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Title: *Lavender Letter (Harrisburg, PA)*

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Contact:

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LAVENDER LETTER

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Volume 24 No. 2

A Calendar of Events for and by Womyn

February, 2006

Activities....

SATURDAY, FEBRUARY 4

8 - 10 PM...Janie Womack is playing at the Crimson Frog in the Cedar Cliff Mall, across the parking lot from Gullifty's.

SATURDAY, FEBRUARY 4

6:30 PM...Lancaster Women's Night Out will be at Flavors in Elizabethtown. Please contact Terri at (717) 393-3833, or e-mail: ET540@aol.com. Singles and couples are welcome.

SUNDAY, FEBRUARY 5

SUPER BOWL SUNDAY

Check your favorite local bar to see what time the party starts!

SUNDAY, FEBRUARY 12

11:45 AM...The Central PA Lesbian Alliance will be meeting for lunch at Isaac's on White Street in York. Please call (717) 846-2089 with your attendance plans.



TUESDAY, FEBRUARY 14

VALENTINE'S DAY



Time for romance, dinner by candlelight, rose petals strewn across the bed, soft music, and some liquid refreshment.

SATURDAY, FEBRUARY 18

7 - 9 PM...Janie Womack will be at Coyote Joe's, 3401 Hartzdale Dr. Camp Hill, across Hartzdale Dr. from Capitol City Mall.

SATURDAY, FEBRUARY 18

6 PM...The Central PA Lesbian Alliance will have a potluck supper in York. Please call (717) 848-9142 with your attendance plans.

FRIDAY, FEBRUARY 24

7 PM...The newly formed York Women's Night Out will be meeting at a local restaurant for good food and good conversation. Singlea and couples are welcome. Please RSVP by Monday, Feb. 20. Please call or e-mail Jen at: starshin1971@hotmail.com, or call: (717) 515-6284.

SATURDAY, FEBRUARY 25

9 AM...PrideFest Unity Parade 06 is having a GLBT Continental Breakfast at MCC of the Spirit Church, 2973 Jefferson St. Hbg. The purpose of this gathering is to inform and get input from the entire community on our first Pride Parade for Central PA. We are encouraging business owners, organization leaders, and anyone who has a desire to get involved to come on out and join us for this exciting time of fellowship. This would be a great time to meet the parade staff and answer any questions you may have concerning the parade.

SATURDAY, FEBRUARY 25

6:30 PM...Harrisburg Women's Night Out will be meeting at a local restaurant for good food and a good time. Singles and couples are welcome. Please RSVP by Thursday, Feb.23 by calling Judy at: (717) 691-7533, or by email: info@lavenderletter.com.

February is....

BLACK HISTORY MONTH

I think it is only fitting that we honor a truly great woman at this time, Coretta Scott King. As you know, Coretta passed away on January 30, 2006. She was 78 years young. A truly remarkable woman, who carried on the legacy of her late husband, Martin Luther King, Jr. You can learn more about her at:

http://www.gale.com/free_resources/whm/bio/king_c_s.htm



PANCAKE BREAKFAST!

SATURDAY, April 22, 2006

7:30 AM to 12:30 PM

Colonial Park United Church of Christ

5000 Devonshire Road, Harrisburg

(Behind Best Buy - off Jonestown Road)



\$5



Pancakes (gluten free available)
Sausage links (meat or vegetarian)

Fresh fruit bowl
Juices, coffee & tea

Plus check out our great raffle items!

Benefits Central PA Womyn's Chorus

For more info, call Cynthis at (717) 564-0112

Spirituality....

WORSHIP SERVICES

...Unitarian Universalists of Gettysburg, UUG holds weekly Sunday services at 10:30 AM at 136 South Stratton St., Gettysburg, PA. Religious education for our young people is a top priority. Nursery care. Everyone welcome. For more information, call (717) 334-2920, 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: PastorDebbieCoggin, 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....

Daring ideas are like chessmen moved forward.
They may be beaten, but they may start a
winning game.

- Goethe

Attention....

Common Roads and the Women's Circle have teamed up to offer a mentoring program for young lesbians in central Pennsylvania. We are looking for responsible women to serve as mentors in this program. Our goals are to create opportunities for young women to gain skills and become active advocates for themselves and their community and for older women to serve as role models and gain new ways of thinking about all of our experiences.

Over the course of a year, mentors and mentees will participate in activities that are fun and safe, while focusing on important issues for young lesbians. We might watch a film and talk about it together, or spend time with an artist creating shared artwork, take a field trip, play softball, or just have dinner together. In September, the Women's Circle will provide scholarships for participants to attend the annual retreat, held at a camp in northern Lancaster County.

If you care about our community and have a little time to help the next generation become strong and confident young women, please consider serving as a mentor. This might be the most important thing you do in 2006. For details or a copy of the application, contact Amy Skillman at: skillman@culturalpartnerships.org, or call (717) 238-1770.

Reminder....

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WWW.FOREVERBOOKS.BIZ



Lots of great stuff at the online bookstore. Be sure to check it out!

Please support our online LGBT Bookstore!

...Unity Church, 37 East Main St., Palmyra, PA. 17078 Sunday services at 10:30 AM. Phone: (717) 838-7808, or e-mail: untiyofhershey@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.

Mz. Kleen sez....

Let's go into your bathroom and take a look at your tub and shower stall (whichever you have). You see those ugly-looking spots on your glass doors or shower walls? That comes from the alkaline in your water.

Clean your doors/shower walls to get those spots off. Next, apply car wax to the walls and doors. Yes, car wax. I know, it sounds funny, but it works. Both fiberglass and glass are porous materials. The car wax seals those pores, which makes cleaning easier and keeps water spots away. Do this twice a year. Do not wax the bathtub/shower stall floor. That could be dangerous to your health.

It's recommended that you squeegee or wipe down your shower after each use to prevent buildup. If you're tired of fighting soap scum buildup, switch to a liquid soap, natural soap or Dove. It's the talc in most bar soaps that causes that buildup. You still need to clean the shower once a week, but your job will be easier.

Editor's Notes....

Just some brief notes here about the Lavender Letter:

*Every other month, the page that has Support, Social, and Activism Groups will be replaced by other things that are too important to be left out of the Letter. I tried to do another page, but that is too expensive to do every month. The solution is this new format.

*There will be changes to the Lavender Letter website over the next couple of months. I have some additions to make that I feel you will all like. I'm not telling you what it is.....you'll have to keep checking back to find out!

*The Lavender Letter is looking for an angel or angels willing to contribute towards a new computer monitor for the Lavender Letter. The LL is not a money-making enterprise, usually the Letter makes just enough to cover expenses and to replace computer equipment or new software or software updates each year. Last year the Letter broke even and there are not enough funds to replace my computer monitor. The monitor that is currently being used is reaching the end of its useful life. It's 4 years old and starting to go on the fritz. The Letter is looking at a 17 inch LCD monitor for around \$240.00. The help of an angel or angels would be deeply appreciated and the editor would be eternally grateful.

VAGINA MONOLOGUES

THURSDAY, FEBRUARY 16, 2006 - 8 PM

AT DICKINSON COLLEGE

The Penn State Dickinson School of Law Woman's Law Caucus is joining student groups across the country and around the world to offer the "Vagina Monologues" in conjunction with the Victory Over Violence Day College Campaign. To purchase advance tickets, call the YWCA of Carlisle at (717) 243-3818, or Tamara Storey at Penn State Dickinson School of Law at (717) 241-3506, or e-mail: tcb2@psu.edu.

Tickets are \$5 in advance, or \$7 at the door. The "Vagina Monologues" will be at the Anita Tuvin Schlecter (ATS) Auditorium on the Dickinson Campus.

Proceeds benefit the Domestic Violence Services of Cumberland and Perry County and the Rape Crisis Services of Cumberland County.

Local Church Activities....

MCC of the Spirit

2973 Jefferson St., Harrisburg
(717) 236-7387

Everyone welcome....

Feb. 3 @ 7 PM - Friday Night at the Movies on the big screen. No cost! Chronicles of Narnia, The Lion, The Witch and The Wardrobe.

Computer Classes for beginners or whatever level. Thursdays beginning February 9 from 6 - 8 PM. Sign up at MCC of the Spirit. Call (717) 236-7387.

Video and Discussion, Tuesdays in February, 7 PM. View a video and discuss theology, sexuality and a range of other issues.

Vision of Hope MCC

130 E. Main St., Mountville, PA.

(717) 285-9070 or e-mail at: voh1office@aol.com

Singles and couples welcome....

On Saturday, Feb.11 Vision of Hope MCC will be offering the following activities:

2 - 4 PM "How to Have a Healthy Relationship with Anyone" presented by Alta Landis from Samaritan Counseling Center.

4:30 - 6 PM Potluck Dinner

6 - 7:30 PM Worship

7:30 - 11 PM Valentine's Day Dance with DJ

Unitarian Universalists of Gettysburg

136 South Stratton St., Gettysburg, PA.

(717) 334-2920

All are welcome.....

Meditation sessions are occurring in the sanctuary of the church on Sunday evenings from 6:30 - 8 PM, and are ongoing. An eclectic approach is being used which could include Buddhist insight meditation, techniques practiced by the American Meditation Assoc., or meditation involving movement, dance or chanting. There are no fees but donations are welcome. For more information please contact Sara Gondwe at (717) 337-3310, or e-mail: sgondwe@pa.net.

Tuesday, Feb. 21 @ 7 PM.....

Discussion: "Challenging Beliefs," an innovative series of evening discussions of controversial writings on religion. Under review will be "The Sins of Scripture" by John Shelby Spong, retired Episcopal bishop of Newark, NJ. Discussion moderated by Bruce Boenau. Held monthly, the series aims at stimulating thought about one's personal philosophy and religious outlook. All views are welcome. Discussions open to the public.

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Can evil exist in physical form? Or are demons merely the products of an overactive imagination? Over a century ago, the masterful Henry James invited readers to decide for themselves in his psychological thriller that's been called "The granddaddy of all ghost stories."

Now, this edge-of-your-seat stage adaptation from Douglas Jones places you directly beside the ill-fated nanny who's locked in a struggle with powers she can scarcely understand. Will she save the souls of the children in her charge - or will she lose her own in the process? And in the end, is it external or internal demons that pose her the greatest threat? This classic tale offers much to consider in society's contemporary debate on the nature of good and evil. Tickets are \$17 - \$42

OPEN STAGE OF HARRISBURG
FROZEN

FEBRUARY 3 - 28, 2006

One evening ten-year-old Rhona goes missing. Her mother, Nancy, retreats into a state of frozen hope. Agnetha, an American academic, comes to England to research a thesis: "Serial Killing? A Forgivable Act". Then there's Ralph, a loner who's looking for some distraction. Drawn together by horrific circumstances, these three embark on a long, dark journey which finally curves upward into the light. Angry, humane and compassionate, FROZEN is an extraordinary play that entwines the lives of a murderer, the mother of one of his victims and his psychologist to explore our capacity for forgiveness, remorse and change after an act that would seem to rule them out entirely. Tickets are \$22 regular, \$18 Senior and Student. Please call (717) 214-ARTS, or purchase online at: www.whitakercenter.org.

THEATRE HARRISBURG
SMOKEY JOE'S CAFE

FEBRUARY 17 - 19, 22 - 26, 2006

Timeless songs from the composers who practically invented rock 'n' roll ("Hound Dog", "On Broadway", "Poison Ivy", "Stand By Me", "Jailhouse Rock" and many others) animate this exuberant, high style entertainment celebrating the golden age of American pop culture. A record breaking Broadway revue! Tickets are \$15 - \$29. Please call (717) 214-ARTS to reserve your seat today. Theatre Harrisburg is the resident theatre company of the Whitaker Center in downtown Harrisburg.

COMMUNITY HEALING NIGHT

Reiki and other forms of energy healing will be utilized to provide a loving, healthful environment.

This is a FREE event and is available to everyone including experienced healers, student healers and those who wish to learn more about natural healing.

We gather on the first Monday of every month. The next Healing Night will be on Monday, February 6 from 7 - 9 PM at the Fairfield Mennonite Church, 201 W. Main St., Fairfield, PA. For more information call: (717) 677-4914 or (717) 677-6149.

Anna has taken control of her life. As a lesbian, she has taken a major step toward protecting the future that she wants.



If you could do the same, would you?

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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.

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Second Annual
**Freedom To Marry
Rally**

February 14th
4 - 6 PM

Dauphin County Courthouse
Corners of Front & Market Sts.

Sponsored by the
**Freedom to Marry Lay Led Ministry
Unitarian Church of Harrisburg**

For more information, please contact Alanna Berger
alannaberger@comcast.net, or (717) 361-2992

Website of the Month:

HTTP://WWW.PEACEPOSITIVE.NET

Home of the Peace Dove Car Magnet. It's a dove with a ribbon around it saying "Support Our Troops, Bring Them Home".

Health Spotlight....



UNDIAGNOSED CORONARY SYNDROME

In as many as 3 million US women with coronary artery disease, cholestral plaque may not build up into major blockages, like it does in men, but instead spreads evenly throughout the artery wall. As a result, diagnostic coronary angiography reveals that these women have "clear" arteries - no blockages - incorrectly indicating low risk. Despit this, many of these women have a high risk for heart attack, according to newly published research from the National Institutes of Health.

In women with this condition, called coronary microvascular syndrome, plaque accumulates in very small arteries of the heart, causing narrowing, reduced oxygen flow to the heart, and pain that can be similar to that of people with blocked arteries, but the plaque does not show up when doctors use standard tests. As a result, many women go undiagnosed, they are not treated for their angina and high cholestral and they remain at high risk for having a heart attack.

The majority of women with "clear" angiography who are not diagnosed will continue to have symptoms, a declining quality of life, and repeated hospitalizations and tests.

To accurately detect heart disease, women may require different tests to see how smaller coronary arteries respond to stress. They include cardiac MRIs, stress echocardiograms and micro heart catheterization.

Please be sure to talk to your doctor about heart disease and your risks for it. There are many websites that you can go to also. The American Heart Association's website is the best place to start: www.americanheart.org. This website has just about everything under the sun about your heart.



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