

## THE INCLUSIVE LIFE CENTER

“Serving All Without Exception!”

Advocacy. Street Outreach. Space To Gather.  
4501 S. 96<sup>th</sup> Street Omaha, NE 68127  
(402) 575-7006 [www.inclusivelife.org](http://www.inclusivelife.org)

### Our Board:

Ben Wallace  
Rev. Cei Loofe  
Rev. Dan Knobbe  
Jonathan Carleton  
Nathan Kramer  
Rev. Royal D. Carleton  
Vince Percy

### MISSION STATEMENT:

Inclusive Life Center meets people where they are, includes people, and offers services to all without exception: regardless of who they are, where they are from, who they love, or what they believe. And that our presence will have increased peace, love, understanding, and compassion in our communities.

We share a message that no matter who you are, where you are from, who you love, what you believe or don't believe, you are beautiful, loved, and worthy, just as you are. You matter!

## LGBTQ+ “Alphabet Soup”

Many years ago the “gay community” was an umbrella term used to describe all aspects of the gay community, including (but not limited too) gay, lesbian, bisexual, transgender. Today, LGBTQ+ seems to be one of the most used acronyms. Hopefully in these words, you will have a better understanding of identities, perceptions, and a bit of history of the LGBTQ+ community.

Chaplain Royal is available to share these in person with your business, organization, and group. Please email [chaplainroyal@inclusivelife.org](mailto:chaplainroyal@inclusivelife.org) for details.

**Gender Expression.** Generally, the external manifestations of gender, expressed through such things as names, pronouns, clothing, haircuts, behavior, voice, body characteristics, and more.

**Gender Identity.** One's internal, deeply held sense of gender. Some people identify completely with the gender they were assigned at birth (usually male or female), while others may identify with only a part of that gender, or not at all.

**Sex.** At birth, infants are commonly assigned a sex. This is usually based on the appearance of their external anatomy and is often confused with gender. However, a person's sex is a combination of bodily characteristics including chromosomes, hormones, internal and external reproductive organs, and secondary sex characteristics.



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**Sexual Orientation.** The desire one has for emotional, romantic, and/or sexual relationships with others based on their gender expression, gender identity, and/or sex. Many people choose to label their sexual orientation, while others do not.

**Ally.** Someone who supports equal civil rights, gender equality, and LGBTQ+ social movements; advocates on behalf of others; and challenges fear and discrimination in all its forms.

**Asexual.** Someone who experiences little or no sexual attraction, or who experiences attraction but doesn't feel the need to act out that attraction sexually. Many people who are asexual still identify with a specific sexual orientation.

**Binary.** The belief that such things as gender identity have only two distinct, opposite, and disconnected forms. In other words, they believe in the gender binary, or that only male and female genders exist. As a rejection of this belief, many people embrace a non-binary gender identity.

**Bisexual.** Someone who is attracted to those of their same gender as well as to those of a different gender (for example, a woman who is attracted to both women and men). Some people use the word bisexual as an umbrella term to describe individuals that are attracted to more than one gender. In this way, the term is closely related to pansexual, or omnisexual, meaning someone who is attracted to people of any gender identity.

**Cisgender.** A person whose gender identity matches the gender they were assigned at birth.

**Gay.** Someone who is attracted to those of their same gender. This is often used as an umbrella term, but is used more specifically to describe men who are attracted to men. (*NOT homosexual, clinical history has negative connotations*)

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**Transgender.** Someone whose gender identity differs from the one that was assigned to them at birth. Many transgender people identify as either male or female, while others may see transgender as an umbrella term and identify as gender nonconforming or queer. How transgender people choose to express their gender is individualistic, as is their transition.

**Gender Nonconforming.** Someone whose gender identity and/or gender expression does not conform to the cultural or social expectations of gender, particularly in relation to male or female. This can be an umbrella term for many identities including, but not limited to:

**Agender.** Someone who has little or no personal connection with gender.

**Bigender** – someone who identifies with both male and female genders, or even a third gender.

**Genderfluid** – someone whose gender identity and/or expression varies over time.

**Genderqueer** (or third gender) – someone whose gender identity and/or expression falls between or outside of male and female.

**Intergender** – someone whose identity is between genders and/or a combination of gender identities and expressions.

**Pangender** – someone whose identity is comprised of all or many gender identities and expressions.

**Intersectionality.** The idea that multiple identities intersect to create a whole that is different from its distinct parts. To understand someone, it is important to acknowledge that each of their identities is important and inextricably linked with all of the others.

**Lesbian.** A woman who is attracted to other women. Some lesbians prefer to identify as gay women.



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**Queer.** In a very basic sense, anyone who is not heterosexual and/or cisgender. In the past, queer was a negative or pejorative term for people who are gay, and thus it is sometimes disliked. But the term is increasingly being used to describe all identities and politics that go against normative beliefs

**Pronouns.** Sets of gender-neutral singular pronouns in English that can be used: they/them/their, he/him/his, she/her/hers. Usage of this particular set is becoming more and more prevalent, particularly within the LGBTQ+ community.

**Coming Out** The process through which a person accepts their sexual orientation and/or gender identity as part of their overall identity. For many, this involves sharing that identity with others, which makes it more of a lifetime process rather than just a one-time experience.

**SOGI.** Sexual Orientation Gender Identity.



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