

"You do not have to abuse yourself to do the work" - Mark D. Jordan

Trevor Project hotline: 866-488-7386

A crisis hotline: \_\_\_\_\_

Their number: \_\_\_\_\_

Atrend! can call: \_\_\_\_\_

\* Humans who can help

- Practice alternate nostril breathing
- Shake your whole body (kindly!)
- Hold something cool or warm
- Lay down with your legs up a wall

Ⓛ Ideas to soothe your body

REAL TALK: Re-energizing w/ spiritual words/ideas/communities may bring up discomfort, even trauma responses. Before you go further practice coping skills. (see a therapist if you can.)

# BE KIND to yourself

## Practice Hope

Acknowledge reality & look for possibility

What words summarize the current relationship between your spirituality and your queerness?

Caution  Separation  \_\_\_\_\_

Anger  Optimism  \_\_\_\_\_

Grief  Fear  \_\_\_\_\_

What do you hope your future could be like if your queerness & spirituality were BOTH beautiful parts of you?

\_\_\_\_\_

What is one tiny step you could take in that direction? \_\_\_\_\_

\_\_\_\_\_

"My queerness and spirituality feel like two sides of the same coin." - Limay Ho

Many of us are told that queer religious people don't exist - that's BS, though!

To expand your imagination, here's a short list of your "queer" counterparts...

APOLIX PAULINE GUMBS / EAT! JACOB STUJ  
VIVEK SHRAYA / INAM DANIYEE ABDILAH  
MARCELLA AHTHAUS - REID / CHANI NICHOLAS  
REV. MIHKE KIM - KOV / LAMA KAD DUEWS  
JOY LADIN / REV. ANGEL KYRDO WILLIAMS  
REV. CARMERON PARTRIDGE / BAYARD RUSTIN  
LA SARRICHTO / XFF CHU / MATTHIAS ROBERTS

"I identify as a queer Muslim... What I want people to know is that being non-heterosexual & a person of faith has never been a source of conflict for me." - Terna

Read more at [queerintuality.com/Terna](http://queerintuality.com/Terna)

# REIMAGINE "RELIGIOUS"

## Unfuck your religious life

This booklet is for you if you hear the word "religion" and say "ugh." Or "fuck that!" Or "fuck them."

As queer folks a LOT of us have those reactions, for good reasons. We may want richer spiritual lives... but who would we even trust to teach us?

I went around the U.S. to find people who were themselves queer & spiritual. From nearly 100 people I learned 1 lesson:

**You can't just unthink religious harm. You have to live your way beyond it.**

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

\* How has being queer deepened your spiritual life?

\* When have you felt most comfortable being queer & spiritual?

\* Does your religious community of origin need to seek your forgiveness? How could they do so?

\* What if anything do you value from your tradition? (songs, prayers, rituals, holy days)

You can share your responses with a friend and/or tweet to @queerintuality

# SHARE your story

## A queer spirituality guide

by Mandi Rice (@queerintuality)

"I had never been in a Jewish space where I could be wholly Jewish and wholly queer. And it was absolutely mind-blowing." - Rayna Grossman

There are religious spaces where queer people are known & loved. You may find, deserve to encounter them - in person + online.

\* Follow #faithfullyLGBT on Twitter

\* Use queer-led resources like Keshet (Jewish), Hidayah (Muslim), Our Bible App (Christian)

\* See queer religious leaders in action, by visiting their congregations or streaming online

(You may one day re-engage w/ less affirming spaces. PLEASE find affirming spaces first)

# Experience affirmation

## Make change

Your spirit grows stronger as you care for others.

- \* Write to an incarcerated person [blackandpink.org/penpal-program](http://blackandpink.org/penpal-program)
- \* Give \$ - even \$1 - to a queer-led organization like Sou!force / 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 @ [queerintuality.com](http://queerintuality.com)

"I am who I am doing what I came to do" - Audre Lorde