therapist's vagina? Some people never get over a partner's infidelity at all, much less within a 30-day limit imposed by the cheating party.

It may be true that your relationship was in trouble before you did the deed, but if you don't develop more sympathy for Jane, she's never going to be able to let go of her anger. Look at it like this: Jane wasn't necessarily having a good time in the relationship, either, but she didn't have the relief of fucking someone else. You did.

You didn't warn Jane that you were going to do it, or ask her if she wanted to do it, too, or say that you wanted an open relationship; you just fucked someone else. Then you came back and confessed and expected Jane to just get over it, as if your apology somehow canceled out your actions. That's optimistic but rather short-sighted on your part.

Groveling isn't the point; you need to make a clear decision about whether you truly want to be in a monogamous relationship, and if you do, you need to accept your partner's hurt feelings and anger and see if the two of you can get past it. Get to couples counseling as quickly as you can. If you love Jane and want to save the relationship, you'd better

know the reasons and be able to discuss them persuasively. You're in no position to make demands.

Also, if your knee still hurts, please get a new physical therapist.

DEAR MS. BEHAVIOR:

I've had several dates with a guy named Chuck who works at a restaurant with

me. I like him a lot, but things haven't progressed to a physical level.

The problem is his skin. I don't mean that he has a red rash or some blemishes; I'm talking about pus-filled whiteheads that need rupturing. I doubt he washes his face or uses any acne treatment. Last week he was sitting on my couch and it seemed like something might happen, but I got distracted by wanting to tell him about his face.

What's the etiquette around telling someone he needs to go and pop a zit? Anyway, he works around food, which makes it worse. Can I advise Chuck of this problem and still seduce him?

—Clear-Skinned and Interested

DEAR CLEAR-SKINNED AND INTERESTED:

Unless Chuck has an unusually sturdy ego, you'll have to choose between seducing him and helping with his facial hygiene. Very few people could give someone advice on skin eruptions and still manage to get his panties off.

If Chuck becomes your boyfriend, you could share tips about cosmetics and show him your facial cleanser. If he doesn't take the hint, you might choose the right moment to tenderly apply it for him. But it's unlikely that you'll get there from where you are, isn't it? Since at the moment Chuck is just a casual date, there's no civilized way to discuss his giant oozing pimple (unless you could find something mutually erotic in trying to burst it for him).

So, this means next time you find yourself sitting next to him on the couch, you'll have to ask yourself a serious question: Would I rather be Chuck's aesthetician or suck his dick? [7]

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

Children of Lesbians and Gays Everywhere (COLAGE) is the only international organization specifically supporting young people with sexual minority parents. (colage@imfamily.org. www.colage.org.)

Gay, Lesbian and Straight Education Network (GLSEN) strives to ensure 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 includes 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. (Austin 503-260-5792. austin@prideproject.org.)

Sexual Minority Youth Resource Center