



PFLAG Colorado Springs

Parents, Families, Friends, and Allies United
With LGBT People to Move Equality Forward

December 2020

Bacchus Holiday Party for Inside/Out December 12

The Bacchus Wine Club will hold its annual Holiday Party for the benefit of Inside Out Youth Services on Saturday, December 12th at 7 p.m. This year the party will be virtual and the link will be live starting at 6:30 p.m.

The Party will feature a Silent Auction again this year, handled by the United Court of the Pikes Peak Empire (UCPPE). Bacchus members usually prepare a lavish buffet and pour various wines for guests, but for the virtual event this year they have tapped the Picnic Basket to provide “tasting packages” (\$60 each, serves two). The package includes a bottle of either wine or non-alcoholic beverage, and signature hors d'oeuvres from the Picnic Basket. Supporters can alternatively make a donation in any amount to receive the link to this year's party.

Special guests from the new downtown piano bar, ICONS, and Club Q will provide entertainment, and each bar will also show how to make a special holiday cocktail – recipes will be provided. This is always an exceptionally warm and well-attended event. Since it is virtual this year, supporters who do not live in the Pikes Peak region can also join in.

BACCHUS
WINE CLUB

presents a Holiday Party
benefiting Inside Out
Youth Services

**DECEMBER 12th,
7 PM MT**

VIRTUAL DOORS OPEN AT 6:30 PM
ADMISSION INCLUDED WITH THE PURCHASE OF A TASTING PACKAGE OR AVAILABLE FOR A DONATION IN ANY AMOUNT. FEATURING SPECIAL GUESTS FROM CLUB Q AND ICONS.

REGISTER HERE:
[HTTP://WEBLINK.DONORPERFECT.COM/BACCHUS](http://weblink.donorperfect.com/bacchus)

Bacchus is proud to support Inside/Out, which is providing strong virtual programming for LGBTQ+ youth ages 13-24 during the pandemic. Its services are critical to the well-being of youth that may be staying home in homes that really are not very safe or accepting. Other youth are experiencing homelessness and need the food and clothing Inside/Out offers.

To register for the party, click this link: <https://bit.ly/2Jlnpfl> Please register by December 9th. If you need help, call Joy Armstrong at (719) 328-1056.

December PFLAG Meeting

By Zoom Online

Tuesday, December 15
7:00 p.m.

Conversation and Support

To attend the meeting, please send an email message to:
virtualmeeting@csppflag.org

You will receive an email with information about how to join the upcoming meeting. If you don't get this email within 30 minutes, please let us know by sending an email to:

information@csppflag.org.

Please note: The link for the meeting changes every month, so don't use last month's link!

Everyone is welcome.

Jerry Albrecht Retires from PFLAG Board



Jerry Albrecht retired from our PFLAG board in November, after 23 years of devoted service.

Jerry joined PFLAG shortly after coming out in the 1990s, when Colorado Springs had become infamous as the birthplace of Amendment 2.

Jerry has been an energetic, inspiring board member who spearheaded PFLAG's 25th anniversary celebration last year, managed the membership and email lists, created and handled the PFLAG website, and, through his extensive involvement in the community, linked PFLAG to important LGBTQ+ organizations and individuals in the Pike Peak Region and beyond.

Jerry, your fellow board members treasure your friendship and your thoughtful advice, enthusiasm and humor. We expect you to stay involved with PFLAG.

What PFLAG Means To Me

PFLAG has been a wonderful support system! The monthly confidential meetings with other parents and allies of the LGBT+ community have been a great help in supporting my children on their journey.

It is also great for my children to know I am attending the monthly meetings. PFLAG provides very useful written and on-line educational materials.

Opportunities provided by PFLAG to volunteer and work in the community are so meaningful to me and I look forward to making connections with parents and others.

- Cheryl Prichard
Colorado Springs PFLAG

**BULLETIN BOARD**

Dec. 5 — A December to Remember
—Denver Gay Men's Chorus virtual
Holiday Event 7:30 p.m. p.m.

Dec. 12 — Bacchus Holiday Party
— virtual event to benefit Inside/Out
Youth Services 7:00 p.m. See p. 1.

**Out Loud Colorado Springs Mens
Chorus.** The singers are preparing a
series of virtual performances which
can be streamed from their Facebook
page. <https://bit.ly/36nmvZi>
The first of four, posted on November
25th, features "We Walk in Love" from
the Justice Choir Songbook.

Amazon Smile Program
Supports PFLAG

It's going to be a big on-line shop-
ping holiday season—please make
that shopping count for PFLAG!

Colorado Springs PFLAG partici-
pates in the Amazon Smile program.
When making purchases on Amazon,
enter the site through our portal:

<http://smile.amazon.com/ch/84-1281187>

When you do this, Amazon will
send 0.5% of the value of your pur-
chase to our chapter. Send an email
to information@cspflag.org to request
a flyer with more details about this
easy support program.

PFLAG Meetings Are a Safe Space

Who you meet, and what you hear
must be kept strictly confidential.

This newsletter is published by the
Colorado Springs Chapter of PFLAG
- providing support for families, allies
and people who are LGBTQ+.

To receive this newsletter regularly, go
to the website: www.cspflag.org.
To contact PFLAG, send email to:
information@cspflag.org.

Support Line: (719) 425-9567

Facebook: PFLAG—Colorado Springs
<https://www.facebook.com/PFLAGCS/>

PFLAG National Office website:
www.pflag.org

A December to Remember—Denver Gay Men's Chorus

The Denver Gay Men's Chorus is
preparing a special holiday online
event, "A December to Remember",
to be aired on December 5 from 7:30
– 9:00 p.m. MST. Register for this
free event and get the link to the pro-
gram here: <https://bit.ly/2KSJUCh>
and donate if you can.

The audience can expect an en-
gaging concert that features selected
footage of top performances from the
past few years. Over half of the per-
formances in A December to Remem-
ber are newly recorded just for this
concert, including cabaret solos, pi-
ano and organ duets and handbells,
as well as a brand-new high energy
virtual ensemble performance of "My
Only Wish" by Britney Spears.

"Recycle the Fruitcake" is sure to
keep audiences laughing, while works
such as "O Lux Beatissima, which
honors leaders John Lewis and Ruth
Bader Ginsburg, will fill your heart.

To keep audiences safe, the
DGMC has elected to stay on the



virtual platform for the remainder of its
season, including its June 2021 Pride
Concert. Follow the Chorus on Face-
book for virtual events and updates.

And...A MUSICAL BONUS!

During the winter months, check out
One Voice Mixed Chorus (MN)
<http://www.onevoicemn.org/> and the
San Francisco Gay Men's Chorus
(CA) <https://www.sfgmc.org/> for some
wonderful music .

PFLAG Annual Meeting

At the monthly virtual chapter
meeting on November 17, PFLAG
members elected the following indi-
viduals to serve as board members
for the upcoming year.

Wes Prichard	Berni Manning
Cheryl Prichard	Bill Oliver
Karen Stith	Cindy Waldmann
Elaine Myers	Don DeAngelis

PFLAG welcomes our new board
members, Berni and Don.

Thank You

To the Saponas Foundation, First
Congregational United Church of
Christ and the Ruskey/Bianchi Fam-
ily for their significant, ongoing sup-
port of Colorado Springs PFLAG.

TransParent Group

The TransParent group for parents
of gender variant and transgender
youth is meeting virtually on Zoom
on the third Thursday of the month
from 6:00—7:30 p.m. For more
information, and to receive the Zoom
meeting link, email
transparenting@insideoutys.org or
call Inside/Out at (719) 328-1056.

Study Finds Transgender Ban Hurts Military

The order banning many
transgender people from serving has
eroded the military's ability to fight and
win wars by narrowing its recruiting
pool and lowering morale among
transgender troops exempt from the
policy, former top military physicians
said in a study.

Defense Department regulations
implemented April 12, 2019, prohibit
anyone with gender dysphoria from
enlisting but allow transgender service
members who were already serving to
remain in uniform.

Proponents of the order said that
the ban would improve readiness and
strengthen unit cohesion, but a study
(<https://bit.ly/2Vq35fL>) published by the
Palm Center, a research institute that
studies LGBTQ personnel issues in the
military, said the opposite has oc-
curred. See *Washington Post* article:
<https://wapo.st/3fRMYkT>.

TYES

Transgender Youth Education
and Support (TYES) is a Boulder-
based parent group that provides in-
formation and a community of support
for parents of gender dysphoric and
gender variant younger children.
Website: www.TYES-Colorado.org.



PFLAG Tips For the Holidays

While for some people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ+) holidays mean celebration, joy, family, and togetherness, for others it can mean a time of stress, difficulty, and even sadness or depression...especially if one feels that they aren't able to come out or are not out to everyone in the family. No matter what, PFLAG is here to help provide you support and information this holiday season and beyond?

Sitting through a family meal, or visiting through an entire weekend or week, can be challenging enough, but what happens if you are not yet in a position to be true to your authentic self as you make your way through the meal or the week.

Below are some suggestions--both for people who are LGBTQ+ and for families and allies --for getting through family gatherings. And remember: if you need immediate support, you can find a PFLAG chapter at <https://pflag.org/find-a-chapter>, contact PFLAG on Facebook or Twitter, or call a helpline for crisis support: <https://pflag.org/hotlines>

If you are lesbian, gay, bisexual, transgender, or queer...

- Don't assume you know how somebody will react to news of your sexual orientation or gender identity--you may be surprised.
- Don't wait for your family's attitude to change to have a special holiday. Recognize that your parents and family may need time to acknowledge and accept that they have an LGBTQ+ family member. It took you time to come to terms with who you are; now it is your family's turn.
- If you are transgender, be gentle but firm with unintentional pronoun "slips." Let your loved ones know that you understand how difficult this journey may be for them--and don't hesitate to remind them when it happens how much harder it is for you to hear.

Before the visit...

- Make a decision about which family members you intend to be "out" to, and how you will do so.
- If you bring your partner home, don't wait until late into the holiday evening to raise the issue of sleeping arrangements. Make plans in advance.
- If you do plan to come out to your family over the holidays, have support available, including PFLAG publications (<https://bit.ly/3lhYd73>) and the phone number of a local PFLAG chapter (<https://pflag.org/find-a-chapter>).

During the visit...

- Reassure family members that you are still the same person they have always known.
- Remember to affirm yourself and take time for self care: read a book, listen to music, get out of the house and take a walk or see friends, whatever de-stresses you.
- Connect with someone else who is LGBTQ--by phone or in person--who understands what you are going through and will affirm you along the way.

**After the Visit...**

- If things went well with your family, be sure to follow up with them post-holiday to check in, see if they have any questions, and thank them for their love and support.
- If things did not go as well as you had anticipated, be sure to contact your local support system, whether that be close friends or members from your local PFLAG chapter.
- Reconnect quickly with those who love and affirm you as you are, and give yourself an opportunity to discuss and process the family event.

If you are a friend or family member of someone who is lesbian, gay, bisexual, transgender, or queer...

Get support for yourself. Call the phone number of the nearest PFLAG chapter. (Colorado Springs PFLAG (719) 425-9567).

Take your time. Acceptance may not come instantly, but be honest about your feelings in an appropriate place.

Before the visit...

- Practice in advance if you are going to be discussing your loved ones sexual orientation or gender identity with family and friends. If you are comfortable talking about it, your family and friends will probably be more comfortable too.
- If your loved one is transgender or gender expansive, practice using the correct pronouns.

During the visit...

- Treat an LGBTQ+ person like you would treat anyone else in your family.
- Don't ask your LGBTQ+ family member to act a certain way. Let them be themselves.
- If your LGBTQ+ family member is bringing a partner, include them in your family traditions.
- If you are uncertain about how to address an LGBTQ+ family member, respectfully ask in private.

After the visit...

- If things went well with your LGBTQ+ loved one, be sure to follow up with them post-holiday to check in, see if they have any questions, and tell them how glad you were that they could be with you, authentically.
- If things did not go as well as you had anticipated, be sure to contact your local PFLAG chapter, and give yourself a moment to connect with those who will understand the challenges, and support you as you work toward reconnecting with your LGBTQ+ loved ones.
- Do not let too much time go by before contacting your LGBTQ+ loved one, and let them know that you are committed to trying again.

By Liz Owen