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LAVENDER LETTER

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Volume 18 No. 12

A Calender of Events, for and by Womyn

December, 2000

Activities

DECEMBER - MARCH 2001

The Legend of Stone Soup is on their Winter Break! They will be hitting the studio to finish recording their second CD "Many Hands".

FRIDAY, DECEMBER 1

WORLD AIDS DAY!

SUNDAY, DECEMBER 3

6 pm - 9 pm. . . Bobbi Carmitchell's 11th Annual Women's Dinner at the Timbers Dinner Theatre at Mt. Gretna.

THURSDAY, DECEMBER 7

9-Midnight. . . Bobbi Carmitchell in concert at the Gingerbread Man in Hershey. For details and directions call (717)-872-4512.

FRIDAY, DECEMBER 8

8:00 pm. . . Whitaker Center for Science and the Arts. The Central Pennsylvania Womyn's Chorus joins the Harrisburg Men's Chorus at their winter holiday concert, performing a lively, heartwarming set of tunes from the Hannukah, Christmas & Winter Solstice traditions - in classical, African-American spiritual, Renaissance, folk & spine-tingling style! Bring your family and friends. Tickets available from The Box at 214-2787, and at the door.

7-9 pm. . . Harrisburg Drumming Circle will meet at the YWCA of Greater Harrisburg, 1101 Market Street, Harrisburg, PA. For more information call Judy at (717)-230-8610.

SATUDAY, DECEMBER 9

6 pm. . . HOWL Event-Country Christmas. Join us for a horse drawn hay ride through a Christmas Wonderland at Shoops Farm. Admission is \$7.00pp. You can check out Shoops Farm at WWW.shoopfarm.20m.com. For details call Gina and Laurie at (717)236-8458.

9:30-12:30 pm. . . Bobbi Carmitchell in concert at The Lancaster Dispensing Co. For details and directions cal (717)-872-4512.

FRIDAY, DECEMBER 15

9:30-12:30 pm. . . Bobbi Carmitchell in concert at Coakley's in New Cumberland. For details and directions call (717)-872-4512.

SUNDAY, DECEMBER 17

6pm...Lancaster Ladies Night Out Christmas Dinner. Join us for one of our favorite celebrations and bring a \$10 gift to exchange if you wish. Call Shirley at (717) 560-8817 Or e-mail snoac@aol.com for your reservations.

SUNDAY, DECEMBER 17

4pm... Lebanon County Lesbians Social Group and Potluck, call Marie at 717-865-6944 for more information.

WEDNESDAY, DECEMBER 20

7 pm. . . Gay and Lesbian Switchboard of Harrisburg Monthly Meeting. If you are interested in working with GLSH in it's continuing stand for the community, I encourage you to get involved. For more information you can e-mail us at TIMSHEL1@aol.com.

THURSDAY, DECEMBER 21

7pm... Third Thursday of each month, Gay & Lesbian Book Discussion Group at Borders Books across from Park City, Lancaster.

SUNDAY, DECEMBER 31

New Year's Eve. . . Bobbi Carmitchell in concert at 1st Night in Bloomsburg. For details and directions call (717)-872-4512

Upcoming Events..

MONDAY, JANUARY 15

7:00 pm. . . The Central Pennsylvania Womyn's chorus resumes weekly rehearsals with an Open House, place to be announced. Come meet the singers and board, and experience the joy of singing with women. For more information, watch the January issue, call Joanne and Linda at 761-6958, E-Mail infor@cpwchorus.org, or see our web site at www.cpwchorus.org.

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Spirituality...

WORSHIP SERVICES

...**DIGNITY OF CENTRAL PA** meets the 1st Sun. of every month at 6pm, at the Friends Meeting House (lower level), 6th & Herr Sts. Harrisburg, for a potluck dinner and discussion. Fellowship for gay and lesbian Catholics, and supportive non-Catholics. All are welcome. Call (717) 852-7683.

...**INTERWEAVE** is a group supported by the Unitarian Universalist Church, for those people who are concerned with Gay, Lesbian or Straight issues. Meeting is the 1st Sunday of each month, call for times (usually 5pm). Hotline: (717) 859-4481.

...**MCC OF THE SPIRIT**, 2973 Jefferson St., Hbg. Every Sunday 10:30 am & 7:00 pm. Call 236-7387 for information. We offer Christian edu-

ational sessions that nurture the whole person, call for details and special events.

...**UNITARIAN UNIVERSALISTS OF THE CUMBERLAND VALLEY**, Sundays, 10:30 a.m. at the Meeting House, 2 Forge Road in Boiling Springs, PA 17007. Children's program runs concurrently. Fully accessible. Rev. Judy Welles and Rev. Duane Fickeisen, ministers. For info., call 717/249-8944 or write: P.O. Box 207, Boiling Springs, PA 17007. Web site: www.uucv.org

...**UNITARIAN UNIVERSALIST CHURCH OF LANCASTER**. Sunday, 9am & 11am. Rev. M. Susan Milnor. 538 W. Chestnut St., Lancaster. (717) 393-1733. Interweave Gathering, a social group focused on the gay & lesbian community of Lancaster County will meet on the last Sunday of each month at 6pm at the Church. For info call (717) 393-1733.

...**UNITARIAN UNIVERSALIST CONGREGATION OF YORK**, 925 South George St. (717) 845-8212. Services Sunday 10AM. Rev. Jennifer Justice, Childcare and religious education for youth provided. A Welcoming Congregation.

...**UNITY CENTER FOR SPIRITUAL GROWTH**. 4695 Charles Rd., Mechanicsburg. (Behind Trindle Bowling Alley on Trindle Rd.) Services: Sundays 9am & 11am. (717) 691-0300 or e-mail: unity@bbimaging.com Unity is a culturally diverse spiritual community, promoting positive life transformation and recognizing that all people are one in God.

...**VISION OF HOPE MCC**, 130 E. Main St. Mountville, PA 17554. Services: Sunday at 10:30am & 7pm. Morning Children's Sunday School. VOH has several small groups including a 12 step Bible Study currently meeting. Call (717) 285-9070.

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Just write it down & Mail it to:

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or E-Mail to: Lavlet4wym@aol.com

CENTER PIECE

LAVENDER LETTER

December, 2000

Support Groups...

"DON'T BE A BOOB - GET A BOSOM BUDDY" Are you concerned about the Procedure? Are you concerned about going alone? A volunteer network of 'BUDDIES' is being organized to accompany women who know the importance of a mammogram yet fear the mammogram procedure whether is the first or the 100th.

We are looking for participants who would like to have a 'BUDDY' and for those who would like to be 'BUDDIES'. Please contact Natalie Damrauer at 540-7725 or email her at LoonSng@aol.com for more information, to request a BUDDY or to volunteer to be a BUDDY!

...**NOW**, York Chapter, (National Organization for Women) meets on the 3rd Wed. of odd-numbered months at the YWCA, E. Market St., at 7:30pm. and on the 3rd Saturday of even-numbered months at various locations at 10am. Call Cindy at (717) 848-9142 or Janice at (717) 259-6092 for info/directions & location of the Saturday meeting.

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

...**FREE SPIRIT** is Bloomsburg University's Community for Lesbians, Gay Men, Bisexuals, as well as friends and family. We offer support, info, discussion, and activities to create awareness, advocate social change... and just have fun! For info call Wendy Lee-Lampshire, Ph.D., Dept. of Philosophy, (717) 389-4332 or e-mail at lampshire@planex.bloomu.edu.

...**GLSEN** (Gay, Lesbian, Straight Education Network) meets in Carlisle at the YWCA. Mission Statement: GLSEN strives to assure that each member of every school community is valued and respected, regardless of sexual orientation. We welcome as members individuals, regardless of sexual orientation or occupation, who share this philosophy.

...**NETWORK** and **FORUM** for lesbians of Catholic heritage. A Web Site of the "Conference for Catholic Lesbians" (CCL) is now up and 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 and support...to learn how other women celebrate being Catholic and lesbian...to express what's on your mind and in your heart to others who have shared your experience and understand...please join us at catholiclesbians.org. For other information from a member in the Harrisburg area, you can send email to "cathlesRU12@aol.com" or leave a message in the CCL "Guestbook".

Social Groups...

Announcing THE LESBIAN ALLIANCE OF SOUTH-CENTRAL PENNSYLVANIA. Activities will include potlucks, bi-monthly newsletter, media liaison, and any other event that the group is willing to take on. Membership dues is \$10 per household. To get on the mailing list or for more information, call Kate or Cindy at 848-9142.

The Central Pennsylvania Womyn's Chorus wants you!!! The chorus rehearses at 7 pm every Monday night in the Harrisburg area (site for 2001 it will be published in the January issue of this newsletter). For More information about the chorus, see our web site, www.cpwchorus.org, or E-mail info cpwchorus.org. Join us and discover the joy of singing with women - find out how much fun Monday nights can be!

HOWL... Bringing together a community of like-minded, NON-SMOKING lesbians of all ages called HOWL(Hanging out With Lesbians).

This group would meet once a week in the evening for discussion and socialization at a predetermined SMOKE-FREE location. This is not a support group or dating service, but rather an opportunity for womyn to gather and form a community in a social, safe and SMOKE-FREE environment.

If this sounds like something you'd like to check-out, please feel free to contact me and/or leave a message. Non-smoking, lesbian identified, singles and couples welcome! Contact Carol Nodgaard at (717) 721-7493 or E-mail: c.nodgaard@att.net.

...**Triangle Interests...** A national nonprofit, Lesbian membership organization working to build the economic strength, and improve the quality of life, of the Lesbian community. TI is the sponsor of Triangle Interests Federal Credit Union (TIFCU), the first national credit union formed to benefit Lesbian Women. TI also offers financial seminars, business networking, social activities and health insurance. For info call: (215) 487-3736. VM#1; E-mail: ti@triangleinterests.org; website: www.triangleinterests.org.

...Interested in meeting people in the Carlisle, Shippensburg, Chambersburg area? The **Shippensburg Circle** is the connection. Monthly Brunches and other get togethers. To get on the e-mail list or for info on our next get together. 530-1743 or e-mail: LKuj125@innernet.net.

...**GLORA** (Gay & Lesbian Organization of Reading & Allentown) is a group that gathers at least 2x/month to do fun activities and make new friends. We sponsor a broad range of events. To contact GLORA write: P.O. Box 1952, Allentown, PA 18105, or E-mail: GLORAinPA@aol.com.

...**Book Discussion Group.** If you like to read,...join our book club. We meet the 2nd Sunday of the month at 6pm. Call Caroline (717) 545-4494 for this month's book and meeting place.

The Pride Festival of Central Pennsylvania is sponsoring a 4-day group cruise to Key West and Cozumel on February 1-5, 2001. PRIDE partnered with Omega World Travel(the largest cruise travel agency and owners of cruise.com) and Carnival Cruise Lines to offer you this relaxing get-a-way vacation package at a great price. Sorry...Kathie Lee not included. For additional information and itinerary details contact: Jeffery or Denise at Omega World Travel 1-800-955-2582 9:00A.M. - 5 P.M. EST (Monday-Friday) E-mail: jalmoney@owt.net or E-Mail: dzortman@owt.net

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NFL Region Football Schedule for December

SUNDAY, DECEMBER 3

Indianapolis at New York Jets	4:15 pm
Miami at Buffalo	1:00 pm
New York Giants at Washington	1:00 pm
Oakland at Pittsburgh	1:00 pm
Tennessee at Philadelphia	1:00 pm

SUNDAY, DECEMBER 10

Philadelphia at Cleveland	1:00 pm
Pittsburgh at New York Giants	1:00 pm
San Diego at Baltimore	1:00 pm
Washington at Dallas	3:15 pm
New York Jets at Oakland	5:35 pm

MONDAY, DECEMBER 11

Buffalo at Indianapolis	9:00 pm
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SATURDAY, DECEMBER 16

Washington at Pittsburgh	12:30 pm
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SUNDAY, DECEMBER 17

Detroit at New York Jets	1:00 pm
New England at Buffalo	1:00 pm
New York Giants at Dallas	7:35 pm

SATURDAY, DECEMBER 23

Jacksonville at New York Giants	12:30 pm
Buffalo at Seattle	5:20 pm

SUNDAY, DECEMBER 24

Arizona at Washington	1:00 pm
Cincinnati at Philadelphia	1:00 pm
New York Jets at Baltimore	1:00 pm
Pittsburgh at San Diego	1:05 pm

YWCA SUPPORT GROUPS

The following is a list of Domestic Violence/Sexual Assault Support Groups that are presently being offered by the V.I.P Department at the YWCA:

TUESDAYS

- 6:00 pm - 7:30 pm . . . Domestic Violence Drop-in Support Group (babysitting available)
- 6:00 pm - 8:45 pm . . . Domestic Violence Children's Support Group

Please call if you would like information call 238-7273 on the following upcoming groups:

- Adult Survivors of Childhood Sexual Assault Group
- Adult Rape Group
- Phase II Domestic Violence Support Group
- 4 Week Self Esteem Group
- 4 Week Assertiveness Training Group
- 4 Week Adult Survivor Group with focus on Silence and Secrecy

Let's Drum !

Interested in drumming? A new group is forming. Bring your own drum or percussion instruments. Have none? Or experience? We will provide both. York area call: Lorraine (717)229-2703 or Harrisburg area call: Judy (717)230-8610.

Harrisburg drumming will be at the YWCA of Greater Harrisburg, 1101 Market Street, Harrisburg, PA

GAY AND LESBIAN ROWING NETWORK

Are you interested in rowing? Would you like to see the formation and development of a gay and lesbian rowing club in the Harrisburg area? If you are interested, let us know! Call 717-975-0464 or email us at lavlet4wym@aol.com. Check out the G/L Rowers Network web page: www.city-net.com/~Lewis/glrn.

COMING SOON!

Lavender Letter on the Web! At the present time this site is under construction. We hope to have it up and running in the near future. Look for us at www.LavenderLetter.com.

EDITOR'S NOTE

We will not have a Harrisburg Ladies Night Out this month due to the hustle and bustle of the Holidays. We are looking forward to seeing everyone in January.

Your Ad Could be here

Do you provide a service or have a product that you would like to market to the Lesbian Community?

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- tea dances • group meetings • bicycling • golf outings •

Merry Christmas and a Happy New Year!

Wishing you and yours a very Happy and Safe Holiday Season!



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\$1 draft

Fri-Dec 8 10pm ALEXANDRIA VON-HORNE (Your Miss Pink Lizard)
FEMALE ILLUSIONIST SHOW

Fri-Dec 15 9PM D-GEM OLDIES REUNION w/GUEST DJ NANCY (To benefit Funeral Expenses for former D-Gem employee, Ruth)

Sun-Dec 17 5PM-10PM SUNDAY TEA DANCE w/ Guest DJ JAME' FOKS
...Miller Lite Specials

Mon-Dec 25 7PM Candlight Happy Hour
Sun-Dec 31 New Year's Eve Party
6PM (Ticket holders only)
10PM GENERAL ADMISSION \$5

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Health Spotlight

How to Survive a Heart Attack Alone

Let's say it's 6:15 pm and you're driving home, (alone of course) after an unusually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home, unfortunately you don't know if you'll be able to make it that far. What can you do? You've been trained in CPR but the guy that taught the course neglected to tell you how to perform it on yourself. (Since many people are alone when they suffer a heart attack, this article seemed in order.) Without help the person whose heart stops beating properly and who begins to feel faint has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without letting up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a phone and, between breaths, call for help.

Tell as many other people as possible about this, it could save their lives!

From Health Cares Rochester General Hospital via Chapter 240's newsletter AND THE BEAT GOES ON (reprint from The Mended Heats, Inc. publication, Heart Response)



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

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