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Title: Lavender Letter (Harrisburg, PA)

Date: March 2003

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Contact:

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LAVENDER LETTER

Phone: (717) 303-0425 F-Mail

Info@Lavenderletter.com

PO Box 266 Mechanicsburg, Pa. 17055

A Calendar of Events for and by Womyn

March, 2003

ACTIVITIES.

Volume 21 No. 3

SUNDAY, MARCH 2

The Pennsylvania Civil Rights Initiative, Equality and Justice Community Meeting at MCC of the Spirit, 2973 Jefferson St., Hbg. Rita Addessa, Executive Director of the Pennsylvania Lesbian and Gay Task Force (PLGTF) will be presenting information about the Initiative at 9 AM and 10:30 AM with Pastor Eva O'Diam. This is an excellent opportunity to learn more about the Initiative.

WEDNESDAY, MARCH 5

It's Janis Ian in concert at Millersville University's Lyte Auditorium, Millersville, PA. For ticket information and directions, please call (717) 871-2059.

JANIS IAN CONCERT

SUNDAY, MARCH 9

12:30 PM...Lancaster Ladies Night Out meets for Sunday brunch! Singles and couples are welcome! Call Shirley at (717) 560-6817, or e-mail: snoac@aol.com for reservations.

TUESDAY, MARCH 11

7 PM...Central Pennsylvania Pride Fest 2003 monthly meeting. Pride is still looking for people to help with planning the 2003 Pride Fest. If you are a team player, serious about your commitment, and want to work for your community, then we want you! Please call (717) 234-0328 or e-mail info@askglsh.org.

SATURDAY, MARCH 15 SUEDE IN CONCERT

7:30 PM...Suede will be appearing at the Tin Angel Cafe, 20 South Second St., Philadelphia, PA. Please call (215) 928-0978 for ticket information.

> MONDAY, MARCH 17 HAPPY ST. PATRICK'S DAY!

TUESDAY, MARCH 18 ANI DEFRANCO CONCERT

7:30 PM...Ani DeFranco in concert at The Forum in Harrisburg, PA. Please call (717) 214-ARTS, or www.whitakercenter.org to order tickets.

WEDNESDAY, MARCH 19

7 PM...Gay and Lesbian Switchboard of Harrisburg monthly meeting. Get involved in your community! We need YOU! For more info: (717) 234-0328, or e-mail: info@askglsh.org.

SATURDAY, MARCH 22

6 PM...Harrisburg Ladies Night Out. Join us for some good food and fun! Singles and couples are welcome! Please make your reservation by Wednesday, March 19 by calling (717) 303-0425, or e-mail: info@lavenderletter.com.

SUNDAY, MARCH 23

11 AM...Shippensburg Circle Monthly Brunch. Bring something to share for the breakfast table. Coffee, tea and eggs will be provided. A good way to make connections and enjoy some old friends. RSVP and for directions call (717) 530-1743.

Upcoming Events.

SATURDAY, APRIL 12

Lancaster Ladies Night Out and Harrisburg Ladies Night Out will meet for dinner together. Singles and couples are welcome! Call Shirley at (717) 560-6817, or e-mail: snoac@aol.com. Call Judy at (717) 303-0425, or e-mail: info@lavenderletter.com for reservations.

TUESDAY, APRIL 15 **ELLEN DEGENERES**

8 PM...Ellen will be appearing at the Tower Theatre in Philly. Ticket prices range from \$38.50 - \$47.50. For information and to order tickets: (610) 352-2887.

TUESDAY, APRIL 15 DAR WILLIAMS

Dar is in concert at the Keswick Theatre in Glenside, PA. Tickets are \$26.50 and \$30.00. For more information and to order tickets: (215) 572-7650, or online: www.keswicktheatre.com.

MARCH at the Pink Lizard

WEDNESDAYS ... 7:30PM MINI-POOL TOURNAMENTS

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WEDNESDAYS... 8PM-10PM MARTINI MADNESS

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Fri-Mar 28 10PM GLENDA'S BENEFIT DRAG SHOW

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CLOSED Sunday - Tuesday Wednesday & Thursday 7PM - ? Friday & Saturday 7PM-2AM

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Inspiring Quotes....

Optimism is essential to achievement and it is also the foundation of courage and of true progress.

Nicholas Murray Butler
 1931 Nobel Peace Prize Laureate

Spirituality....

WORSHIP SERVICES

...MCC of the Spirit, 2973 Jefferson St. Hbg. Every Sunday 10:30 am & 7 pm. Call (717)236-7387 for information. We offer Christian educational sessions that nurture the whole person, call for details and special events. Website: www.mccofthespirit.org.

...Unitarian Universalists of the Cumberland Valley, Sundays, 10:30 am at the Meeting House, 2 Forge Rd. in Boiling Springs, PA 17007. Children's program runs concurrently. Fully accessible. Rev. Judy Welles & Rev. Duane Finkeisen, ministers. For info call (717) 249-8944, or write: PO Box 207, Boiling Springs, PA 17007. Web site: www.uucv.org.

...Unitarian Universalist Church of Lancaster, Sundays, 9 am & 11 am. Rev. M. Susan Milnor. 538 W. Chestnut St., Lancaster. (717) 393-1733. E-mail: UUCL@epix.net. Website: http://members.tripod.com/~uulancpa/index.htm.

...Unitarian Universalist Congregation of York, 925 South George St. York, 17403. (717) 845-8212. Services Sunday 10 am. Rev. Robert Renjilian, Childcare & religious education for youth provided. Welcoming Congregation.

...Unity Center For Spiritual Growth, 927 Wertzville Rd., Enola, PA 17025 Services: Sundays 9 & 11 am. (717) 732-9773. Unity is a culturally diverse spiritual community, promoting positive life transformation & recognizing that all people are one in God. Website: www.unitychurchharrisburg.com.

...Vision Of Hope MCC, 130 E. Main St. Mountville, PA. 17554. Services: Sunday at 10:30 am & 7 pm. Morning Children's Sunday School. Call (717) 285-9070. E-mail: REVDCOGGIN@aol.com

...Unitarian Church of Harrisburg, Sundays 10:30 am. 1280 Clover Lane, Harrisburg, PA. (717) 564-4761. We are a liberally religious "Welcoming Congregation". Our Interweave Committee promotes acceptance & affirmation of GLBT concerns. Please join us. E-mail: uch@paonline.com. Website: http://www.paonline.com/uchuua/.

...Unitarian Universalist Fellowship Of Pottstown, Sunday services 10 am. 1565 South Keim Street, Pottstown, PA 19465. (610) 327-2662.

Website: http://members.aol.com/uupottstown.



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CÉNTÉR PÍÉCÉ

LAVENDER LETTER

March, 2003



Support Groups...

...PFLAG YORK meets at 750 Kelly Dr. (the former Lutheran Home building) at 7 pm on the first Tuesday of the month. Call Don & Pat (717) 843-3793, or Charles & Judy at (717) 846-7633 for directions or to be placed on the mailing list.

...NETWORK and FORUM for lesbians of Catholic heritage. A web site of the "Conference for Catholic Lesbians" (CCL) is now up & running. CCL was organized in 1982, published a monthly newspaper, "Images" and held many national conferences in different parts of the country. IF YOU ARE SEEKING...to connect with others on a spiritual journey for strength & support...to learn how other women celebrate being Catholic & lesbian...to express what's on your mind & in your heart to others who have shared your experience & understand...please join us at catholiclesbians.org. For other information from a member in the Harrisburg area, you can e-mail: cathlesRU12@aol.com, or leave a message in the CCL "Guestbook".

...The Unity Center for Spiritual Growth has an Alternative Lifestyles Support Group that meets every 2nd & 4th Friday evening of the month. We start at 7 pm at the Unity Center for Spiritual Growth at 927 Wertzville Rd. Enola. This is a spiritual as well as a social group. Interested folks can contact the church at (717) 732-9773, or Sandy at sansmagic@aol.com.

...Common Roads, is a support group for teens & young adults in the Central Pennsylvania area who need a place to fit in, a place where their sexuality will not be held against them. The group consists of many different people from ages 14-24 & is led by multiple facilitors. We meet every Friday at The Center, 1300-A Third St. Harrisburg, to talk about our problems, our good times, and to simply have fun! For more information visit our website: www.commonroads.org, or call (717) 920-9534

...PFLAG Central Pennsylvania meets monthly. For more information e-mail: pflagcenpa@yahoo.com, or call daytime (717) 795-0330. Their 24-hour hotline is: (717) 728-8800.



Activism...

...NOW, York Chapter, meets on the 3rd Wednesday of each month. Call Peg or Delma at (717) 846-2089, or Kathy at (717) 845-4086 for info/directions.

...HRC (Human Rights Campaign), is the largest national lesbian and gay political organization, with members throughout the country. We effectively lobby Congress, fight anti-gay initiatives, and educate the public to ensure that lesbian, gay, bisexual, and transgender (LGBT) Americans can be open, honest, and safe at home, at work, and in the community. Please visit us at: www.hrc.org.

...Lambda Legal is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, the transgendered, and people with HIV or AIDS through impact litigation, education, and pub-

...National Gay and Lesbian Task Force (NGLTF) is the national progressive organization working for the civil rights of gay, lesbian, bisexual and transgendered people, with the vision and committment to building a powerful political movement. Please visit us at: www.ngltf.org.

Social Groups...

...The Central Pennsylvania Womyn's Chorus rehearses at 7 pm on Monday evenings in Mechanicsburg. Find out how much fun Monday nights can be! For directions & more info, leave a message at (717) 234-4825, or see the chorus web site, www.cpwchorus.org, or e-mail: info@cpwchorus.org.

...Shippensburg Circle. Women from the Shippensburg, Carlisle & Chambersburg area get together monthly. Connect through our e-mail list or phone. To get info or put yourself on our list, call (717) 530-1743, or e-mail: Ikuj125@innernet.net.

...The Lesbian Alliance of South-Central Pennsylvania. Activities include potlucks, bi-monthly newsletter, media liason, & any other event that the group is willing to take on. Membership dues are \$10 per household. To get on the mailing list or for more information, call Kate or Cindy at (717) 848-9142.

...HOWL (Hanging Out With Lesbians), is a diverse group of non-smoking womyn with various interests. They do just about everything from camping to concerts, frisbee, fireside chats, horseback riding, snow tubing, movie nights, you name it! These womyn know how to have fun! You can visit their website: www.homestead.com/howlofpa/index.html.

...BAGAL (Business Association of Gays and Lesbians) is a South Central Pennsylvania Association of Lesbian & Gay professional & business people offering networking, community service and social opportunities for its members & friends. BAGAL meets every other month & prospective members are invited to attend their first meeting free of charge. Annual dues are \$35 per year & payable to "BAGAL". For more information, address questions and/or payments to: BAGAL, PO Box 135, Harrisburg, PA. 17108-0135, or call (717) 612-8445.

...Susquehanna Club, Mid-Atlantic Lesbian & Gay Outdoors Club, was conceived for the lesbian, gay men, bisexual & transgendered community members & their friends. We go hiking and camping throughout the Mid-Atlantic region. We have and continue to provide a "safe space" for LGBT people. Participants are asked to respect fellow participants comfort as to the degree of "being out" both during activities and elsewhere. Membership is \$10 per year for individuals and \$15 per year for couples. Address: 503 General Sutter Ave., Lititz, PA. 17543, or visit us at:www.susq.org.

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FYI....

....Loaves of Love, a food bank for people with HIV/AIDS, located at the Harris Street United Methodist Church, 1605 Susquehanna St., Harrisburg, needs food for their pantry. Items they need most, peanut butter, tuna fish, and personal care items. Please call (717) 877-6674 to set up drop-off arrangements.

....Central Pennsylvania Pride Fest 2003, will be Saturday, July 26, Noon till 7 PM. This year we will be doing something that no other Pride Fests in Pennsylvania have done, we will have a Mass Commitment Ceremony! If you and your partner are thinking about a commitment ceremony this year, why not have it at Pride Fest? Please check Pride's website: www.harrisburgpride.org in mid-March for more details.

....Equality Forum (formerly PrideFest America), the annual global GLBT symposium and festival, takes place in Philadelphia from April 28th to May 4th, 2003. Their website (www.equalityforum.com) has been updated with details on all 76 events! Check it out!

....www.interpride.org, has all the Pride Fests listed throughout the world for 2003. It's a great website!

Theatre....

OPEN STAGE OF HARRISBURG

...The Diary of Anne Frank, Saturday, March 8 at 8 PM. It's the true story of an innocent child who grows into a courageous young woman. It's also the most successful production in Open Stage's 17-year history. Don't miss this opportunity to see the story of a remarkable girl told in her own words. One Public Performance only at Whitaker Center. Tickets are \$22, Sr. Citizens and Students are \$18. You can reserve your tickets online at www.openstagehbg.com, or by calling (717) 232-6736.

THEATER OF THE SEVENTH SISTER

...Julius Caesar, March 27 to April 19. Come see Shakespeare's first great tragedy, Julius Caesar is a masterpiece of political intrigue, and a timeless tale, in which a group of noble Romans plot, carry out and face the bloody consequences of the assassination of Rome's leader. The play can be seen at Millersville University's Rafters Theater, Millersville, PA. General admission is \$18, and you can reserve your tickets online at: www.seventhsister.com, or by calling (717) 396-7764.



Editor's Note....

Starting with the March issue of the Lavender Letter, your renewal date will be on the outside of your envelope under your address. Renewal notices will be in the envelope with your Letter when your subscription is about to expire. Please be careful not to throw it out with the envelope.

Also, beginning March 1, 2003, the lavlet4womyn@aol.com will no longer be in service. The address that will be in use will be the one that you see on the top right hand corner of the Lavender Letter, Info@Lavenderletter.com. Please make these changes to your e-mail address book.

Classified Ads....

Roommate Wanted: Looking for a woman to share expenses and have use of the whole house in a 3 bedroom home. If interested, call 975-3438 and ask for Ann.

Help Wanted: Planned Parenthood of Central PA has positions available in the York office. All these positions offer breat benefits and a chance to make a difference in women's lives.

CRNP or CNM - 25 hours/week. Must have PA license.

Front Desk Specialist - Full-time with benefits. Medical background helpful.

Medical Assistant - must have certificate. Full-time with benefits.

Send resume with salary requirement to: Director of Client Services, 728

South Beaver St., York, PA 17403. No phone calls please. Equal Opportunity Employer.



Ms. Kleen sez....

Welcome to a new feature in the Lavender Letter. Ms. Kleen will bring you cleaning tips each month, tips to make your life at home easier.

Is your microwave looking pretty awful inside? Covered with all kinds of splatters? You're probably thinking it's going to be pretty tough to clean, going to have to really scrub to get that stuff off. Right?

There is an easy way to clean the inside of your microwave! Steam clean it! Add 4 tablespoons of lemon juice to 1 cup of water in a microwave-safe bowl or cup. Set your microwave cooking time to 4 minutes, and then let it set in there for a couple of minutes more when it is done. The steam condenses on the inside walls of the microwave, softening the food particles making it easy to just wipe it clean with no effort.



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Health Spotlight....

SLEEP DEPRIVATION AND WEIGHT GAIN

Gaining weight and don't know why? The culprit could be your bedtime. If you don't get enough sleep at night, it doesn't matter what you eat and how much time you spend on the treadmill. If you are exhausted, your diet just won't work. Sleep deprivation affects the hormones that control appetite and weight reduction.

This is what happens if you don't get enough sleep at night:

**You'll eat more during the day in an attempt to stay alert.

**The hormones that control appetite and weight reduction won't function properly.

**Your resistance to insulin will be increased, which interferes with your ability to digest and process carbohydrates. And that can make you gain weight.

Sleep is not a luxury! If you don't get enough sleep every night, it could be as damaging to your diet as splurging on ice cream every night. And crashing on the weekends to make up for a weekday sleep deficit just won't cut it.

Also, researchers at Brigham and Women's Hospital in Boston have determined from a study they have done, women who have a sleep imbalance - sleeping 5 or less hours a night, or nine or more a night - run a greater risk of getting heart disease than those who sleep 8 hours a night.

Eight hours is the ideal amount of sleep. It might also be the secret to living a long and healthy life.



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Events & News....Free

Information must be received by the 20th of each month.

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