



GLSO NEWS

Vol. 15 **May 2000** No. 4

A publication of the Lexington Gay and Lesbian Service Organization

Wishing Chair

The new Wishing Chair CD is done and on it's way! The new baby, The Ghost of Will Harbut, will debut at our concert on Tues. May 23 at the Kentucky Theatre's State Theater, at 8 PM. We are thrilled and exhausted and can't wait to share it with you all.

We've got many friends joining us on stage that night including our pals from Cincinnati, Eric, Bree and Johnny Chapman, as well as Karen Jones and Bev Futrell from the Reel World String Band in special cameo appearances. Tickets are available now at the Kentucky Theatre.

The concert will also help raise money for local groups supporting the preservation of the Bluegrass. Their representatives will be on hand to chat and hand out information. So, your presence will not only warm our hearts, but will help sustain the beautiful place we all live. We plan to pack the house so bring everyone you know. You will not be disappointed!

We have lots of things that can be done by volunteers that night or in advance such as posters that need to be put up all over town! Many thanks to all of you who have helped us with your kind words, material support and spiritual guidance. We could not have done any of this without you!

For more information or to volunteer, call us at 606-608-5393, or email us at terrakin@aol.com.

AIDS Walk for Life

The 8th Annual AIDS Walk for Life to benefit AIDS Volunteers, Inc. is scheduled for Sunday, May 21. This year, the event will be held at the Red Mile, which has come on board this year as a Gold Level sponsor!

The walk is later in the year in hopes that participants won't all be frozen huddled masses when they reach the finish line! We've changed the location for safety and logistical reasons.

Registration begins at 12:00 noon, team pictures will be taken from 1:00 - 1:30. Pre-walk aerobics will take place at 1:45 and the walk will begin at 2:00. Pledge sheets will be mailed out soon.

There are a variety of ways to participate in the walk. You can gather pledges of support and join us for the walk. You can organize a team of walkers to participate together. You can pledge your support to someone else who is walking. You can come and cheer everyone on! If you're affiliated with a community group, organization or business, you can encourage them to become a walk sponsor!

For more information, check out our website at www.aidsvolunteers.org or contact Cathy Cox at AVOLCathy@aol.com or by telephone at (859) 278-6274.

Black Lesbian Collective Forming

Sistahs in the Life is a newly forming social/support collective for Lesbians of African Descent. We meet biweekly. All black women ages 19 and older are welcome to join.

Initially this group is focused on networking. The major objective is to identify a community of black women and bring us to the same space at the same time. Participants will determine the direction of the collective beyond that.

We understand that there are various degrees of "outness" and indeed many of us aren't out at all. Participation is confidential and all efforts will be made to create a safe space for everyone.

Don't sleep Sistahs. We've been expressing a need for this for years. Now is the time! For more information, call Letonia 233-3751, Elsie 971-0411 or Joan 252-2657.

Sponsor of the Month

**Scott
Ackerman**



The GLSO News

Vol.15 Issue 4

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*The Lexington Gay
Lesbian Service
Organization*

321 Second St.

Editors:

Mary Crone

Peter Taylor

**GLSO Annual Dues
and Newsletter: \$15**
**Dues and Newsletter for
Couples: \$20**

Opinions expressed in the GLSO News are those of the authors and don't necessarily represent those of the GLSO Board. Submissions are welcome and become the property of the GLSO. The staff reserves the right to edit submissions and advertisements as well as the right to reject any submissions or advertisements.

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Queer Friendly Church News

Lexington's MCC Puts On a New Face

by Rev. Mel Bailey

Lexington's Metropolitan Community Church announces a new, earlier worship time beginning Sunday, May 7th. The church will move to a 10:30 a.m. worship. A new Homosexuality and the Bible Class Series will be offered on Tuesday evenings, from 6:30 to 7:30 p.m., from May 2-23. It's a four-part series designed to provide basic information on several biblical references often used to oppress the gay, lesbian, bisexual, and transgendered community. This class will explore the actual historical content, translations, and look at the "real story" behind each reference. On those nights, a brown bag dinner will begin at 6:00 p.m.

On Sunday, May 7, LMCC will offer a workshop on Church Symbols to help each of us understand church seasons, church colors, and unveil the mystery behind religious symbols. The workshop will held after Sunday worship. The classes and workshop will be presented by LMCC's new Pastor, Rev. Mel (Melody) Bailey.

Movie Night, on May 12 from 7-10 p.m., will be held at a new location and May's offering is "Strawberry and Chocolate," a gay theme dealing with growing up in Cuba. It is presented in Spanish with English subtitles. There is no fee for any of the May events. LMCC's monthly Game Night will return in the fall.

On Sunday, May 14 (Mother's Day), LMCC will celebrate and remember all who have served as mother figures in our lives. In sup-

port of the AVOL 8th Annual AIDS Walk for Life, LMCC will present a special service of remembrance on Sunday, May 21, at 10:30 a.m. After the service, all will be invited to participate in the walk. The public is invited to attend this special service.

LMCC is currently developing Opening Children's Church, a program designed to meet the needs of our little ones during the worship service. Easter provided a wonderful opportunity to begin planning and thinking ahead for this program. A special children's program was created for the Easter service and an Easter egg hunt was held at Shillito Park for the "young and young at heart."

LMCC is already looking ahead to PRIDE month. A PRIDE service is planned for Sunday, June 25, at LMCC. The church is located at 385 Waller Avenue and is wheelchair "friendly." For more information, call 255-4016.

Unitarian Views

by Mary Crone

Have you been wondering what Unitarian Universalism is all about? The Church has scheduled an introductory evening on Tuesday May 2nd, 7-8:30 p.m., in the Fellowship Hall. This educational session is for visitors, people new to Unitarian Universalism, as well as not-so-new people who are still curious about this denomination. Rev. Cynthia Cain, along with members of Membership Committee, will discuss topics such as: "What do Unitarian Universalists believe?" "What is the history of Unitarian Universalism?" "How do UU's celebrate holidays?"

Unitarian Views continued on page 14

Community News

Carnegie Songwriter Series

The next event in the Carnegie Songwriter Series will be on May 21st. We are pleased to present Rounder Recording Artist, Tanya Savory, from Nashville, TN and Stefanie Fix from Woodstock, NY. Opening the show will be Lexington's own Sara Day Evans.

The show starts at 7:30 pm, with a \$5 suggested donation at the door. As the name suggests, this series is held at the Carnegie Center on second street. All monies made that night go directly to the performers. As usual there will be an open mic following the featured performers. For more information, check out the Carnegie Songwriter Series upcoming shows on the website, www.terrakin.com.

Wishing Chair

In addition to their major concert to introduce their new CD (see front page), Wishing Chair plays at various will be playing at several Lexington locations during the month of May. Over the weekend of May 4/5/6 and again on the 18th, they will be at Cheapside between 10-1 pm. You can also here them at Mayfest, on the 14th at 1 pm.

Fairness Workshops For "Family" Planning

Your local Kentucky Fairness, Bluegrass Chapter is organizing an Education Seminar for our LGBT community to be held on Saturday, May 20th. Workshops will be held from 9 to 3 at the Northside Branch of Public Library, at 1737 Russel Cave.

Donations of \$10 to Fairness are requested but not required.

Workshops will be: Real Estate: buying a home together, Financial Planning for a financially secure future together, and Legal Planning: Legally Securing your Partner's Presence in your Life. Contact us at 296-7812 to register or for more information.

Social Concepts

On Saturday, May 20, Social Concepts invites everyone to a Spring Fling, toga party and picnic! Plans are complete, we are going to do something to get out of the house and party! Leave a slot open for this rip-roaring event at Shillito Park from 12 to 4 pm. Come experience a Chariot Blind Ride; Young People against Old People Tug-a-Rope, they've got youth, we've got patience! Come help me! Grape feeding contest, who can peel and eat the most?

Prizes and Presentations will be awarded. Who's attended the most Social Concepts events? Who's the oldest, who's the youngest? Who's the Wackiest? Style show, Drag Race! Jackie and Davina will celebrate their graduations from school! We all made it through the winter, we've got to celebrate that! It's too pretty to stay home so join us for an afternoon of fun, games, and good food. Open to everyone and their loved ones!

Mark your calendars for June 10-11, We will be constructing a new playground for Gardenside park, off Appomattox road to holly springs. We need 50 volunteers, so put on your work clothes and help us!

Open to all interested persons. I need a head count of those planning to attend so call Ginger at 389-7698 or email at gg40504@hotmail.com.

Miss Ky. National

The new Miss Kentucky National is Terry Vanessa Coleman formerly from Louisville and now from New York City. There was not a dry eye in the audience when Domanique Shappelle from the Connection in Louisville stepped down and gave up her title. The first runner up is Karissa Wade from Jacksonville. Both of these lovely contestants will represent Kentucky at the National finals in Atlanta in June.

This was a wonderful evening in which contestants from all over the country competed for the title. Three former Miss Nationals, Tamisha Iman, 1996, Ashley Kruiz, 1998, and Shawna Brooks, 1999, stunned the crowd with their beauty, talent, and lavish costumes.

Other contestant included Ginger Grant, Trene Bacall, Kelly Matthews, and Miss Congeniality, Sunday Delarouge. Live vocalist Tony Douthitt and Miss Ky.-at-large, Latoya Bacall topped of an all-star cast with outstanding performances.

Thank yous go out to the enthusiastic audience that packed The Bar Showroom that night and to all the contestants and performers

Spouse Abuse Center Outreach to LBGT Community

The YWCA Spouse Abuse Center helps all victims of domestic

...Community News continued page 4

Community News Continued

violence. This includes members of our community. There have been enough requests for help and support that the spouse abuse center will start a gay men's support group beginning meeting in May.

The group will discuss what domestic violence is and the effects it has had on the lives of the men who come to the group. We know that because this is often seen as a woman's issue that it can be difficult for men to reach out for help. We encourage any gay man who is or was involved in a violent relationship to consider joining this group. Call the YWCA Spouse Abuse center and ask for Letonia. (255-9808) All calls are confidential. (see related article on page 7.)

We will also be starting a group for women involved in same sex violent relationships. Depending on the number of calls we receive, this group will begin meeting later in the summer. If you are interested in joining either of these support groups or want more information about same sex battering, please call Letonia.

GLSO Board Elections

There are openings on the GLSO Board and elections are held at the Pride Picnic every year. If you are interested in working on any of the following projects or activities please consider running for the board. Our board meetings are on the second Monday of the month and are open to anyone who would like to attend. Call Terry during the day at 255-5469 if you are interested in running.

Current Projects: The GLSO News, The Pride Center, ActOut, Discussion Group, Speakers Bureau, Pride Month, Pink Pages, Mentoring

Project, Social Concepts, and Social Concepts. We are looking for people with ideas for further development of the Pride Center, youth support, and outreach to the straight community. If you have an idea that you do not see listed here, give us a call.

Interweave

Interweave will be having our monthly pot luck lunch on the second Sunday, the 14th of May. Bring a dish and join us after church at about 12:15. We can discuss movies we want to show during Pride Month. If the weather is nice we will eat outside. We are also considering walking in the AIDS Walk for Life on May 21. For more information, call Davina at 271-6174 or e-mail her at artemis427@yahoo.com.

Fairness Fundraiser

On June 25 Fairness is looking forward to presenting a wonderful event for our community. Several native Kentuckian writers have agreed to read and discuss their work. Barbara Kingsolver, (The Bean Trees), Fenton Johnson, (Scissors Paper Rock), and Nikki Finney, (Rice) will be in Memorial Hall. Tickets will be \$10. Watch for more information on the Pride Schedule and in the next GLSO News.

Discussion Group

The GLSO Discussion/Support Group is now meeting from 7-9pm every Wednesday. The Group is open to anyone 18 or older. We share our experiences, listen to each other, and provide support and encouragement. If you could use a place to "be yourself" for a couple of hours a week, come join us. We often focus on coming out issues but the group has always included a wide range of top-

ics. We have been meeting at the Pride Center but this may be changed. For location and other information contact Jane at 606-389-7698.

AMAZON ADVENTURERS

This Lexington based outdoors activity group for women is still going strong. With over 100 members now listed, they are indeed a force to be reckoned with. Campouts, hikes and other activities are in the planning stage. You can reach the Amazons by contacting Laurie at 885-4381 or email ldavison@pop.uky.edu. Homepage: <http://www.angelfire.com/ky2/Amazons/>

Mentoring Workshop

Ginger Moore has been researching and organizing a mentoring program for lesbian, gay, and transgender individuals that are coming out and turn to our community for help and assistance. Although there is no longer a crisis line, members of GLSO and other organizations still receive calls from people who are struggling to open that closet door.

Under the auspices of GLSO, Ginger has already offered Part I of a training program for people who are willing to act as mentors. If you missed this session and would like to be mentor, call Ginger at 289-7698

Mentoring Workshop Part II will be held on Saturday, May 13, from 9 until 11AM. Topic to be covered include "Mentoring Contract Negotiations", and "16 Laws of Mentoring". Two speakers from the Health Department will speak on "Safe Sex" from 9 to 10. Please attend this workshop if you have signed on to be a mentor.

BOOKS OF NOTE

by Charlie Perkins

Mr. Right is Out There

By: Dr. Kenneth D. George

Published by; Alyson - 232 p \$13.95

Who is "Mr. Right" and how do you find him? This is a difficult question for many people, but especially so for most gay men. The author, Dr. (Professor) Kenneth D. George starts by telling the reader not to internalize society's homophobic messages that gays are "sick, deviant or abnormal". Gay men are entitled, in fact, empowered to have a workable loving relationship with another gay man. As Marianne Williamson says in her new book, *Enchanted Love*, we must "Prepare to be the beloved".

As a gay doctor writing for gay men, Dr. George gives expert advice on doing the real work of discovering who we are, and what our strengths

and weaknesses are before venturing on to discover "Mr. Right". In a step by step, easy to understand plan (with doable exercises and activities), Dr. George leads the reader through the mostly not so painful process of discovering what he needs to know about himself before he can enter into a loving relationship with another gay man.

This is not a sex manual, although there is a chapter the reader will not want to miss --- on sex. Using actual people, the author explores the entire spectrum of the "do's and don'ts" of gay relationships. With chapters such as "Being Emotionally Intimate", "Becoming a Male Couple" and "Negotiating and Resolving Differences", be prepared to be challenged.

If you are a younger gay man, this book will guide you in getting started on the right foot. If you are a mature gay man (what can I say?), then this

book will help you see just what you might do differently as you find "Mr. Right". There is little room for failure here.

Mr. Kenneth D. George is a professor at the University of Pennsylvania and runs a private practice in psychotherapy, working with gay single men and gay couples. It has taken many years for him to write this little book. He's been busy finding his own Mr. Right. He and his partner, Christopher Beck (an artist) have found each other. They celebrated their tenth wedding anniversary by enjoying a cruise on the Queen Elizabeth II --- a Gay cruise. In their vows to each other ...well, I'll let you read that for yourself.

GLSO welcomes book reviews for publication. Email to Mary Crone at Marycrone@aol.com or to our P.O. Box 11471, Lex. Ky. 40575

"Family" Planning for the LGBT Community

Saturday May 20th, 9am - 3pm

North Branch Public Library, Russell Cave Road, Lexington, Ky

9am - 10:30am

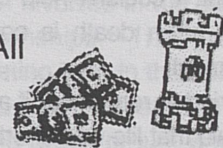


How to Buy a House
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To sign up: 859-296-7812 just leave a message & we'll call you back.

Life Is Short

By Reinette F. Jones

Life is short. This saying means different things to different people, but the only times that I have heard it used in my family is when someone dies or when there is a major disagreement. If the deceased was between the ages of nothing and 50, then life is short.

If one person can not be swayed to agree with all others, then life is short. If there is a disagreement between two individuals of different generations, then life is unmercifully short for the older person and time can only be restored with the absolute submission of the younger person. It is very peculiar how life can only get short for selected occasions and for particular individuals.

Last month my cousin's son died and once again it was said that life is short. And as always, the words were not meant for the person who had died, but rather the words were meant to point out the faults of the living.

As I sat in the ICU waiting room listening to all the reasons why a young man's accidental death was cause for the defiant to become obedient, I couldn't help but wonder why so often death is equated with punishment.

I tried to remember if anyone had ever said that life was short during the good times when all was well and everyone was in agreement. But I could not recall a single time when the words were not used to provoke guilt, remorse, and fear. For generations those three words, life is short, have been used as a threat to mean that you are not living your life according to the plan and when death occurs you are going to be sorry.

So what happens if you are not sorry when death occurs? What happens if you keep living your life the way that you want to and you enjoy it, and life is never short because it is a lifetime, however long that may be? What happens when you remember the good times and bad times when there is a death, but you decline membership to the life is short team of soothsayers who have done their God a favor by allowing him to share in their plan and become their best friend? I hadn't intended to say these things in the ICU waiting room, but I said them because I could not listen to the life is short speech one more time.

When I came out as a lesbian, and it was realized that I intended to stay out, life suddenly got so short for so many people that it is still a miracle that I am not my only living relative. During the time, everybody and his stray dog were in danger of a short life. No one had ever told me that so many lives rested in my hands and if I took an unapproved turn, then all were doomed. To date, not a one of them has died.

But the fear was so ingrained in me at the time, that I just knew that at any given moment someone would quit reminding me that life was short and actually knock on death's door. I waited and I held my breath in anticipation of the horrible day when death would reach out and yank somebody's butt across the threshold. Then one day I got tired of waiting and I got tired of holding my breath; I had a life to live according to my plan.

Over the years I have come to realize that the guilt, from being told that life is short, is nothing more than a very contagious emotional low that spreads like wildfire when certain family members' become insecure due to

some change. In other words, it is severe enmeshment. The verbal threat continues to bring about very predictable reactions. The vengefulness of the speaker is not easily recognized when you have been told all of your life that death of another is the punishment when you break really big (and ambiguous) rules. I do not believe that a divine hand was ever involved in such a hurtful scheme and it should never be attributed to love of any kind.

Life is a lifetime, which is a long time because that is all that I've got at the moment and I intend to make the best of it. This is probably close to what the statement, life is short, was truly meant to convey before it got twisted into a power play guilt trip.

Pride Month Planning
Thursday May 6
7pm
Pride Center
387 Waller Ave

Now Accepting nominations
for the Wasson and Rainbow
Community Service Awards

Wishing Chair
Concert and CD Debut
May 23 8 pm
Kentucky Theater
with
Karen Jones, Bev Futrell
Eric, Bree, and Johnny Chapman

Room for Rent in nice house,
must be responsible person, HIV
OK, must be understanding of HIV.
Please call for details
859-266-9699

Domestic Violence It's Not Just A Straight Thing

by Latonia

There is a secret hovering over the lesbian/gay/bi/trans community. People within the community do not feel safe in their homes. Some do not feel safe on their jobs. Some have even had to relocate as a result of fear. We are not talking about the fear and hatred generated by homophobia and bigotry. We are talking about the fear and humiliation generated within the community. We are talking about the degradation and physical harm that exists within the intimate relationships that make up the community. We are talking about the secret of domestic violence and the impact it has on the same sex community, whether it is discussed or not.

Domestic violence can be described as the physical assault or sexual assault, or the imminent fear of physical assault or sexual assault that occurs between married and unmarried couples. The National Department of Justice reports the incidence of domestic violence for heterosexual couples is 1 in 5 relationships. The National Coalition Against Domestic violence reports that 1 in 4 same sex relationships reports the same type of abuse.

Many choose to mask the violence by perpetuating myths. "It can't be domestic violence if two people are the same gender. It's just a lover's quarrel." "Lesbians are women, and everyone knows women are non violent." "They are the exact same size, it is an even fight." These are only a few of the myths surrounding the truth about same sex domestic violence. The truth is, it does not matter about size, race,

class, or gender. Domestic violence is about power and control. It is the desire for one person in a relationship to want total power and control over the other individual.

Perpetrators of domestic violence will go to all lengths to maintain their power and control. The tactics used by perpetrators who are in same sex relationships are not much different than those used by perpetrators in heterosexual relationships. There is an extreme level of possessiveness and jealousy within these violent relationships. Intimidation is used to keep the victim in the relationship. Members of same sex relationships also report being forced to perform sexual acts against their will. Many victims suffer a great deal of degradation and criticism. The same cycle of violence that exists within heterosexual relationships also exists within same sex relationships.

Just as the violence and the tactics used to maintain power and control are about the same, still there are some tools used in same sex relationships that are exclusive. Many victims in the same sex community are reluctant to tell their stories for fear of being "outed" to co-workers, family members, and friends who do not know the truth about their sexuality.

It is also harder to talk about the violence because many believe homosexuality is wrong, therefore, the violence is a part of these unnatural relationships. It comes with the territory. Beliefs and misinformation like these make it difficult to seek help, even in the most desperate of times. Unfortunately, these types of beliefs send a message that violence is acceptable within the same sex community, and should be expected.

Domestic violence has no place

in a loving relationship. Violence of any sort has no place within the same sex community. Perpetrators of this type of violence should be held accountable for their actions, and victims of the violence have the right to a supportive network that embraces their experience and empowers them to leave the situation.

The YWCA Spouse Abuse Center is a place that can offer support to victims of same sex domestic violence. It can offer safe shelter and counseling. It can also provide legal support to victims seeking protection through the courts. The YWCA Spouse Abuse Center helps all victims of domestic violence.

A gay men's support group will begin meeting in May. We will discuss what domestic violence is and the effects it has had on the lives of the men who come to the group. It will be a time that victims can share their experiences and empower one another to be safe. We encourage any gay man who is or was involved in a violent relationship to come to the group for answers to their questions and for understanding.

We will also be starting a group for women involved in the same violent relationships. This group will begin meeting later in the summer.

If you are interested in joining the support group or just want more information about same sex battering, please contact LeTonia at the YWCA Spouse Abuse Center. All information gathered will be kept confidential, as will the meeting place. The number to call is 1-800-544-2022. Please don't spend another day in fear and confusion. End the silence. Stop the VIOLENCE.

	1 MONDAY 8:00 pm AA Step Study 7:00 pm Fairness Meeting (Pride Center)	2 TUESDAY 6:30 pm Bible Study (MCC)	3 WEDNESDAY 7:00 pm GLSO Discussion Group (Pride Center) 8:00 pm Gay/Lesbian AA	4 THURSDAY 7:00 pm Pride Month Committee (Pride Center) 7:00 pm Men's Chorus Rehearsal (Pride Center)	5 FRIDAY 7:00 pm LMCC Games Night 7:30 pm Gay/Lesbian AA tba COLTS (The Phoenix) 7:30 pm Gay/Lesbian AA	6 SATURDAY
7 SUNDAY 10:30 am LMCC 10:45 am UU Church 12:30 am CUUPS (UU) 1:00 pm Volleyball Practice (Dunbar Center) 6:00 pm Dignity	8 7:00 pm GLSO Board Meeting - open to the public - (Pride Center) 8:00 pm AA Step Study	9	10 7:00 pm GLSO Discussion Group (Pride Center) 8:00 pm Gay/Lesbian AA	11 7:00 pm Men's Chorus Rehearsal (Pride Center)	12 7:30 pm Gay/Lesbian AA 7:00 pm LMCC Movie Night	13 9:00 am Mentoring Workshop Part II (Pride Center)
14 10:30 am LMCC 10:45 am UU Church 12:30 am CUUPS (UU) 1:00 pm Volleyball Practice (Dunbar Center)	15 8:00 pm AA Step Study	16	17 7:00 pm GLSO Discussion Group (Pride Center) 8:00 pm Gay/Lesbian AA	18 7:00 pm Men's Chorus Rehearsal (Pride Center)	19 7:30 pm Gay/Lesbian AA 8:00 pm AA Step Study	20 9:00 am Family Planning (Northside Library) tba Social Concepts Toga Party (Shillito Park)
21 10:30 am LMCC 11:45 am UU Church 12:15 am Interweave Lunch (UU) 12:30 am CUUPS (UU) 1:00 pm Volleyball Practice (Dunbar Center) 7:30 pm Song Writing Series (Carnegie Center)	22 8:00 pm AA Step Study	23 8:00 pm Wishing Chair (Kentucky Theater)	24 7:00 pm GLSO Discussion Group (Pride Center) 8:00 pm Gay/Lesbian AA	25 7:00 pm Men's Chorus Rehearsal (Pride Center)	26 7:30 pm Gay/Lesbian AA	27
28 10:30 am LMCC 11:45 am UU Church 12 noon AIDS Walk For Life (Red Mile) 12:30 am CUUPS (UU) 1:00 pm Volleyball Practice (Dunbar)	29 8:00 pm AA Step Study	30	31 7:00 pm GLSO Discussion Group (Pride Center) 8:00 pm Gay/Lesbian AA	<small>USE DIRECTORY ON LAST PAGE TO CONFIRM EVENTS</small>		

GLSO NEWS DEADLINE
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MAY 2000

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NOMINATIONS ARE NOW BEING TAKEN FOR THE

Wasson Award

and

Rainbow Community Service Award

These awards are for the individual (Wasson Award) or the community group (Rainbow Award) that through volunteerism has done the most for the Lexington area GLBT Community in the previous year or years. The awards will be presented at the Banquet on Sunday, June 11. Anyone can nominate a person or group for these awards. If you will write a paragraph giving reasons for your choice, you will increase the possibility of receiving votes. Use the back of this form if you wish. Members of the Pride Committee and representatives of each group will vote on the nominations in early June. It needs to be in mailbox by May 31. Please send in your nomination(s) to

GLSO, P.O. Box 11471, Lexington, Ky. 40575.

And while you are at it, we are in need of new and renewing subscribers!

The newsletter comes in a non revealing envelope, with only a box number as a return address. so not even your mailman will know for sure! This is an easy but important way to support our community. Lower rates are available for students or anyone in need. All you have to do is send us this form and a check. These are the current projects of the GLSO:

The GLSO News

The Pride Center

ActOut

Discussion Group

Speakers Bureau

Pride Month

Pink Pages

Social Concepts

Social Events

We are looking for more people and ideas for future involvements, such as: Mentoring, Community Education, Development of the Pride Center, Youth Support, and more events for our community. **Your subscription helps support all our work. Thank You!!**

Name _____

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\$15 membership and newsletter

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Mail to GLSO News, PO Box 11471, 40575

A JOURNAL
OF SEXUAL HEALING

Part 5 of 5 (Therapy has ended)
by Kelly O'Ferrell

"We ask that you refrain from wearing colognes or perfumes and go light on the toiletries so that the scent-sensitive women may remain comfortably in our midsts." Golden Threads

How validating to hear the words "scent-sensitive" and hear it being honored. I've recently realized that I have a sensitive nose.

"I honor my sensitive nose." In other words, I acknowledge, accept and act to protect or enhance this sense.

So, what does having a sensitive nose have to do with sexual healing? Let me go back a few months ...actually, a few years.

I spent the better part of 15 years of my life doing things sexually I didn't want to be doing - particularly, oral sex with men. I didn't like the way it smelled or tasted or the way I felt. But, he wanted it, it was "what you did", and I was just going to have to do it - like it or not.

The first time I ever saw a penis was when I had my first sexual experience with my future ex-husband. It never occurred to me to stop and look and decide what I wanted and didn't want.

Today, I would say, "Hold up a minute now. I've never seen one of these, believe it or not, and I want a few minutes to really look at this.

I needed to do the same thing with vaginas with my first girlfriend since, as you may remember, I'd never done it with my own. (The women in my family never really even had a vagina - just the "front of your bottom".)

About 4 years ago, I sat and told a friend all the sexual experiences in my life. It was part of looking at my past so I would stop doing the same things over and over and expecting different results. By the time I finished reading and talking with her, I felt exhausted.

"No wonder I don't want to have sex anymore," I said. "I've spent my whole sexual life doing things I didn't want to do." And slowly, over the next few years, I just stopped; and I was in my relationship with my spouse Tammy.

But there came a time, sometime last year, when I was ready again to look into what felt like an abyss - my sex life. It felt so fearful because all I knew was that I was going to have to do what I'd been taught to do and had done for so long: just get used to it - and I wasn't even sure what "it" was.

□As you may remember I started this series back in July '99 and stopped writing in November. In one paragraph, here's what happened between my last article and about 8 weeks ago:

I bought the book Femalia that showed pictures of women's vaginas, wanted to throw up the first night I sat looking at all those vaginas, thought once more that maybe I'd had a sexual abuse experience, stopped the counseling I was doing to pursue the Rape Crisis Center, talked with a friend there and realized a better choice would be to pursue counseling with a therapist I had done some good work with a few years earlier, set up an appointment and started with her in January 2000. None of those words expresses all the emotions that I was feeling during that time.

But, I showed up at her office thinking I was going to have to do one of two things: learn to like something I didn't like or just not have sex again.

I talked to Tam about both of those options.

After talking with my therapist, I realized that, as much as I needed to desensitize myself to penises back when, I had needed time to desensitize myself to vaginas. Seeing all those vaginas in Femalia was overwhelming. I did a couple of things to start this healing.

I created three pieces of artwork using the pictures of vaginas from Femalia. That gave me time to really look at them and become comfortable.

And then, I went to Tammy and told her I wanted to spend some time with her doing the exercise from the book we'd done before and now include her vagina and breasts. I had to put vaginas in their proper perspective. Putting a vagina in its proper perspective started by giving it the same attention as I would Tam's feet, legs, arms, back, etc.

I had to start over. It was either that or stop all together.

I also realized and talked about the awareness that I didn't like the smell of a vagina and couldn't figure out how to like it. I can still remember the week, the very moment, I realized that I didn't have to make myself like the smell of a vagina - or anything. It was glorious to begin to state that I have a sensitive nose.

I was talking to a friend about some of this and told him that some people would be amazed that I didn't simply know this already.

Well, we didn't get to go to The School of The Obvious, though, did

... continued on page 12

we?" No, we didn't. I went to The Schools of Ignore Your Feelings/Senses and Make Sure Everybody Else is Okay.

Unfortunately, when I talked with Tam about not liking the smell of vaginas, she heard me say that she had a horrible odor. Not true. I have a friend who loves, loves, loves the smell of vaginas. It's not the vagina smell, but my nose. Neither one is right or wrong.

We talked about what I said and what she heard. We talked about what would help me and have agreed on some solutions that we both enjoy.

What about the sexual abuse? I have not been physically, sexually abused by anyone other than myself - by ignoring my feelings and senses all those years. However, because of the lineage of sexual abuse of my grandmother and mother, I believe I have inherited many of the same feelings simply by being the daughter of an untreated, sexually abused

mother.

Interestingly enough, I thought that feeling differently would increase my desire for sex. I can't really say that it did. But it has made me much more willing and comfortable to enjoy sex with Tam.

What is different now than 9 months ago when I first started this journal?

Remember that therapy session I wrote about when I picked up that green scarf, purple finger nail polish and dangly earrings? When I sat in a chair holding those items, it was if I was in my 50's. I felt older and knew that I had already been on the road I was getting ready to travel. As I felt 50, I spoke to my 38-year-old-self (who had sat in the other chair holding a scrub brush and ruler) with confidence, talking about the fun of creating artwork with vaginas (this was even before I found Femalia) and having a greater awareness of myself.

But the day I had that experi-

ence of feeling 50, and for months afterwards, all I knew was that I had felt that way sitting in that chair. I didn't know how to walk in those shoes.

I was with some friends discussing the book One Day My Soul Just Opened Up, and I asked one of the women who she's praying to.

"I'm 52 now, I don't care who I'm praying to anymore."

There's definitely something to this getting older - and wiser.

That's what's different now. I know something about myself that I didn't know before. I had felt it, even smelled it, but had ignored it.

Because I have a sensitive nose, there are some smells that will be stronger than others. AND, I can state that I don't like the way something smells and not justify it. AND, I can make decisions about what I want based on what I smell.

And vaginas or just vaginas.

Just another spiritual awakening.

Falsie Awards

The following Falsie Awards were presented April 10:

Outstanding Achievement in Costume:

Taylor Brice - Marilyn Monroe

Outstanding Achievement in Hair:

Natalie Gaye

Outstanding Achievement in Makeup:

Chanda Lier

Outstanding Achievement in Dance Performance:

K.C. Luv

Outstanding Achievement in Character Impersonation:

Taylor Brice -- Marilyn Monroe

Outstanding Achievement in Comedy:

Sundae Delarouge - Vitameatavegamin and

Jordan Taylor - How Do I Live

Outstanding Achievement for a Newcomer:

Shad E Luv

Outstanding Achievement in Disk Jockeying:

DJ Gregor (Club 141)

Outstanding Achievement in a Dramatic Role:

Mika Milano

Outstanding Achievement in a Special Performance:

Tracy Taylor - Whatever Lola Wants, Lola Gets

Outstanding Achievement in a Supporting Role:

Suzanne Postlewait

Outstanding Achievement in a Butch Persona:

Roy Grubb

Outstanding Achievement in Bartending:

Annie Cummins - The Bar

Outstanding Achievement in an Off-Stage Performance:

Cammie Dietrich - "Cammie's Shenanigans" Part III, and Victoria Falls - "I Can't Take This Anymore"

Niagara Falls Community Achievement Award:

Michael Thompson

Outstanding Achievement in Community Support:

Marc Wilson, Owner, Club 141

Lifetime Achievement Award
Natalie Gaye, Empress XV

Unitarian Views, by Mary Crone

.... continued from page 2

session as well as speakers from various areas of the church. A wide variety of literature will be on display and available for purchase. Refreshments will be served and childcare will be provided. Bring a friend!

Another way to explore Unitarian Universalism is to attend our services or Wednesday night programs. On the first three Sundays in May, our Minister, Cynthia Cain will be in the pulpit. On the 7th she will explore the work of Houston Smith, a Professor of Religion who explored many faith traditions. On May 14, Mothers Day, she will discuss alternative parenting including adoption. On the 21 the topic will be Transcendentalism, a movement that attracted many UU's of that day.

In May on Wednesdays 10 and 24, from 7 to 9 in the Fellowship Hall, we will watch and discuss "The Power of the Myth" with Joseph Cambell being interviewed by Bill Moyers. The videos are great but the discussions are the best part. The Humanist Forum meets on the third Wednesday of each month.

A final suggestion for learning about our UU Faith is to read the words of our Minister, Rev. Cynthia Cain, who is a Buddhist as well as a Unitarian Universalist. Here are some of her thoughts on Lent published in our last newsletter.

From Cynthesis: "Lent began as a reenactment of the forty days of temptation of Jesus in the wilderness. But time has softened the season, and few feel the anguish and struggle quite so potently as we might assume Jesus did.

We all go through seasons of

struggle though. Times of transitions, be they in job or marriage, letting go times, when kids grow up and loved elders die, and times of personal frustration and failure can all take us into that wilderness place. It's not just Lent but Passover that raises up the image of the wilderness within. It can be lonely, scary, and sad.

What do we do in these times? Do we blame others and wish they'd change? Do we get depressed and berate ourselves? Do we get into the what ifs and if onlys? We might try self inspection. Very different from the kind of self abuse many of us practice, self examination is a more loving & gentle path to personal change. It can lead to new ways of being and deeper honesty, clarity, and faith. May I suggest some questions for self appraisal?

What is our ultimate goal? What have we allowed to place the biggest claim on our time and energy? Is what we do consistent with what we say, and are they consistent with what we believe? Wrote one Christian author regarding Lent: "Our business is not to ask what life has made of us but what we have chosen to make of our lives. If we do not like what is opening up in our years, we should look harshly at the hinge we have allowed to be the pivot of our days." Wise words for wilderness times.

Republican Meeting House

Also at the UU Church, we are rebirthing an event that took place on our property before we had ownership, Republican Meeting House Meetings. At that time, "Republican" had a more liberal meaning than it has today (and one not necessarily tied to the Republican Party) and quite a few Lexingtonians came out into the country to hear speakers.

The UU Republican Meeting House Project will be scheduling a series of public lectures and forums promoting free speech and liberal faith along the lines of the Barry Lynn discussion on posting the Ten Commandments. I am planning to suggest speakers from Fairness as one of the presentations for this program. Stayed Tuned.

Somerset Student Sues Over Harassment

On March 24, Bradley Putman, 18, filed a complaint against officials at his former high school in Somerset, and against the Somerset School District, alleging they failed to protect him against student-initiated harassment two years ago.

The suit stems from serious, almost daily harassment, including three death threats, occurring in 1997 and 1998 by students who thought he was gay. Putnam and later his mother, Regina Cooper, complained repeatedly to school officials but little or no action was taken. Mrs. Cooper documented the incidents of harassment and their efforts to get help from the school system.

A prohibition against same-sex sexual harassment perpetrated by students is covered under the 1997 Title IX Guidelines (Federal). Since then, same-sex harassment cases have been won in various jurisdictions around the country.

It takes courage and patience to be willing to file charges and to work with the court system in these cases. When they are won, other school systems pay attention.; We thank Bradley Putman and Regina Cooper for pursuing this law suit. For more complete coverage of this story, see the May issue of The Letter.

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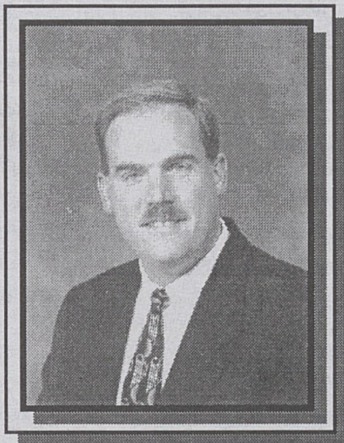
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Community News (Mary).....	266-5904
GLSO Speakers Bureau (Mary).....	266-5904
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