

You do not have to abuse yourself  
to do the work! —Mark D. Jordan

A crisis hotline: \_\_\_\_\_  
The 100 Project hotline: 866-488-7386

Their number: \_\_\_\_\_  
A friend I can call: \_\_\_\_\_

\* Humans who can help  
• Practical alternatives instead of death  
• Shakes your whole body (kindly)

• Hold something cool or warm  
• Lay down with your legs up your  
head

④ Ideas of soothe your body  
• Deep breathing  
• Squeeze your hands  
• Deep relaxation  
• Gently rub your back

REIMAGINE "RELIGIOUS"  
Many of us are to a that  
queer religious people don't  
exist — that's BS, though!  
To expand your imagination  
here's a short list of your  
queer spiritual communities...

Alexis Pauline Gumbs / Black Justice Action Fund  
Vivek Shraya / Inuit Tapiriit Kanatami  
Meretilia Althaus - Peid / Chani Nicholas  
P.L. Milice Kim-Kort / Liana Kau Powers  
Joy Laddin / Persephone Williams  
Pax: Curious Pagans / Beyond Religion  
La Sammert / KFC Chu / Mathematics Project

\* Does your religious community fit  
your needs + see your fragility?  
How could they do so?

\* When have you felt most comfortable  
being queer spirituality?

\* How has being queer decreased  
your spirituality?

\* What queer spiritualities...  
are there?

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"My queerness and spirituality feel like  
two sides of the same coin." —limay Ho

Read more at [queerituality.com/](http://queerituality.com/)  
→ "I didn't grow up knowing what it was like to be queer.  
What I want people to know is that  
being non-heterosexual is a person  
of faith who has never been a source of  
conflict for me." —Tina

"I didn't grow up as a queer Muslim...  
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## EXPERIENCE OF PRACTICE

### Make change

Your spirit grows stronger as  
you care for others.

\* Write to an incarcerated person  
[blackandpink.org/openpal-program](http://blackandpink.org/openpal-program)

\* Give \$ - even \$1 - to a queer-led  
organization like Soulforce/  
Trans Justice Funding Project/  
TransFaith/LGBT Asylum Task Force

\* Invite another queer person to come  
to an affirming religious event w/ you

\* Spend an hour in service to your  
local community

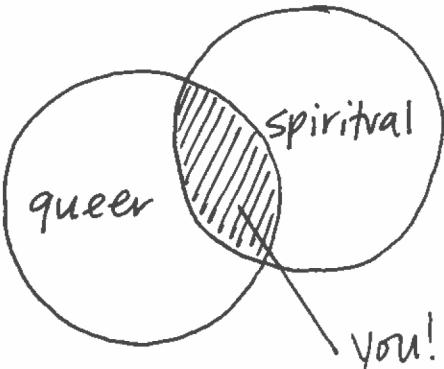
\* Write a letter to someone who  
has been a queer role model

\* Share this zine — Download  
copies @ [queerituality.com](http://queerituality.com)

"I am what I am doing what I came to do."  
— Andre Lorde

SHARE your story

A  
queerituality  
guide



by Mandi Rice  
(@queerituality)

Here are the actions & practices I learned  
as I tried to follow their queer religious  
life advice ...