

# SPIRIT

May 2025 Volume XXXI Number 5



Pride is "a year-round commitment to fostering inclusivity, celebration, and community." Read more here

#### **PFLAG Fort Worth**

#### **Important Dates**

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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



We can make Texas a better, safer place for LGBTQ+ by being a part of PFLAG Fort Worth!

#### #PFLAGProud

# Celebrate Pride All Year Long

How can our we celebrate Pride, not just during Pride month in June, but all year? Our LGBTQ family members, friends, co-workers, etc. need to feel welcome and accepted all the time. For example, perhaps not everyone at work is "out" yet. At work, you can "introduce meaningful ways to celebrate Pride Month in the workplace, not only in June but throughout the year. That doesn't have to mean rainbows everywhere, but you can find ways to celebrate that align with the organization's culture and brand. Any efforts made to improve empathy, awareness, and understanding will contribute to an environment where all employees can feel safe and thrive." Read more here

#PFLAGProud

#### **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

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





#### #PFLAGProud

www.celebration-community-church.com

**PFLAG FW May Speaker** Want to know more about PFLAG Fort Worth? Join us at our PFLAG Fort Worth meeting on Thursday, May 1, in person or on Zoom to hear our speaker, Adrian Cardwell. Adrian is the Executive Director of "Badge of Pride" which was founded in 2022. Their mission is "to collect and activate artifacts from LGBTO+ history to inform, enrich, and engage the power of the contemporary Queer experience." Read more here

#### **#PFLAGProud**



**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 the first Thursday of the month at 6:45pm, when we meet for refreshments. At 7:00, we have a speaker. At 8:00, we gather in small groups to share our stories. Talk as much or as little as you want, or iust 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, and there is NO COST to attend.

#### #PFLAGProud

Youth Pride Picnic - June 21, 2025! LGBTQ SAVES is proud to host the 5th annual Youth Pride Picnic, the only youthcentered Pride event in the DFW area during Pride Month! This free, familyfriendly celebration brings together LGBTQ+ youth (under 24) and their families for a day of food, fun, and affirming activities—with no financial barriers to join the celebration.

Mark your calendars for Saturday, June 21, 2025, from 10 AM to 2 PM. RSVPs are required to receive the location, and space fills up quickly—so don't wait! Adults not attending with youth are encouraged to sign up as volunteers. PFLAG Fort Worth typically hosts the Parent Area, offering connection and support for families during the event. However, volunteers are needed to support the overall event.

**RSVP** information is here Sign up here to volunteer **Support the picnic with a donation** 

"To sit on the front steps whether it's a veranda in a small town or a concrete stoop in a big city — and to talk to our neighborhoods is infinitely more important than to huddle on the living-room lounger and watch a makebelieve world in not-quite living color." - Harvey Milk



"I believe all Americans who believe in freedom, tolerance, and human rights have a responsibility to oppose bigotry and prejudice based on sexual orientation." — Coretta Scott King



The media gives this picture that "coming out" is this big part about being queer, but the truth is we are all coming out every day in new ways all the time, and normalizing that is more important than anything. Coming out stories are valid and necessary to share, but I also think there are other affirming stories that people have to offer as well. - Sam Slupski **Read more here** 

#### **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 & Grill, conveniently located at 1051 W. Magnolia, Fort Worth. Parking is free and easy to find! We look forward to seeing you!

#### **Feeling Discouraged?**

Just like putting on your own oxygen mask first as we are instructed when flying, we must take care of our own health, both mental and physical, before we can help others. Mental Health America says, "to function in the world and make it a better place, you need to take care of yourself—and then find ways to help however you can." How to do this? Read more here

#### **International Family Equality Day**



We are family because we respect and care for each other, we grow and come together to celebrate our love and all families! Join us to celebrate the beauty of our diversity and the uniqueness of every family. Join us to defend and promote equality for all families.





#### **Texas Lege Meets through May**

The Texas Lege meets through May. In the Texas Tribune, E. Kibanoff writes, "Lawmakers are quietly pushing proposals to further restrict the lives of trans people." Read more here

#### **Important Dates in May**

National Mental Health Awareness Month

1st Week - Trans+ History Week

04 - International Family Equality Day

06 - Trans+ History Day

16 - National Honor LGBT Elders Day

17 - Intern'l Day Against Homophobia,

Transphobia, & Biphobia

19 – National Asian & Pacific Islander HIV/AIDS Awareness Day

21 - World Day for Cultural Diversity

22 - Harvey Milk Day

24 - Pansexual and PanromanticAwareness and Visibility Day

#### **Mental Health Awareness Month**

Mental Health America provides guides that give guidance on nurturing our own mental well-being and the mental health of others in our community. Learn

about the importance of boundaries, creativity, food, fitness, rest, etc. Read more here

#### **Trans+ History Week and Day**

This week in May, we celebrate and affirm "the rich history of transgender, non-binary, gender-diverse, and intersex individuals through stories, events and

lesson books for the whole world to use."
Read more here

#### National Honor LGBT Elders Day

This day is a time to remember and celebrate our senior LGBT people and their lives. "Goals of this national day are raising awareness about the ones who came before, recognizing their accomplishments and struggles, providing tools like healthcare services and counseling, patient resources, and providing adequate

social services" Read more here

#### **#PFLAGProud**

### 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

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Worth, 76104

WHY: Because it makes a Difference Interested? <u>Contact Ruby at 817-382-7353</u>

#### 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

IRVING ARCHIVES & MUSEUM

BADG

FROM

SILENCE...TO

CELEBRATION!

JUNE 06-SEPTEMBER 28, 2025

Mark you calendar now so you don't miss Badge of Pride's "From Silence...to Celebration" exhibit at Irving Archives & Museum.

Read more here



Badge of Pride
Badge of Pride writes,
"we are guided by Harvey
Milk's poignant question:
'How can people change
their minds about us if
they don't know who we

are?" Not only does Badge of Pride collect and preserve artifacts from LGBTQ+ history, they activate these artifacts. That means they are "bringing them into the public sphere to tell powerful stories and illuminate important ideas. These artifacts are not mere objects of value or rarity; they are touchstones filled with meaning and connection. They are meaningful tools that can help us understand the human experience, guiding us through our past, informing our present, and shaping our future." Read more here



Sharon at the Dallas Pride Parade as she supported and celebrated her gay son! Sharon was one of the first members of PFLAG Fort Worth.

#### #PFLAGProud #PFLAGProud

Pride is Everywhere:
A Celebration of LGBTQ+ Visibility

Want to learn more about the 1969 Stonewall Riots? This show remembers the Stonewall Riots of 1969 and "honors the month the LGBTQ+ community celebrates the freedom to be themselves."

See video here

#### A Survival Guide for the Worried

Asli Aydintasbas is a journalist who lived in Turkey during the rise of authoritarianism there. She said, "I know how self-censorship starts in small ways but then creeps into operations on a daily basis. I am familiar with the rhythms of the battle to reshape the media, state institutions and the judiciary." Asli believes there are strategies that can be helpful for LGBTQ and their allies to weather these next years and "come out stronger." She shares these strategies here. Among others, these strategies include "Have Hope," "Don't Panic," and "Don't Disengage." Read more here



**Transgender People Belong Everywhere** 

PFLAG National has partnered with TENT (Transgender Education Network of Texas) to put 8 billboards in the state of Texas. Through May 4, these billboards are on view. The Dallas-Fort Worth billboard is located off of

West State Highway 114. Near Caliber Collision in Grapevine. PFLAG believes trans people belong everywhere. Read more here

#### **Badge of Pride Public Playlist**

Don't miss this Badge of Pride: From Silence...To Celebration public playlist featuring "more than a century of Queer anthems." Find playlist here

**#PFLAGProud #PFLAGProud** 

#### 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 <a href="mailto:paypal.com/us/fundraiser/charity/2047249">paypal.com/us/fundraiser/charity/2047249</a>

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:

- $\cdot$  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.