

# **Guidelines for persons of faith in the GBLT community and their relatives and friends**

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## **SUBJECT: Ten Principles for self acceptance and acceptance of others**

### ***A. Self help.***

1. Put your faith completely in God.
2. Be honest about your identity as a GBLT person or as a relative/friend of a GBLT person.
3. Appreciate that you can change your own attitudes. Start yourself on a journey of understanding, acceptance and love.

### ***B. Help from others.***

1. Realize that you are not alone. Between 3 and 10% of the population is GBLT; the effected population goes up dramatically when adding relatives and friends.
2. Talk to someone. Tell people what you need from them. Confide in your pastor and your director of adult education. Realize that silence by society is deadly. By contrast, disagreement is at worst an annoyance.
3. Find out the beliefs of the medical community and Catholic leaders. Realize that individual therapists and theologians have their own personal views. Understand that there is a considerable amount of literature available, both secular and religious.

### ***C. Help others.***

1. Realize that other persons might be at different stages of understanding, acceptance, and love. Ask people what they need from you.
2. Know that you can have an impact in changing attitudes and practices of institutions, organizations, your circle of friends and your family. Challenge homophobic behavior and stereotypical attitudes.
3. Urge your parish to have open discussions about sexual orientation, gender identity, and inclusion of GBLT persons into the community.
4. Realize that helping organizations are staffed mostly by volunteers. Find a part that you can play; don't leave all the lifting to others.