

Journey Through the Rainbow

A WORKSHOP ON QUEER JOY FOR LGBTQ+ FOLKS AND THEIR ALLIES

In *Queer Joy: A Mosaic of Self-Love, Community, and Resistance*, Bethany Meier-Evans describes queer joy as "the feeling we get when our identity and our true, unrestricted selves align with our experiences."

This worksheet invites you to explore your own relationship with queer joy — whether you're a member of the LGBTQ+ community or an ally who wants to understand and celebrate it more deeply.

A Few Notes Before We Begin:

- If you are an LGBTQ+ person: This is your space to celebrate yourself. You are worthy of joy — right now, exactly as you are.
- If you are an ally: This is your invitation to reflect on how you show up for the queer people in your life and community — and to celebrate the joy you witness and support.

What Does Queer Joy Mean to You?

Circle all that apply or write your own:

- Warmth
- Hope
- Pride
- Curiosity
- Celebration
- Connection
- Resistance
- Love
- Play
- Belonging
- Safety
- Power
- Relief
- Something else:

When was a moment you saw or experienced queer joy?

Describe it briefly:

Creating Your Queer Joy Mosaic

YOU ARE INVITED TO WRITE YOUR REFLECTIONS OR CREATE YOUR OWN MOSAIC THROUGH YOUR FAVORITE ARTISTIC MEDIUM

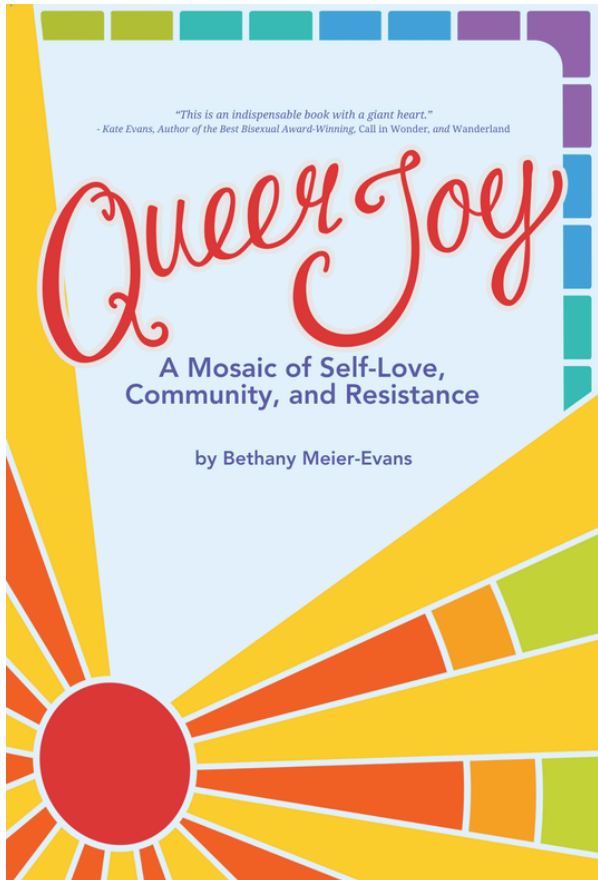
Tile:	Prompt:	Written Reflection:
RED Self-Love	What is one thing about yourself — your identity, your body, your story, your way of being in the world — that you are learning to love or celebrate?	
ORANGE: Courage & Coming Out	Where have you shown courage in being yourself — or in supporting someone else's journey? What does that courage look like for you today?	
YELLOW: Chosen Family and Community	Who are the people in your life who celebrate you (or those you love) for exactly who they are? How does that belonging feel?	

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Tile:	Prompt:	Written Reflection:
<p>GREEN:</p> <p>Healing and Growth</p>	<p>Where have you seen healing happen — in yourself, in someone you love, or in your community? What did growth look like?</p>	
<p>BLUE:</p> <p>Liberation and Advocacy</p>	<p>What does a more joyful, liberated world look like to you? What is one small way you contribute to making that world real?</p>	
<p>PURPLE:</p> <p>Defiant Joy</p>	<p>What is a moment of pure, defiant, unashamed joy — for yourself or for the queer community — that you want to hold onto or honor?</p>	

Find Out More:



What would it mean to stop surviving and start truly living in joy?

The prevailing narrative tells us that queer lives are defined by struggle. *Queer Joy* offers a different story—one where joy is not something we earn, but something we inherently deserve.

Bethany Meier-Evans, interfaith minister and creator of the Joyfully Queer Podcast, guides readers through an interactive journey of healing and celebration. Drawing on accessible research, personal storytelling, and twenty years of LGBTQ+ advocacy, she explores how joy grows from three essential roots: loving yourself, finding community, and rooting yourself in liberation.



Bethany Meier-Evans is a creative spirit, speaker, and coach focused on queer joy, healing, and liberation. She has an M.A. in Gender and Queer Studies, a Master of Divinity degree, and is an ordained interfaith minister. Bethany is the creator of the podcast *Joyfully Queer* and the online community *Joyfully Queer Collective*. She finds queer joy spending time with her wife and son, their animals, her family and chosen family, queer entertainment, and iced lattes.

Find out more:

joyfullyqueer.com

withme.so/joyfullyqueercollective