

SPIRIT

February 2025 Volume XXXI Number 2

PFLAG's mission to create a caring, just, and affirming world for LGBTQ+ people and those who love them continues. We know that our love is louder. And we will prevail. Read more here

PFLAG Fort Worth

Important Dates

02/06 PFLAG Meeting	Page 2
02/12 Food and Fun Confab	Page 3
02/13 Dallas PFLAG Meeting	Page 1
02/24 "Sam" House Supper Club	Page 3
02/23 Trans Support Group	Page 2
03/06 PFLAG Meeting	Page 2
03/12 Food&Fun Confab	Page 3

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

For Dallas PFLAG - www.pflagdallas.org



How can we make Texas a better, safer place for LGBTQ+? Join PFLAG Fort Worth today!

MLK Day - 2025

Inauguration Day - 2025

Brian Bond, CEO of PFLAG National, writes, "It is not lost on me that the Reverend Dr. Martin Luther King, Jr. Day falls on the same day as the inauguration. We rightly honor Dr. King's legacy and leadership—but he would say he did not act alone. Regular folks from across the country united in the face of unrelenting discrimination and hatred. Channel the spirit and power of Dr. King, of Bayard Rustin, of the civil rights and other powerful movements for justice and equity. Commit to courageous love and fearless action. Commit to the hard work that is needed for our communities. Remember that above all else, our Love will always be louder... With thanks for all of the difference you'll make in the years ahead," 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

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 don't 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





GLAAD Accountability Project
GLAAD, founded in 1985 to aid "fair,
accurate, inclusive representation"
for LGBTQ. Their Accountability
Project "monitors and documents
individual public figures and groups
using their platforms to spread
misinformation and false rhetoric
against LGBTQ people, youth," etc.
Read more here

Support Trans Health Care

How can we best support access to gender-affirming care? Share stories. Advocate for the rights of trans people. Understand the Supreme Court case on trans health care? A communication strategist for the ACLU explains. Read more here

LGBTQ SAVES

LGBTQ SAVES' mission is "to provide safe, brave spaces for social and personal development of LGBTQ youth." For info send an email to bertinand.gardiner@lgbtqsaves.org 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, February 6 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 to stories of others.

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.



February Speaker - Dr. Rita Cotterly

Want to know more about LGBTQ and PFLAG Fort Worth? Join us at our PFLAG Fort Worth meeting at 6:45pm on Thursday, February 6, in person or on Zoom to meet Dr. Rita Cotterly. PFLAG Fort Worth was formed in her office in 1982. Dr. Cotterly also founded the Sexuality Education Center. Read more here



Picture of Dr. Rita Cotterly wearing medal honoring PFLAG Fort Worth as "Honorary Grand Marshal" of Fort Worth Pride Parade in 2015.

"Love is the greatest force in the universe. It is the heartbeat of the moral cosmos." M.L. King, Jr.



Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars.

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

M.L. King, Jr.



In the end, we will remember not the words of our enemies, but the silence of our friends.

M.L. King, Jr.



As you press on for justice,
be sure to move with
dignity and discipline,
using only the weapon of
love. Let no man pull you so
low as to hate him.
M.L. King, Jr.

PFLAG Confab - 2nd Wednesday



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

Understanding Others

Has anyone ever tried to change your mind about something by telling you you're stupid? Did it work? Probably not. Leah Carey says when talking to people who have different beliefs, "the best way to convince them to take off the cult-colored glasses is to treat them with kindness and dignity, rather than shame and derision". Read more here.

Meta's New Policies

Meta encompasses Facebook, Instagram, Whatsapp, and Threads. In light of new policies recently announced, Human Rights Campaign explains how these policies may endanger LGBTQ+ communities, especially youth, and give tips for staying safe online. Read more here



Meaning of "Cisgender"

In a recent article, Amanda Chatel says, "What's interesting about being cisgender is that although a vast majority of the population is cisgender, not many people know the cisgender definition." Read more here

Executive Orders (EOs)

Brian Bond, CEO of PFLAG National writes, "Remember, Your validity is not dictated by an Executive Order."

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? <u>Contact Ruby at 817-382-7353</u>

Important Dates in February

- 9 15 Random Acts of Kindness Week
 - 16 27 Aromantic Spectrum Awareness Week
- 6 Anniversary of Appointing of 1st Openly Gay
 US Federal Judge, Joseph Gale
- 7 National Black HIV/AIDS Awareness Day
 - 12 National Freedom to Marry Day
- 18 Audre Lorde's Birthday
- 22 Chosen Family Day
 - 28 HIV is Not a Crime Awareness Day

HIV is Not a Crime Awareness Day

- Did you know that "in more than 30 U.S. states, people are being imprisoned due to their HIV status"? This is also true in many countries
- around the world. HIV is Not a Crime Awareness

 Day was first observed in 2022. Read more here

What is Aromantic?

- Dawn Potter PsyD, says, "Commonly referred to as 'aro' for short, 'aromantic' is an
- umbrella term for a romantic orientation in which there's generally little to no romantic
- attraction to others." Read more here

Action Recommended by PFLAG National

- Resources for taking immediate action include contacting your state legislators and telling them to respect trans, nonbinary, and intersex children.
- (<u>Read more here</u>) Watching "Advocacy at All Levels: Making Your PFLAG Voice Heard" (<u>View here</u>)
- Signing up for state equality group newsletters
- (Read more here)
- Are you nterested in other resources from PFLAG's partners? A4TE's Trans Legal Survival Guide (Click
- here), HRC's Facing the Future FAQ (Click here)
 Legal resources and updates from ACLU (Click here)

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

Love at Senior Center

Joe Hollendoner, CEO of Los Angeles LGBT Center writes, "At a time when we are surrounded by so much hate, I'm welcoming this opportunity to reflect on the importance of celebrating love." Joe tells a story related to him by the Director of Senior Services about a gay couple who visit the senior center regularly. One man was always on the dance floor while his partner sat in a chair and watched. Read more here about love and caring in LA.



RESOURCES FOR LGBTQ (and everyone else too) **PROTECTION OF BASIC HUMAN RIGHTS ESPECIALLY IF OBERGEFELL V. HODGES IS OVERRULED** by John Barnes, speaker at PFLAG Fort Worth, January 2025 (This is a review of John Barnes' talk at the January meeting.)

End of Life Distribution of Assets

Will - the most expensive because of probate costs; or Revocable trust - least expensive, easiest on loved ones; or Transfer on death deeds - only effective for real estate interests.

Distribution of Financial Resources

"Payable on death" designations for bank and financial services accounts.

Joint ownership with right of survivorship.

Both of these methods will bypass probate court to distribute the assets.

Financial Powers of Attorney

Grantor authorizes someone to be able to handle financial matters in difficult times.

Medical Powers of Attorney

Grantor decides in advance whether to be put on life support. Grantor selects a health care agent (and two alternates) to make health care decisions when Grantor can no longer make decisions ("incapacity").

Short-term Power of Attorney

Can be used for temporary circumstances, such as granting someone the right to take specified actions while you are out of the area.

Disposition of Remains

Grantor can block family members from interfering with a cremation, for example.

Designation of Guardian

Designator can select a person for the court to appoint if guardianship becomes necessary.

Please contact John Barnes if you have any questions or concerns. Call or text him at 817-298-2196, or email him at john@johnbarnesattorney.com

Knit the Rainbow

Austin Rivers began to knit as hobby during the pandemic. He wanted to help homeless LGBTQ youths (about 40% of the homeless youth population in the US), but he couldn't help build a shelter. He knows NYC can be very cold, so he decided to use his knitting skills to help. Now, Rivers' Knit the Rainbow with help from 550 knitters across the US provides hand-knit garments to LGBTQ youth in New York, Chicago, New Jersey, and Detroit. Read more here



The Endless Skein is a drop-off location for Knit the Rainbow. Read more here

Sharon Salih

A Celebration of Life Service was held on January 18 at Westside Unitarian Universalist Church for Sharon Salih who passed away last spring. Sharon was married to Gary Randall who passed away in 2020 due to Covid 19. Sharon and Garv were founding members of PFLAG Fort Worth and contributed much to the organization. Sharon is survived by her son David Salih, daughter Julie Ledford, and granddaughter Elise Ledford. We miss Sharon's enthusiasm, good cheer, and untiring support for PFLAG Fort Worth.

Random Acts of Kindness Week

Why should Random Acts of Kindness stop after just a week. To "lead with love," we can practice kindness and gratitude all year long. We certainly need more of it.

Learn about Random Acts of Kindness here. And use this Gratitude Kit all year Read here





















































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:

- \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.