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Volume 23 No. 3

A Calendar of Events for and by Womyn

March, 2005

Activities....

MARCH IS NATIONAL WOMEN'S HISTORY MONTH

The 2005, Women's History Month theme, "Women Change America", honors and recognizes the role of American women in transforming culture, history and politics as leaders, writers, scientists, educators, politicians, artists, historians, and informed citizens. "Women Change America" also celebrates the myriad ways in which the spirit, courage and contributions of American women have added to the vitality, richness, and diversity of American life.

FRIDAY, MARCH 11

8 PM...Queer Cinema at MCC of the Spirit Church in Harrisburg. Movies are shown on the second Friday of each month on the LCD projector in the church sanctuary. Come and see your favorite Queer movies on the "big screen". Please call (717) 236-7387 for directions or additional information.

SATURDAY, MARCH 12

6:30 PM...Lancaster Ladies Night Out is back! They will be going to The Watering Trough, 905 W. Main St. Mount Joy, PA. New menu with a wide selection of entrees. Custom-designed seafood bar. Singles and couples are welcome! Please call Shannon at (717) 285-2425, or e-mail: sunshineshannon@dejazzd.com.

SATURDAY, MARCH 12

7 PM...Chambersburg Ladies Night Out. This is a new group! They will be meeting at Dilly's Restaurant, 642 Lincoln Way West, Chambersburg, PA. Dilly's is a casual bar / restaurant with a very mixed crowd. The food is good here. Singles and couples are welcome! Please RSVP to Beth at: bshuppgeorge@hotmail.com by Friday March 11.

PAWSABILITIES 2005

MARCH 12 & 13, 2005

8 AM - 4 PM...To be held at the Farm Show Complex. PawsAbilities is a dog activity event for families with pets, professional dog trainers, and all dog enthusiasts. This event benefits Susquehanna Service Dogs, which trains assistance dogs to help people with physical disabilities become more independent. For more information, please visit them at: www.keystonehumanservices.org/ssd, or call (717) 671-7831.

PENNSYLVANIA GARDEN EXPO

MARCH 10 - MARCH 13, 2005

At the Farm Show Complex in Harrisburg. For more info on the Garden Expo, please visit: www.pagardenexpo.com, or call (717) 796-1181. This year's theme is 'Art in the Garden'.

THURSDAY, MARCH 17

ST. PATRICK'S DAY



The day for wearing a wee bit o' the green, and some revelry. Irish Day!

SATURDAY, MARCH 26

6:30 PM...Harrisburg Ladies Night Out meets for good food and good conversation. Singles and couples are welcome! Please call Judy at (717) 232-8382, or e-mail: info@lavenderletter.com by Thursday, March 24 to RSVP.

SUNDAY, MARCH 27

EASTER SUNDAY

Time for worship, Easter egg hunts, chocolate bunnies, marshmallow peeps. Here comes Peter Cottontail, hopping down the bunny trail.....

Upcoming Events....



CHORAL CONCERT WITH A HISTORICAL TWIST VOICES OF WOMEN

SATURDAY, APRIL 23, 2005 AT 8 PM

The Central Pennsylvania Womyn's Chorus invites you to sit back and be transported back in time through music history for an exciting concert featuring music composed and sung by women throughout the centuries.

This concert will be at the Lancaster Unitarian Universalist Church, 538 W. Chestnut St., Lancaster. Tickets are \$15. Children 18 and under, students, and seniors 65 and older, \$5. A reception follows the concert. For more information, please visit: www.cpwchorus.org, by e-mail at: info@cpwchorus.org, or by calling (717) 234-4825.

MARCH EVENTS AT THE LIZARD

NEW HOURS: THURSDAY, FRIDAY, SATURDAYS DOORS OPEN AT 7PM 717-939-1123
NEW EMAIL ADDRESS: PINKLIZARD891@VERIZON.NET

THURSDAY NIGHTS - TRIVIA / BISCUIT'S BINGO ALTERNATE EACH WEEK
STARTS AT 8:30PM NO CHARGE TO PLAY PRIZES & GIVEAWAYS

FRIDAY, MARCH 4TH- DRAG PAGEANT STARTS 9PM

(MISS GAY SUSQUEHANNA VALLEY AMERICA PAGEANT)

FRIDAY, MARCH 11TH- PAJAMA PARTY DJ AT 9PM

WEAR YOUR PAJAMA'S FREE POOL TIL 11PM

FRIDAY, MARCH 18TH- DRAG SHOW STARTS 10:30PM

SPECIAL GUESTS: INGENUE & TRULY FABU

REGULAR LIZARDETTE CAST: ITO, STARR, POISON, BISCUIT

FRIDAY, MARCH 25TH- BAND STARTS 9PM

SATURDAY NIGHTS DJ'S START AT 9PM

CALL FOR RESERVATIONS, WE WILL HOLD TABLES TIL 9PM

CELEBRATE

ST. PATRICKS DAY

THURSDAY, MARCH 17TH

DOORS OPEN AT 6PM



THERE WILL ALSO BE A GREEN HIGH HEEL RACE

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LOOKING FOR CONTESTANTS, SEE MARCIA OR TIM

Spirituality....

WORSHIP SERVICES

...Unitarian Universalists of Gettysburg, UUG holds weekly Sunday services at 3 PM at Trinity UCC, corner of S. Stratton & E. High Sts., Gettysburg, PA. Religious education for our young people is a top priority. Nursery care. Everyone welcome. For more information, call (717) 334-5141, or visit: www.uugettysburg.org.

...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.

...Unitarian Universalist Church of Lancaster, Sundays, 9 am & 11 am. Rev. Valerie Mapstone Ackerman. 538 W. Chestnut St., Lancaster. (717) 393-1733. E-mail: Churchoffice@uuclonline.org Website:www.uuclonline.org.

...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. Website: www.uucy.org.

...Unity Church, 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: Sundays at 10:30 am, Prayer and Praise Wednesdays 7 pm, Saturdays 6 pm starting in October. Morning Children's Sunday School. Call (717) 285-9070. E-mail: Pastor Debbie Coggin, RevDebbieCoggin@aol.com, or visionofhopemcc@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: office@uchuaa.org. Website: www.uchuaa.org.

...Unitarian Universalist Fellowship Of Pottstown, Sunday services 10 am. 1565 South Keim Street, Pottstown, PA19465.(610) 327-2662.Website: <http://members.aol.com/uupottstown>.

...St. Michael Lutheran Church, 118 State St. Harrisburg, PA. (717) 234-0092. Sunday services begin at 10 AM. Fellowship follows the service at 11:15 AM. We are a welcoming congregation. Website: www.paonline.com/stmike.

...Temple Beth Shalom, 913 Allendale Rd., Mechanicsburg, PA. (717) 697-2662. Website: www.tbshalom.org.

...Market Square Presbyterian Church, 2nd and Chestnut Sts. Harrisburg, PA. (717) 257-1270. Church School at 9:30 AM, Sunday Worship at 11 AM. Handicapped access and free garage parking. We are a welcoming congregation. Website: www.marketsquarechurch.org.

Inspiring Quotes....

Some people think it's
holding on that makes one
strong; sometimes it's
letting go.

Sylvia Robinson
Singer and Record Label Owner

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...Unity Church, 37 East Main St., Palmyra, PA. 17078 Sunday services at 10:30 AM. Phone: (717) 838-7808, or e-mail: unityofhershey@cs.com. Dial-A-Prayer (717) 520-9710, changed daily by Pastor Julie Vance. Based on positive, practical Christianity, Unity Church's purpose is to know and express God's peace, joy and love. We have frequent class offerings, guest musicians and special events, in addition to weekly worship services. We welcome you. Please visit us: www.unityofhershey.org.

...St. Macrina's United Church of Christ, Lebanon Optimist's Building, 14th & Washington Streets, Lebanon. Sunday services are at 10 AM. We are a progressive worshipping community honoring Rich Traditions, Honest Questions, Shared Experience. Whoever you are or wherever you are on life's journey, we invite you to St. Macrina's UCC. We are Open and Affirming of all God's people. Our Liturgy includes singing, prayer, conversation, silence, simple dance and Eucharist. Inquiry: (717) 272-7844.

CENTER PIECE

LAVENDER LETTER

March, 2005

Support Groups...

...**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: cathiesRU12@aol.com, or leave a message in the CCL "Guestbook".

...**The Unity Church** has an Alternative Lifestyles Support Group that meets every 2nd & 4th Friday evening of the month. We start at 7 pm at the Unity Church 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@comcast.net.

...**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 facilitators. 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.

...**PFLAG YORK** meets at the Unitarian Universalist Congregation of York, 925 South George St. at 7 PM on the third Tuesday of the month. Please call Charles (717) 846-2560, or email: chuckdk753@aol.com, or call Cheryl at (717) 266-4530. For directions or to be placed on the mailing list.

...**PFLAG Warrington, PA.** meets on the third Thursday of every month at Buxmont U.U. Church in Warrington, PA. For more information about this group, please contact Corinne Thornton at (215) 545-4331, ext. 48.

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 public policy work.

...**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 commitment to building a powerful political movement. Please visit us at: www.nglft.org.

Social Groups...

...**The Central Pennsylvania Womyn's Chorus** brings together a diverse group of women, united by the joy of singing to celebrate and empower women and to affirm a positive image of lesbians and feminists. We welcome new singers, board members, volunteers, and contributors. Rehearsals are every Monday night in New Cumberland. For directions and more information, email info@cpwchorus.org, or call (717) 234-4825. Want to know more about us? Visit our website: www.cpwchorus.org.

...**The Lesbian Alliance of South-Central Pennsylvania.** Activities include potlucks, bi-monthly newsletter, media liaison, & 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 Cindy at (717) 848-9142.

...**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 and 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 is: 503 General Sutter Ave., Lititz, PA. 17543, or visit us at: www.susq.org.

...**HOWL (Hanging Out With Lesbians)**, we are lesbians from Central Pennsylvania (Harrisburg - York - Lebanon - Lancaster) who enjoy activities in non-smoking environments. Activities include: concerts, dinners, brunch, movies, camping, golf, picnics, hikes, plays, game nights, femme flick fest, and anything else that sounds fun! If you'd like to join us, please send an email to: howlopa-subscribe@yahoogroups.com.

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Theatre....



FULTON THEATRE ROMANCE/ROMANCE

MARCH 17 - APRIL 3, 2005

Two sweet, savvy, sensational musicals in one! Nominated for five Tony awards, this show amazingly transforms from comic operetta, waltz and polkas in Vienna in Act One to a delightfully hip, popular musical sound in Act Two. It's a "double dollop of the romantic spirit" (New York Post) as couples across time discover how to find romance and keep it alive.

The Fulton Theatre is located at 12 N. Prince St. in downtown Lancaster. Ticket prices are \$15 - \$45 per person. For more info, please visit the Fulton online at: www.atthefulton.org, or call: (717) 397-7425.

OYSTER MILL PLAYHOUSE

MONKY BUSINESS

MARCH 4 - 20, 2005

The fun-loving monks of Saint Bernard's monastery are in a jam. They have just learned that a real-estate developer plans to turn their monastery into a gambling hall. They must raise \$250,000 dollars by midnight, or they're done for. Luckily, the five Brothers have a divine plan. They are hosting a fund-raiser on radio with plenty of singing, dancing and vaudeville routines. But one of the monks is really a devil in disguise out to sabotage their plan. Good and evil race to beat the deadline in this hilarious hit musical.

Single ticket prices are \$18.00. For more information please call (717) 737-6768, or visit them at: www.oystermill.com.

LITTLE THEATRE OF MECHANICSBURG

VINCENT IN BRIXTON

MARCH 4 - 20, 2005

In 1873, at the age of 20, Vincent Van Gogh rented a room in a suburb of London while he was being groomed for a career as an art dealer in his family's business. Winner of the Olivier Award for Best Play and an area premiere, this drama traces the transforming effects of love, sex and youthful adventure on Van Gogh's still unformed talent, portraying him as he might have been and supposing a poignant affair with his landlady that might have happened. "A haunting study in melancholy...rich with in-the-moment authenticity." - NY Times.

Tickets are \$10. Please call the Box Office (717-766-0535) for a recorded detailed message about performances, dates and times, or you may visit them at: www.ltmonline.net.

THEATRE OF THE SEVENTH SISTER

THE PIANO LESSON

MARCH 17 - APRIL 3, 2005

Set in Pittsburgh of the 1930s, the centerpiece of this Pulitzer Prize winning play is an ornately carved upright piano, both a work of art and a chronicle of one family through slavery to emancipation. Boy Willie sees it as a commodity which can ensure a better future, while his sister, Bernice, who refuses to sell the piano, clings to it as a tribute to her family's trials and survival. The ensuing conflict which threatens to tear the family apart becomes an emotional, magical and spiritual journey.

Tickets are \$20. For tickets please call (717) 396-7764. For more information and directions to Dutcher Hall at Millersville University, please visit: www.seventhsister.com.



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To set up a free consultation and to find out how I can help you achieve your dreams, please give me a call for more information.

**Consult your professional tax advisor before making any decisions.*

Shannon Shupp, LUTCF, CLTC

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Health cont'd....

* Don't eat before bed. Gravity helps keep stomach contents moving downward, and you'll sleep better if your stomach is nearly empty. Don't eat or drink (except a bit of water) for several hours before bedtime, and try to avoid large evening meals.

* Sleep at an angle. Prop up the head of your bed or sleep with enough pillows to angle your torso.

* Avoid trigger foods. You already may be avoiding certain foods that you find trigger unpleasant reactions, but there are some, such as chocolate, mint of any sort and caffeine, that you should shun because they cause the LES to relax.

* Minimize fluids at mealtime to prevent further diluting stomach acids that you now need to digest your food.

* Don't overeat. Pressure in your stomach from large meals puts pressure on the LES.

* Chew your food thoroughly to give it an early assist in digestion. Being stressed or eating in a rush is often to blame, especially if you get a sudden feeling of a lump in your chest and have trouble swallowing. If that happens, sit quietly, take a few sips of liquid if you can and squirm around in a snake-like fashion. Moving slightly to the right and left will help stomach contents head downward again.

The natural approach to easing acid reflux is to try deglycerized licorice (DGL). It coats the stomach lining with mucus and has been shown to work as well as acid blockers for instant relief. This licorice is available at your natural-food store and does not affect blood pressure, as does regular natural licorice. Plant-based digestive enzymes such as Prevail's Vitase Digestion Formula, or Rational Alternative's Assimilate. The rule of thumb with enzymes is to go low and start slow. Take several pills with larger meals, such as lunch and dinner, and see how you do.

Also, digestive enzymes with meals, fresh fruit and vegetable juices and, believe it or not, sauerkraut, are some other options to improve digestion and ease discomfort.

If, after trying the more natural approach, you still have problems with acid reflux, please consult with your medical doctor.

Classified Ads....

Room For Rent... Large room, partially furnished, 2 good-sized closets; smoking and 1 dog household in Highspire. Use of kitchen / laundry area and common spaces. Please call (717) 439-6719, or (717) 503-2052.

For Sale... XENA, Seasons 1 & 3 complete DVD boxed sets, like new - \$40 each. Nokia 3360 cellphone / charger for AT&T, used very little - \$20. AT&T minicassette answering machine, works fine - \$10. DVD / CD tower 60" h x 20" w, woodgrain color, adjustable shelves, like new, \$20. Please call (717) 599-5764 (Hbg. area).



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Learn more about the Central Pennsylvania Womyn's Chorus. This is a group of terrific womyn who sing their hearts out for us at their concerts. Bravo ladies!



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Health Spotlight....

IT'S NOT A HEART ATTACK

The first time that it happens, you may think that you are having a heart attack, or that you're choking, or both. It might be a feeling of being overly full. You may find it difficult to swallow. It is **acid reflux**, a common problem with a number of uncomfortable symptoms.

For some, what starts as an occasional episode progresses to a chronic condition know as gastroesophageal reflux disease (GERD), but for many it is simply an unpleasant now and then part of life. Although it often accompanies aging, acid reflux is by no means only an age-related problem.

The reason that acid reflux is so often a problem with age is that as people hit 50, the body produces a greater volume of acid, but it is weaker and less effective. The production of enzymes by the pancreas goes down and for people who have had their gall bladders removed, there is considerably less bile to aid digestion. Instead of a reasonable amount of efficient stomach acid, there is a large volume of weak acid without strong digestive partners to assist it. An event that is especially frequent among the over 50 crowd is the weakening, or relaxation of the lower esophageal sphincter. This is the flap that opens to receive what you've swallowed and shuts to keep it down. If the LES relaxes or weakens, the door is open, and when there is a large volume of food and diluted digestive acid present in the stomach, an acid reflux episode follows.

Given the bodily changes that impact digestion, we often are our own worst enemies when it comes to acid reflux. Some simple lifestyle changes can help:

* Lose weight if necessary - being overweight adds pressure to the area and is highly associated with acid reflux.

- Continued on Page 3 -

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Events & News....Free

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

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Sat., April 23 ♦ 8 pm

Lancaster Unitarian Universalist Church
538 W. Chestnut St.

Hosted by the church's Interweave group

— & —

Sat., May 14 ♦ 8 pm

Harrisburg Unitarian Universalist Church
1280 Clover Lane

across from Leed's Restaurant on Eisenhower Boulevard
Hosted by the church

Reception following each concert



Tickets \$15

\$5 (Students 18 & under, & Seniors 65+)

For more info call 717-234-4825

Or email info@cpwchorus.org

Or see our web site

www.cpwchorus.org

The chorus brings together a diverse group of women,
 united by the joy of singing,
 to celebrate and empower women,
 and to affirm a positive image of lesbians and feminists.
 Please support us in any way you can.
 For more information, call 717-234-4825
 or see our web site at www.cpwchorus.org

Yes! I want to support our womyn's chorus!

Please send me tickets to the concert

(check one and complete the box):

Lancaster April 23

— OR —

Harrisburg May 14

Kind	No.	Price	Subtotal
General Admission		\$15	\$
Students 18 & Under		\$ 5	\$
Seniors 65 & Over		\$ 5	\$
Total			\$

I am making a (tax-deductible) contribution:

A monthly pledge of \$_____ until further notice (list Visa card info below) — \$5 minimum, please

\$500 or more ("benefactor")

\$100+ ("sponsor")

\$50+ ("donor") \$25+ ("contributor")

under \$25 ("friend")

Write name(s) below as you want it to appear in program (otherwise, we will take it from your check), or check here if you prefer not to be listed in the program

Check enclosed for a total of \$_____, OR

Charge my VISA

Card no. _____-_____-_____-_____

Exp. date ____-____

Signature _____

I would like to help with:

Selling tickets Fund-raising activities

Concert production

I'd like to sing.

Put me on the mailing list and keep me posted on concerts and other activities.

PLEASE PRINT LEGIBLY:

NAME _____

ADDRESS _____

ZIP: _____

PHONE _____

EMAIL _____

Clip and mail to: **Central Pa. Womyn's Chorus**
P.O. Box 60426 • Harrisburg, PA 17106-0426