

## Spiritually Healthy

*A wise religious leader once said: "Whosoever will, let them come."*

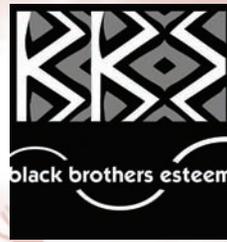
*That is an open invitation to any and every one.*

We in BBE see the need for spirituality in our lives. We experience the healing difference and the positive impact of spirituality in our lives. We feel the empowerment, the encouragement, the knowledge gain, new-found strength, power and resources. We think it is much bigger than our imagination can ever be.



*This list is to be used as an informational resource only. The San Francisco AIDS Foundation does not endorse any of the organizations listed in this pamphlet. The San Francisco AIDS Foundation cannot guarantee services, nor can SFAF be held responsible for the actions of any staff at any organization. Please contact the individual organizations for further information.*

*Please note that this list may not contain all of the LGBT-friendly spiritual resources in and around San Francisco. The information is accurate as of February 2007.*



## Black Brothers Esteem

(BBE) is a program of the San Francisco AIDS Foundation for African American gay, bisexual, and same-gender-loving men. BBE has a 10-year history of working to improve the health of our members on a physical, mental, and spiritual level. BBE is also primarily concerned with reducing the impact of HIV/AIDS on the Black gay men's community in San Francisco. BBE offers a wide variety of programs and activities that include working on a one-on-one basis, helping brothers connect as a group, and ultimately assisting brothers to have an impact on their community.



For more information or to become involved with BBE call the BBE Hotline at (415) 487-8018, e-mail [bbe@sfaf.org](mailto:bbe@sfaf.org), or visit [www.sfaf.org/bbe](http://www.sfaf.org/bbe).



## My American Dream...

## To Be Spiritually Healthy



A spiritual resource guide for African-American LGBT people in and around San Francisco

## Bethany United Methodist Church

1268 Sanchez St. (at Clipper St.)  
San Francisco, CA 94114  
(415) 647-8393  
hello@bethanysf.org  
www.bethanysf.org  
Denomination: Methodist  
Services: Sunday 11:00am

### Basic philosophies:

"Bethany United Methodist Church is a diverse community of faith that nurtures and challenges ourselves and others through ministries of hospitality and justice. Bethany has been in the forefront of the Reconciling Movement that challenges and encourages churches to openly welcome and affirm all persons, regardless of their sexual orientation."

### Other programs of interest:

- Church hosts recovery groups daily; contact church for further info.
- Social Justice Group hosts "Kitchen Table Talks" for the general public to learn about current social issues in the surrounding communities.

### Community involvement:

- Church hosts Christmas dinner for the homeless.

"We try to embody all inclusive love of God, for all people regardless gender, race, class, and sexual orientation. Bethany welcomes people as they are."

## City of Refuge United Church of Christ

1025 Howard St. (near 6th St.)  
San Francisco, CA 94103  
(415) 861-6130  
arkinfo@pacbell.net  
www.sfrefuge.org

Denomination: "Bapta-Metho-costal"

Services: Sunday 1:00pm • Wednesday 7:00pm

### Basic philosophies:

"City of Refuge is a church of restoration. We are intentionally radically inclusive, welcoming all persons regardless of race, color, ancestry, age, gender, sexual orientation, and those who are specially-abled. We worship Christ and celebrate the Creator's diversity!"

CRUCC CONTINUED

### Other programs of interest:

- Minister Thunderword runs a recovery meeting Mondays at 8:00pm.
- Ministry for the LGBT community is "a comprehensive and ongoing teaching/learning ministry for the growth and healing of couples' relationships."
- Health ministry, contact Bobby Tucker: (415) 861-6130.
- HIV/STD testing and prevention, AIDS drug-dispensing clinic, and substance abuse counseling services available through Magic Johnson Health Center (located at 1025 Howard St.). For further info call (415) 861-1060.

### Community involvement:

- Weekly ministry to the people of the Tenderloin. Meets Wednesdays at 366 Eddy St. (between Jones St. and Leavenworth St.)
- Outreach ministry that brings spiritual support to persons who live with disabling illnesses.
- Outreach ministry meets 2nd and 4th Wednesday at A Woman's Place Shelter (near the church) offers a safe environment for spiritual growth and support, prayer and encouragement.

"All programs are welcoming to the LGBT community and the HIV+ community."

## Congregation Sha'ar Zahav

290 Dolores St. (at 16th St.)  
San Francisco, CA 94103  
(415) 861-6932

office@shaarzahav.org

www.shaarzahav.org

Denomination: Jewish

Services: Friday 7:00pm • 8:15pm

Saturday 10:00am • 12:00pm

### Basic philosophies:

"A progressive reform synagogue, we are a vibrant Kehila (Jewish community) for people of all ages and sexual identities."

### Other programs of interest:

- Range of educational opportunities for adults; new classes and educational programs presented each year.

CSZ CONTINUED

- Adult Bar/Bat Mitzvah training and preparation for those who did not have a Bar/Bat Mitzvah as a youngster.

### Community involvement:

- Congregation hosts LGBT Pride Freedom Seder and an LGBT Commemoration of World AIDS Day
- The Social Action Committee participates in local hands-on volunteer work, creates local social action projects, and coordinates charity/education about important issues around the US and the world.

"We are lesbian, gay, bisexual, transgender and heterosexual Jews, together with lovers, family and friends, both Jewish and non-Jewish."

## East Bay Church of Religious Science

130 Telegraph Ave. (at 41st St.)  
Oakland, CA 94609  
(510) 420-1003

info@ebcrs.org

www.ebcrs.org

Denomination: Religious Science

Services: Sunday 8:00am, 10:00am, 12:00pm  
Wednesday 6:15pm.

NOTE: 15 minute silent meditation begins each service.

### Basic philosophies:

"We are all Divine expressions of God. God is all there is and everything is God. We welcome all communities, as everyone and everything is God manifested in the physical form."

### Other programs of interest:

- Health Walk around Lake Merritt for people living with HIV. Th 4pm.
- Narcotics Anonymous meeting on church premises, Saturday 10:00am.

### Community involvement:

- Workshops offered to the community on health and wellness, stress management, mental health, women's survival of emotional and sexual abuse, and emergency preparedness. Support groups available for women and men (held separately).

## Glide Memorial United Methodist Church

330 Ellis St. (at Taylor St.)  
San Francisco, CA 94102

(415) 674-6000

info@glide.org • www.glide.org

Denomination: Methodist

Services: Sunday 9:00am • 11:00am

### Basic philosophies:

"Glide is committed to helping and empowering the whole person."

### Other programs of interest:

- LGBT Prayer Circle meets Wednesday 5:30pm.
- LGBT Bible Study meets Thursday 6:00pm.
- Crisis intervention team can refer folks in recovery to the appropriate services. For more info call the church.

### Community involvement:

- Church provides three meals a day to the city's low-income, homeless, and hungry. All meals are served at 330 Ellis St.
- Health ministry addresses the needs of people living with HIV. Church operates a community clinic that provides holistic, client-centered care and treatment to homeless and low-income people. HIV/STD testing for established clients only. For info call (415) 674-6000.
- Church runs CW House as a supportive housing community. For info call (415) 674-6107 or email pgrayson@glide.org.

"Everyone is welcome; everyone is Glide."

## McGee Avenue Baptist Church

1640 Stuart St. (at McGee Ave.)  
Berkeley, CA 94703

(510) 843-1774

Denomination: Baptist

Services: Sunday 8:00am • 11:00am.

Prayer meetings Tuesday & Wednesday 10:30am.

### Basic philosophies:

"McGee Avenue Baptist Church is a family of faith guided and empowered by the Spirit of Christ in our worship, witness, and service to God, each other and our community. 'Loving God, Loving the People. Serving God, Serving the People.'"

MABC CONTINUED

**General info:**

- No specific programs provided for folk in recovery but the church has a service dedicated to recovery issues, usually held in May.
- The church expects to become more involved in the community after completing its process of transitioning pastors.

**Metropolitan Community Church (MCC)**

Currently located at the S.F. LGBT Community Center  
1800 Market St. (near Octavia St.)  
San Francisco, CA 94102  
**(415) 863-4434**  
www.mccsf.org

*Denomination: Non-denominational*  
**Services: Sunday 11:00am • 7:00pm**  
*Services currently held in the Rainbow Room on 2nd floor.*

**Basic philosophies:**

“We are queer people who seek to understand ourselves in relation to a God of many names or no name at all. We celebrate the holiness of our bodies and our sexualities, the divinity manifested in all genders, and the full array of genders expressed by the Divine. We minister primarily within the LGBT communities.”

**Other programs of interest:**

- Pastoral services, group support, education, and collaborative arrangements available for those with HIV/AIDS and other chronic or life threatening illnesses (e.g. breast cancer).
- Free, anonymous HIV/AIDS testing. For info contact Victor Gonzales: (415) 641-9339.
- Health ministry, contact Victor Gonzales: (415)641-9339.
- WomenSpirit, MenSpirit and TranSpirit programs address other specific needs and issues.

*“Whoever you are and wherever you are, you are welcome here in this house of prayer for all people and home for queer spirituality.”*

**Most Holy Redeemer Catholic Church**

100 Diamond St. (at 18th St.)  
San Francisco, CA 94114  
**(415) 863-6259**  
www.mhr.org

*Denomination: Roman Catholic*  
**Services: Saturday 5:00pm**  
**Sunday 8:00am • 10:00am**

**Basic philosophies:**

“Most Holy Redeemer Parish is a Christian community in the Roman Catholic tradition that draws people from isolation to community, from searching to awakening, from indifference to concern, from selfishness to meaningful service, from fear in the midst of adversity to faith and hope in God. The community of Most Holy Redeemer shares God’s compassionate love with all people. The parish offers a spiritual home to all: senior citizens and youth; single people and families; those who are straight, gay and lesbian; the healthy and the sick, particularly persons with HIV/AIDS.”

**Other programs of interest:**

- AIDS Support Group provides direct care and assistance to persons with HIV/AIDS and those who love and care for them. While based in the parish, they serve clients and draw volunteers from all over S. F. For info contact Robert Pementell: (415) 863-1581.

**Community involvement:**

- Every Wednesday evening, the neighborhood homeless and near-homeless are invited into the church and offered meals, toiletries, clothing, a haircut, a consultation with a volunteer R.N. and/or M.D, and entertainment. Flu shots, a legal clinic, syphilis testing, baby showers, regular drawings for “door prizes” (sleeping bags, warm coats, etc), and an exhibition of guests’ artwork is offered.
- Eucharistic Ministry goes out to community members who are homebound or hospital-bound to offer eucharist and anointing of the sick.

*“MHR prides itself in being an inclusive Catholic community embracing all people of good faith, Catholics as well as those people interested in learning about the Catholic experience, regardless of their background, gender, race, social status or sexual orientation.”*

**Quaker Meeting House**

65 Ninth St. (near Market St.)  
San Francisco, CA 94103  
**(415) 431-7440**

hospitality@sfquakers.org  
www.sfquakers.org  
*Denomination: Religious Society of Friends*  
**Services: Sunday 11:00am**  
*orientation at 10:45am*

**Second and 4th Sunday, hymn singing at 10am**

**Basic philosophies:**

“God is in everyone.”

*“There are no specific religious philosophies about homosexuality. The congregation is simply open to all communities. There are LGBT folk in our current congregation. Every LGBT person is welcome!”*

**Saint Boniface Church**

133 Golden Gate Ave. (near Jones St.)  
San Francisco, CA 94102  
**(415) 863-0111**  
www.saintbonifacesf.org

*Denomination: Roman Catholic*  
**Services: Sunday 7:30am • 9:00am • 12:15pm**  
**Wednesday 6:30pm**  
*Baptism and Holy Communion first Sunday 9:30am*

**Basic philosophies:**

“Committed to the offering of ‘The First of the Land’ as commanded in Deuteronomy 26:1.”

**Other programs of interest:**

- Senior Citizens’ Services, Wednesday 10:00am.
- Narcotics Anonymous group held onsite, Thursday 7:30pm.
- Health ministry, contact the church for more info.

**Community involvement:**

- Church provides meals for the hungry, Thursday 12:30pm.
- HIV/ STD testing and prevention; check the dates and times with the church.

*“We have always welcomed the LGBT community.”*

**Soka Gakkai International (SGI)**

San Francisco Culture Center  
2450 17th St. (at Potrero St.)  
San Francisco, CA 94110  
**(415) 255-6007**

*Denomination: Buddhist*  
**Services: Group chanting Thursday 1:00pm**  
**Saturday 9:00am**

**Basic philosophies:**

“Teachings by Nicherin Daishonin (13th c Buddhist priest) are that every single person has an enlightened nature which leads to the equality of all people. Because Buddhism treats everyone as the same and because Buddhism values human beings without bias, our organization welcomes all people without prejudice. Everyone has a Buddha inside.”

**Other programs of interest:**

- Monthly LGBT meeting 3rd Sunday 1:00pm, includes chanting, open dialogue, and presentation of Buddhist concepts.
- Mental health ministry meets every 3rd Monday 7:00pm.
- Group chanting for health related issues 2nd Saturday 1:00-5:00pm.
- Introduction to Buddhism class Thursday 7pm.

“**S**piritually-grounded people also experience improved mental health, which allows them to be more responsible for their general health, and therefore become a happier, healthier people in general”.



# The Creator has always and will always love you.

*B.B.E. has published this brochure for several reasons*

First, we are putting this out there because we are concerned about our community's health and well-being. More and more research finds that when people are spiritually connected, other aspects of their health improve too<sup>1</sup>. Spiritually grounded people respond better to treatment. Spiritually-grounded people also experience improved mental health, which allows them to be more responsible for their general health, and therefore become a happier, healthier people in general.

We know that many Black gay, lesbian, bisexual, same-gender-loving, and transgender folk don't feel completely welcome around many different religious environments. But we don't want that to take away from their opportunities to develop spiritually!

We in BBE see the need for spirituality in our lives. We experience the healing difference and the positive impact of spirituality in our lives. We feel the empowerment, the encouragement, the knowledge gain, new-found strength, power and resources. We think it is much bigger than our imagination can ever be.

Many of us connect spiritually through worship and fellowship. Unfortunately, many churches are not accepting or embrace people that identify as being anything other than heterosexual. This type of church has made the worship experience very uncomfortable, to say the least. Some churches have even made it impossible to worship. Some of us think that they have forgotten an important fact: It truly is "a love thing" (and many churches do not practice this, what they preach). Whoever does not love all people does not love God, because God is love. If anyone commands you to "Love God" and "Hate your brother," that person is a liar and separate from God.

A wise religious leader once said: "Whosoever will, let them come." That is an open invitation to any and every one. It is all inclusive. That "whosoever" includes you, regardless of your skin color, the mistakes or successes that you have made in your life, your education, your financial standing in the community and surely your sexual preferences or orientation. You are welcome to and included in spirituality, regardless of what the world may tell you. The Creator has always and will always LOVE YOU.



1. For examples, see: Anandarajah, G., & Hight, E. (2001). Spirituality and medical practice: Using the HOPE Questions as a practical tool for spiritual assessment. *American Family Physician*, 63(1), 81-88. Available online at: <http://www.aafp.org/afp/20010101/81.html> • Barnes, P. M., Powell-Griner, E., McFann, K., & Nahin, R. L. (2004). Complementary and alternative medicine use among adults: United States, 2002. *Advance Data from Vital and Health Statistics*, 343. Hyattsville, Maryland: National Center for Health Statistics. Available online at <http://nccam.nih.gov/news/newsletter/pdf/2005winter.pdf> • Mueller, P. S., Plevak, D. J., & Rummans, T. A. (2001). Religious involvement, spirituality, and medicine: Implications for clinical practice. *Mayo Clinic Proceedings*, 76(12): 1225-35. • Prayer and spirituality in health: Ancient practices, modern science. (2005). *Complementary and Alternative Medicine at the NIH Newsletter*, 12(1): 1-4. Available online at: [http://nccam.nih.gov/news/newsletter/2005\\_winter/prayer.htm](http://nccam.nih.gov/news/newsletter/2005_winter/prayer.htm)

## Religion versus Spirituality

*From BBE's spiritual leader, Elmer Ray Knowles*

A time has now come  
When the true worshiper  
Shall worship the Creator in spirit and in truth  
For this is the kind of worshiper  
That the Creator seeks.

### **GOD IS SPIRIT**

And his worshiper must worship him in spirit and in truth.

Spirituality is not a set of rules and regulations. Spirituality is not a set of traditions and customs. Spirituality is all inclusive. Spirituality is the awareness that there is a being, power, or a source that is greater than us and it is a part of all of us and connects us all.

This being, power, or source is spirit and is timeless. It has no beginning and it has no end and was present and active at the time of creation, while religion was created by humans.

Religion is a powerful and helpful tool to direct and guide us to Spirituality but it is not Spirituality in and of itself. Religion is practices, whereas Spirituality is awareness.

We at B.B.E. believe that there is a being, power, or source that is much greater than us and many of us prefer to call him God, while knowing that others have a different name for the same source.

We believe that this source lives in and is a part of all. We believe that this source loves all of us. We believe that this source has enough grace to cover all of us. We believe that this source is all there is.

**We believe that we are our brothers' and sisters' keeper.  
We believe all of our brothers and sisters are lovable.**



**Antoine**



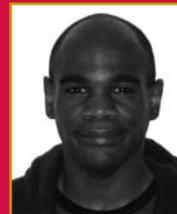
**Bernard**



**Billie**



**Chretien**



**DeWayne**



**Elmer Ray**



**Norman**



**Will**