

PFLAG

FORT WORTH

SPIRIT

April 2025 Volume XXXI Number 4



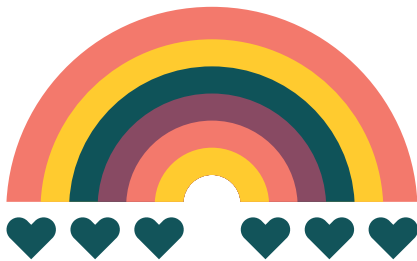
PFLAG Fort Worth

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To attend virtual PFLAG Fort Worth events, see our website for a link - pflagfortworth.org

For Dallas PFLAG - www.pflagdallas.org



Join us in making Texas a better, safer place for LGBTQ+

PFLAG is creating a caring, just, and affirming world for LGBTQ+ people and those who love them
Join PFLAG Fort Worth today!

Apology to Trans People
In Wisconsin when an older man learned more about Trans people, he changed his mind and apologized to the Trans community. He did not testify in support of a bill that would have restricted gender affirming care for youth and threatened doctors who provide such care. After meeting and talking with LGBTQ people, Mr. Jones of Milwaukee said, "I was one of the critics that sat on the side and made the decision there was only two genders...So I got an education that was unbelievable...my perspective for people have changed...I'd like to apologize for being here, and I learned a very lot about this group of people." [Read more here](#)



PFLAG Fort Worth

Meeting and Support Group

First Thursday Every Month

6:45pm Social

7:00 Meeting/Support Group
In person and on Zoom

Celebration Community Church
Fellowship Hall

908 Pennsylvania, Ft Worth

Food and Fun Confab
Every 2nd Wednesday
6:30ish pm at Shaw's

Trans Virtual Support Group
Last Sunday Every Month
3:00-5:00 on Zoom

Share our stories,
Share our strength.

Talk a little or a lot as you want
or just listen.

You do not need to be a member
There is no cost to attend.

LET'S TALK

Transgender Support Group

In Partnership with

St. Stephen's Episcopal Church - Hurst

VIRTUAL on Zoom

LAST SUNDAY of Every Month 3-5pm

Talk as much or as little as you want

Share Our Stories - Share Our Strength

PFLAG Fort Worth
Call or Email for Link
817-382-7353
Info@pflagfortworth.org



CELEBRATION COMMUNITY CHURCH

908 PENNSYLVANIA AVE . FT WORTH . TX

TRADITION WITHOUT JUDGMENT

JOIN US FOR WORSHIP
EVERY SUNDAY AT 10AM

www.celebration-community-church.com

April Speaker – Shea Hughes

Join us at our PFLAG Fort Worth meeting on Thursday, April 3, in person or on Zoom to hear Shea Hughes explain TRAC, the Transition Resource Action Center. TRAC provide transition services to youth who are aging out of foster care as well as homeless youth across a 19-county region. These youth receive services to help them transition to becoming productive and flourishing adult members of society. TRAC assists about 1200 youth annually across a 19-county region with locations in Fort Worth and Dallas. [Read more here](#)

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Texas Lege - What's up?

The Texas Legislature meets from January 1 - May 31 2025. Some helpful sources of information -

- *Equality Texas > [“Lege Bill Tracker”](#)
- *Lambda Legal > [Review and commentary](#)
- *The Trans Formation Project: [Review etc.](#)
- *The Texas Tribune -[Read here](#)
- * The Dallas Voice LGBTQ+ [Read more here](#)

PFLAG Fort Worth’s meeting/support group is the 1st Thursday of every month. We hope to see you in person or on Zoom on Thursday, April 3 at 6:45pm, when we meet for a social time. At 7:00, we have a speaker. At 8:00, we gather in small groups to share our stories. *Come talk as much or as little as you want, or just listen.*



Our speakers are excellent, and many are from our LGBTQ+ community.

We meet in the Fellowship Hall behind Celebration Community Church at 908 Pennsylvania Ave., Fort Worth, TX. Parking is free and easy to find.

Family support and acceptance are critical to the health and wellbeing of LGBTQ+ individuals. Come to PFLAG Fort Worth to give and receive support.

You do NOT need to be a member.
There is NO COST to attend.

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Reflections from Ben Greene

Ben Greene, a trans man who writes the newsletter, Good Queer News, wrote an endearing article recently called “Build-a-Boy: Reflections from 4 years on Testosterone.” (Please see a link to Ben’s article in Good Queer News on Substack below.)

As we may expect, this article from Ben is heart-warming, sincere, and gives us a look into some of what it was like for him during his transition. Ben writes, “I’ve said it once, I’ll say it again, I’ll say it a million times. Being trans is one of the greatest gifts I have been given. To live simultaneously as both artist and artwork, to view masculinity and femininity as an all-you-can-eat buffet rather than a set of checkboxes, has been a magical way to live my life. This is trans joy in action, baby!”

[Read the rest of Ben’s article here.](#)

“Owning our story and loving ourselves through that process is the bravest thing we’ll ever do.” —
Brené Brown,
“The Gifts of Imperfection”

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“Every single American — gay, straight, lesbian, bisexual, transgender — every single American deserves to be treated equally in the eyes of the law and in the eyes of our society. It’s a pretty simple proposition.” —

Barack Obama

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“It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.” —

Audre Lorde,
“Sister Outsider:
Essays and Speeches”

NEWS – Reliable? Biased? Factual? Misleading?

“Many people don’t realize other people read and watch completely different things than they do” or “those different media outlets reinforce different beliefs and present different facts,” says Vanessa Otero, founder and CEO of Ad Fontes Media. “Ad Fontes” analyzes content and rates news sources for reliability and bias. Otero says, “Misleading, inaccurate, and polarizing media content has driven so many of us apart. This affects everything from our familial relationships to our ability to create legislative solutions to our biggest challenges.” Want to see where YOUR favorite news source(s) rate on fact and bias? Want to see where other news sources rate? [Read more here and see interactive chart rating many news sources](#)

HELP Center Honors Women Founders

“In 1994, three incredible women – Memie Hardie, Sister Mary Fulbright, and Dr. Rita Cotterly – came together with one mission: to ensure LGBTQ+ individuals had access to life-saving resources, free from stigma. Amidst the devastation of the AIDS epidemic, their determination gave birth to the Health Education Learning Project (HELP), which later became the HELP Center for LGBTQ+ Health.”

WOMEN’S HISTORY MONTH

Three Women, One Vision, A Lasting Impact

In 1994, amidst the devastating impact of the AIDS epidemic, three visionary women, **Memie Hardie, Sister Mary Fulbright, and Dr. Rita Cotterly**, stood up for a community in crisis. When local political leaders turned their backs on HIV prevention, they refused to let politics decide who deserved care. They founded the Health Education Learning Project (HELP) to ensure that LGBTQ+ individuals had access to life-saving resources, free from stigma or discrimination.

Today, their legacy lives on through the HELP Center for LGBT Health & Wellness, which has **served more than 500,000 people over the past 30 years**.

Their unwavering commitment to compassion and equality continues to shape our mission today. Because of them, we continue to fight for health, equality, and dignity for all.



MEMIE HARDIE



SISTER MARY FULBRIGHT



DR. RITA COTTERLY

LGBTQ SAVES

LGBTQ SAVES recently hosted the third annual youth-led Prom Project: Under the Moonlight, a night of celebration, connection, and resilience. This year, our planning team was made up entirely of gender-expansive youth in our programs. Despite Texas legislation targeting transgender and gender-nonconforming youth, these young leaders created a safe and affirming space where their peers could dance, be themselves, and experience the joy they deserve.

Moments like these are possible only because of community support. By donating to LGBTQ SAVES, you help fund life-changing events that ensure LGBTQ+ youth feel seen, valued, and celebrated.

♥ Donate today: <https://www.zeffy.com/donation-form/help-us-save-lives>

Navigating News without Burnout

Stay informed, stop “doomscrolling” through social media, and do not burn out. Experts gave “strategies for resisting burnout and navigating today’s news cycle.” Sociologist Jennifer Walter says the rapid pace of changes is “intentionally confusing and destabilizing by design...Feeling overwhelmed is the point...When you recognize this, you regain some power. Take breaks. Process.” Alencia Johnson, political strategist, recommends “practice soul care,” and restorative coach Octavia Raheem says, “The goal is to keep you overwhelmed and exhausted ...Stay focused on your most sacred work” and “include rest.” [Read more here](#)

LGBTQ SAVES - Join us in creating queer joy here in Fort Worth, Texas!



PFLAG Confab - 2nd Wednesday



Join us for fun and casual conversation every 2nd Wednesday of the month at 6:30ish. Ruby saves a table for us at Shaws Patio Bar and Grill, easily found at 1051 W. Magnolia, Fort Worth. [See you at Shaw's!](#)

#DeafLGBTQWeek

Drago Renteria, Executive Director of Deaf Queer Resource Center, says, “National Deaf LGBTQ Awareness Week is about being proudly visible, celebrating our multiple marginalized identities, and most importantly, inspiring our youth. May every single one of our Deaf LGBTQ youth grow up knowing that they are loved, not alone, and have vibrant Deaf LGBTQ communities and allies waiting to embrace and support them with open arms.” [Read more here](#)

Lesbian Visibility Week

The mission of Lesbian Visibility Week is “to increase understanding, visibility, and create a positive legacy for our community.” Linda Riley founded Lesbian Visibility Week in 2020 to celebrate and highlight “the experiences, perspectives, and needs of LGBTQ+ women and nonbinary people.” [Read more here](#)

International Asexuality Day

Asexuality exists on a spectrum, so people may experience a range of sexual attraction or experience it in a non-normative way. [Read here](#)

Important Dates in April

Week of April 7 – #DeafLGBTQWeek

Week of April 21 - Lesbian Visibility Week

04 - Day of NO Silence

06 – International Asexuality Day

10– National Youth HIV/AIDS Awareness Day

18 - Day of ~~Silence~~

18 – National Trans HIV Testing Day

18 - Nonbinary Parents Day

26 – Lesbian Visibility Day

Day of ~~Silence~~

On the Day of Silence, LGBTQ+ students and allies protested harmful effects of harassment and discrimination of LGBTQ+



people in schools. Every April, students would be silent all day. When the day was over, a Breaking the Silence rally was held to help schools and communities learn to become more inclusive. Last year, GLSN switched to Day of (NO) Silence because of the attempted “erasure of LGBTQ+ people, especially transgender and nonbinary people, from public life.” GLSN says, “Being silent is no longer an option. We must use our voices throughout the week leading up to Day of (No) Silence on April 4th.” [Read more here](#)

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National Youth HIV/AIDS Awareness Day

Youth in our world today are the first generation that has never known a world without HIV/AIDS. NYHAAD on April 10 is celebrated every year to “urge policymakers and the public to take action regarding the impact of HIV and AIDS on young people. The day also highlights the HIV prevention, treatment, and care campaigns of young people in the U.S. [Read more here](#)

Looking for a Way to Help?

WHO: PFLAG Fort Worth's Sam House Supper Club

WHAT: Serve Dinner to Sam House residents, bring a dish to donate, or just come to serve.

WHEN: Fourth Mondays, 5:30 - 6:30 pm

WHERE: Samaritan House, 929 Hemphill St, Fort Worth, 76104

WHY: Because it makes a Difference

Interested? [Contact Ruby at 817-382-7353](#)

Westside Unitarian Universalist Church

We Are a Welcoming Congregation

901 Page
Fort Worth, TX
76110



817.924. MYUU (6988)

Sunday Service at 10:30 in person and on Facebook Live

To Our PFLAG Fort Worth Members and Friends

Membership and/or Donations

To join PFLAG Fort Worth and/or make a donation, please go to www.pflagfortworth.org

Also, there are two ways to interact with PFLAG Fort Worth through PayPal!

To make a donation go to paypal.com/us/fundraiser/charity/2047249

To set up a recurring membership, go to our website, pflagfortworth.org.

Click on the Membership tab on the top, then choose the level of membership you want.

Complete the process through PayPal (if you don't have PayPal, it's free and easy to set up).

The advantage to using PayPal online is you don't have to remember to renew every year!

The PFLAG mission of support, education, and advocacy is as vital as ever. Please continue your support by renewing your membership, attending meetings, and/or donating to PFLAG Fort Worth so we can fulfill our mission. Despite a growing acceptance of diversity in our society we are all too aware of hostility and worse toward LGBTQ persons. Please help PFLAG keep working toward the society we want; where people are informed, rights are protected, and families find care and understanding.

Among the ways we served our mission 2022-2023:

- Speaking to Fort Worth ISD teachers, counselors, and administrators about equality
- Offering a monthly speaker and support group, in person and on Zoom
- Providing a monthly dinner for up to 50 Fort Worth Samaritan House residents
- Making Christmas stocking for Samaritan House children, providing money for Halloween costumes, and tutoring residents
- Proudly marching in the Fort Worth and Dallas Pride parades
- Staffing a booth at the Fort Worth Pride Festival and Picnic events

- Sharing our mission of advocacy, support, and education to business, universities, and federal agencies, including the TCU Education Department
- Offering a monthly trans Support Group on Zoom with partner St. Stephen's Episcopal Church, Hurst, TX

Goals for October 2024- September 2025 are...

- Offer scholarship to graduating seniors of LGBTQ Saves
- Develop ways to become more visible to those who need us and don't know we are here
- Send an officer to the PFLAG National Conference
- Continue advocating for the LGBTQ community with businesses, educators, and families

Everything we undertake has a financial outlay for materials, space, publicity, fees, insurance, printing, etc., and proudly, scholarship awards. We are making a difference and need you with us. Please help PFLAG Fort Worth move equality forward during the coming year with your financial generosity, time, and talent. Commit to our mission of support, education, and advocacy. Attend our meetings to connect with us!



PFLAG FORT WORTH, TEXAS

PFLAG Fort Worth promotes the health and well-being of LGBTQ people and their families and friends through support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and secure equal civil rights. PFLAG provides opportunity for dialogue about sexual orientation, and acts to create a society that is healthy and respectful of human diversity.