

## COMMON TERMS

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**SEXUAL ORIENTATION:** Innate direction for intimate emotional and sexual relationships with people of the same gender, other gender, or two genders.

**COMING OUT:** A process of coming to terms with and defining one's sexual orientation.

**GAY:** A term once associated with homosexual males or females but which is increasingly more associated with male homosexuals.

**LESBIAN:** A female homosexual.

**BISEXUAL:** Someone who is attracted physically and emotionally to people regardless of gender.

**QUEER:** A term that has been reclaimed by *some* lesbian, gay, bisexual, and transgendered people as an inclusive and positive way to identify all people targeted by heterosexism and homophobia.

**STRAIGHT:** A common term for heterosexual.

**TRANSGENDER:** An umbrella term that includes transsexuals, cross dressers, drag kings and queens, and all those whose gender roles are ambiguous. Transgender people may be heterosexual, bisexual, or homosexual.

**TRANSSEXUAL:** Those who recognize their sexual identity conflicts in a fundamental way with the biological sex into which they were born. A person who has taken measures or intends to change their physical sex.

**TWO SPIRIT:** An Aboriginal term used to describe people who embody both the male and female spirit. Aboriginal people are reclaiming this term.

**HOMOPHOBIA:** The fear of feelings of love for members of one's own sex and therefore the hatred of those feelings in others. Often exhibited by prejudice, discrimination, harassment, and acts of violence.

(Courtesy Rainbow Resource Centre)

## RESOURCES

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- \* **The Rainbow Resource Centre.** Offers support, information, counselling, referrals, library, and public awareness. Website offers a comprehensive list of local resources. Phone: 474-0212. Peer support and info: 284-5208. Counselling intake phone: 452-7508. [rainbowresourcecentre.org](http://rainbowresourcecentre.org)
- \* **Klinic Community Health Centre.** 24 hour crisis line: 786-8686. Phone: 7-888-322-3019. [klinik.mb.ca](http://klinik.mb.ca)
- \* **Rainbow Ministry.** Outreach of the United Church. Phone: 954-2904.
- \* **Sexuality Education Resource Centre.** Promotes sexual health through education. Phone: 982-7800. [serc.mb.ca](http://serc.mb.ca)

## COMMUNITY GROUPS

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- \* **Parents and Friends of Lesbians and Gays (PFLAG).** A group that meets the fourth Thursday of each month. Phone: 474-2008. E-mail: [winnipegmb@pflagcanada.ca](mailto:winnipegmb@pflagcanada.ca)
- \* **Transgender Support Group.** Meets the third Friday of each month. [winnipegtransgendergroup.com](http://winnipegtransgendergroup.com)
- \* **Lesbian Parents of Winnipeg.** E-mail: [jodi-androse@gmail.com](mailto:jodi-androse@gmail.com) or via Facebook.
- \* **Gay Fathers of Winnipeg.** E-mail: [gflow@mts.net](mailto:gflow@mts.net). [gayfathersofwinnipeg.com](http://gayfathersofwinnipeg.com)
- \* **Peer Project for Youth.** Weekly meetings for youth. Phone: 284-2799. E-mail: [peerproct4youth@rainbowresourcecentre.org](mailto:peerproct4youth@rainbowresourcecentre.org)

THE UNITED CHURCH IN MEADOWOOD

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MEADOWOOD

**Radically**



**Welcoming**

**GAY, LESBIAN,  
BISEXUAL, TRANSGENDER &  
TWO SPIRIT INFORMATION**

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[www.ucim.org](http://www.ucim.org)

## UCiM: RADICALLY WELCOMING

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We are a congregation that endeavours to be inclusive. We welcome all persons into our faith community regardless of their sexual orientation or gender identity.

Another way we continue to live into this is through our marriage policy. We invite all adults, regardless of sexual orientation or gender identity, to celebrate their marriage at UCiM.

Though Canadian society affords equal legal rights regardless of orientation, affirming work remains to be done. Hatred and mistrust of LGBTTT\* persons still exists. Negative and inaccurate beliefs make it hard to appreciate God's amazing creativity within human diversity.

### What does the Bible teach?

The Bible teaches values that are consistent with an appreciation for human diversity. We understand that God has created each and every one of us in our Creator's own image, and that we should love one another. Some people have used Bible passages out of context and in hurtful ways to denigrate LGBTTT\* people. It's important to remember that our first calling is to love one another.

The United Church recognizes this through various ministries including Affirm United. A small group ministry team has formed at UCiM with the goal of helping our church community become more inclusive and affirming of LGBTTT\* persons. For more information, e-mail [rainbow@ucim.org](mailto:rainbow@ucim.org).

### Ways to Affirm

- \* Explore your own stereotypes or homophobic beliefs. Recognize any discomfort you might have and educate yourself.
- \* Read a book, watch a movie, visit a website, or attend an event that celebrates diversity.
- \* Listen without judgement to those who share with you.
- \* Tell your children and family members that you love them regardless of their sexual orientation or gender identity.
- \* Realize that sexual orientation and identity are only parts of human identity.
- \* Challenge jokes such as, "That's so gay" and similar derogatory language.
- \* Speak out against sexism, racism, heterosexism, classism, ethnocentrism, ableism, and ageism.
- \* Come to a UCiM small group ministry team meeting.
- \* Recognize that STIs, HIV and AIDS are not limited to the LGBTTT\* community.
- \* Become an ally of LGBTTT\* communities.
- \* Become a visible LGBTTT\* person.

### I think I might be.... now what?

Everyone experiences the realization that they may be lesbian, gay, bisexual, transgender or two spirit in a different way. Some people "just know" and some may take longer to figure it out. The important part is recognizing that there is no right or wrong way to be LGBTTT\*.

The best time to come out as a lesbian, gay, bisexual, transgender, or two spirit is when you are ready. *Coming out* is the process of being open to yourself and others about your sexual orientation or gender identity.

The first step in coming out is being honest with yourself. Exploring information related to your concerns is a good way to become more comfortable. Explore community organizations and groups or websites. This is a time to recognize that you don't have to follow any stereotypes and give yourself the freedom to be yourself.

The first person people often come out to is someone they trust—a person who is trustworthy and supportive. Coming out to the public at large is an ongoing, lifelong process.

There are many resources available in your community to assist you in the coming out process. Seek them out and surround yourself with people who love and celebrate you!