



# The official newsletter of Parents & Friends of Ex-Gays and Gays

Christmas 2010

## Family Comes First for PFOX Board Members

By Christopher Doyle,  
PFOX Board Member

This past weekend I spoke at the National Association for Research and Therapy of Homosexuality Convention (NARTH) in Philadelphia, Pa. It was a pleasure to teach other students and young therapists how to help those with unwanted same-sex attractions – but it also happens to be a very busy time for my family, which presented some problems for me.

I had to travel out of town once again this fall, leaving my wife home to take care of our growing family. Our son Andrew is now 2 and at the age where he needs a lot of attention from Dad. In developmental psychology, 2 to 4 years old for a boy is a stage called “Individuation-Separation,” where the boy realizes he is different than mom and starts to become interested in “all things Dad.” This is a critical period for a boy’s psychosexual development. If Dad isn’t present, emotionally connected and available for the boy, it presents a serious risk factor for insecure gender identity and may lead to later homosexual feelings, especially if Dad and Son don’t bond at this time.

You can only imagine, as a former homosexual, how nervous I am as a father that I do everything correct so my son feels close and connected to me and doesn’t end up developing same-sex attractions as I once did. So it’s really been hard for me as I travel and speak about homosexuality, put long hours in at the office, and finish my graduate degree – while my son needs me now more than ever.

This past weekend was yet another

reminder of where my priorities need to be.

I had planned to stay at the NARTH convention until Sunday, but Andrew was giving mom “a handful” while our 4-month-old daughter Aria provided her with all that she could handle. So rather than stay as long as I had planned, I drove home from the convention to be with my family for the rest of the weekend – and I’m glad I did.

As I said goodbye to my colleagues, I remarked to one, “This is the natural consequence of the work of organizations like NARTH and PFOX – former homosexuals like myself now have family obligations – wives and children to take care of – and cannot dedicate themselves to helping others heal 24/7. I’m heading home to be with my family.”

As I walked out, I passed Matt Barber (fellow PFOX board member) who was about to address the convention. Matt has a few more years under his belt, and remarked to me that his wife was also “pulling her hair out with their three children.” But unlike me, he brought them along to the convention.

Wouldn’t it be wonderful to one day see this on a much larger scale: Families affected by homosexuality, coming together to heal, support each other, and – through education and love – encourage one another to keep fighting for their loved ones to embrace their true selves and heal their wounds?



PFOX Board Member Christopher Doyle and family share a moment of love and laughter.

If you or a family member is struggling with same-sex attraction, I hope you will make a love investment in your family and attend the PFOX national conference in 2011 in the Washington, D.C. area called “Always Our Family.” More details are soon to be announced.

Until then, I hope you and yours have a blessed Christmas – and hopes for a wonderful new year of hope and healing.

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# Parent Talk

Fall has arrived with its beautiful, brilliant foliage of orange, red and yellow. I always feel more energetic at this time of the year. Walking our three dogs is a joy, not a chore.

This fall also brought the marriage of our daughter, Lisa. She was a beautiful bride, and the outdoor wedding and fall colors were spectacular. My husband and I and our two sons traveled together to California for the wedding. Our boys were their sister's photographers.

Living on the opposite coast from our daughter, our time together is very special. As time goes by our priorities change; things that were once important no longer matter. Time with family and being at peace with one's self are what counts.

Thanksgiving Day, is our opportunity to spend time with family and friends, reach out to those we love, and express our love and gratitude for the blessings we've been given. I wonder who will do the carving.

The spirit of Christmas is the air. I look forward to Christmas every year: the stories about the birth of Christ, the gift of life, pure love and peace. I want our

family's time together to be positive. I enjoy making our favorite dishes and desserts, and we play games and watch old Christmas movies. This is the time for showering love and attention and changing one's heart, not the mind.



My husband is recovering from major surgery; his left arm is in a soft cast and will be for several weeks if all goes well. I do the driving to doctor visits and physical

therapy, and helping with things that require two hands. It's not easy for a strong, independent man but we are managing. My husband's concerned about putting up the Christmas tree, decorating inside and outside, and getting ready for company, but the boys can step in and they and their dad can build memories.

As the end of the year draws near I hope you will take time to look back on all the good things that have happened in your life. For those of us with a loved one with same-sex attractions, it is important to remember nobody chooses to experience same-sex attractions, nobody is born a homosexual, there is no DNA or gay gene, nor is sexual orientation fixed for life. Hope and change of sexual orientation are possible.

PFOX spent this year, reaching out to families, providing a message of hope, working to unite families through unconditional love, providing resources and speakers that enable us to keep the lines of communication open with those who have same sex attractions.

Merry Christmas and may the peace of the Lord be with you.

Regina



*Wishing you and yours a blessed Christmas season!*

# My Child

Know this.....There is not a more genuine or important message I, as your parent, have to offer. I love you and have always loved you. I have tried to show you by my words and actions this love, but realize I may have fallen short of this goal at times.

I have, to the best of my ability, with the work of my body, the limits of my mind and strength of my soul, tried to give you love, shelter and food. I have tried to give you as much of my time as possible in this hectic, hurried world. I have tried to give you fun and laughter. I have tried to give you the safety and protection you have a right to and I have an obligation to give. I have tried to let you know about life's unpleasantries without scaring you too much. I have tried to give you as much trust as possible in an apparent untrusting world.

In all my breaths, my true intention has never been to hurt you or bring to you any unnecessary pain. I have tried to be to you the best parent I could with the tools given to me. I want you to know that for any times I have hurt you, disappointed you, or let you down, knowingly or unknowingly, I am sorry. I am sorry for my shortcomings and the mistakes I made that caused you any pain. For this I ask your forgiveness, only when and if you are willing to give it.

Thank you for the pleasures and treasures you have given me, both deserved and not. There has never been anything you have done that has taken away my unconditional love for you. Always and now, in my eyes, heart and soul, you are to me the most beautiful bud, the loveliest bloom, and the most perfect flower.

I have loved you from the day you were born.....I love you with every breath you take.....I will love you.....forever.

- Steven H. Waller

# PFOX in Washington, D.C.

## Values Voter Summit

October 2010

Hello from PFOX President Greg Quinlan,

PFOX is on the move bringing light and our message of hope for change to a needy nation.

PFOX at Values Voter Summit in Washington, DC

PFOX exhibited at the Values Voters Conference last week, handing out hundreds of informational brochures and answering questions about same-sex attractions. The response was fantastic. Thank you Values Voters! A special thanks to the young students who visited our booth in droves.

RNC Chair Michael Steele won't meet with ex-gays, but conservatives will!!!

PFOX exhibits across the country, at churches, county fairs, civil rights functions, public school events, etc., educating the public on unwanted same-sex attractions. Thanks to our donors for making this possible. Please continue to donate to help pay for our exhibit fees. PFOX accepts tax deductible gifts at <http://pfox.org/donate.html>.

## A message from Greg Quinlan, PFOX President

This fall, PFOX ex-gay board members Greg Quinlan and therapist Christopher Doyle exhibited at the 2010 American Christian Counseling Conference held by the American Association of Christian Counselors (AACC, <http://www.aacc.net/about-us>).

Numerous counselors stopped by our PFOX exhibit booth to talk to ex-gays, ask questions, and pick up hundreds of pieces of our educational literature and resources.

The counselors and professionals we spoke with were very excited with our materials and that we exist. We had members of the AACC approach us without any prompting and state, "You must be America's best kept secret." A few others kindly said they would pray for us.

We met countless people from all across the country who are dealing in great numbers with people experiencing same-sex attraction, family members affected by loved ones with same-sex attraction, and strugglers who asked for our help. We gave out a good amount of literature and resources, answered a lot of questions, and listened intently.

The costs to print our informative brochures and exhibit at conferences like this one are not inexpensive. PFOX pays all of the cost to travel and rent booth space when we attend these events; your donations make this possible. You are spreading the word that change is possible and helping us provides hope to those in need. Attendees of this national conference returned to their local communities and were able to spread the message of hope.

We ask for your gifts to continue our work. Remember, no one else does it but PFOX!

Please donate to PFOX at <http://pfox.org/donate.html>.

Blessings to you this Christmas and a Happy New Year

Greg Quinlan



## Family and Friends Prayer List

Mary Beth, Tom, Sean, Stan, Christopher, Lucas, Beth, Elaine, Joshua, Benjamin, Hampton, Cheryl, Stacy, Carol, Mattie, Nicole, David, Bob, Rose, Steve, Ronald, James, Madeline, Jesus, Rick, Gary, April, Maureen, Jen, Michael, Eric, Allen, Sara,

Damon, Sam, Matthew, Deborah, Corey, James, Jeffery, Melanie, Stan, Brooke, Lisa, Emily, Tyler, Jim, Chad, Brett, Charles, Brian, Jerome, Pamela, Kelly, Tim, Roger, Gaetano, Christian, Judy, Michael, Monte, Gary, Karen, Hillary, Stephan, Brooke, Terri, Elise, Joseph, Vickie, Tricia, Paul,

Tobby, Sandy, Brian, Larry, Alan, Christian Tom, Delores, Mark, Tara, Angela, Jessica, Dawn, Alicia, Jason, Frank, Paul, Edward, Maria, Mario, Michelle, Connor, Angela, Carl Jr., Marcus, Brandon, Gaylon,

Edmond, Keshia, Shannon, Paige, Melissa, Donny, William, Wendall, Leno, Mandy, Andy, E., Erik, Lauren, Chris, Todd, Jayson, Carl III, Steve, Zachary, Kelly, Toby, Cody, Dylan, Wayne, Tom, Jeff, Walt, Cayce, Tim,

David, Charles, Edward, Matt, Marc, Heather, Gary, Bill, John, Jeremy, Jen R, Cindy, Karen, Brian, Shellie, Pattie, Emily, Carrie, Alicia, Michelle, Bruce, Rebecca, Suhmin, Phil, Bryce,

Ethan, Doug, Tom, Nick, Harold, Kent, Glenn, Rob and Heath, Angela, Julia, Wess, Christine, Catherine, Jeremy, Katie, David, Troy, Mike, Lisa, Bruce, James, Mary, Samantha, Victoria and Buddy, Christopher A., Jeramie C., Adam C., Christopher K., Perry N., Eric, Missy, Nathan, Michelle, Joe and Idario, Miranda Marie, Sarah.



Donate online at  
<http://pfox.org/donate.html>

# *A Taste of the Holidays*

## Celebrate With Us



December:

- Write a Friend Month
- December 12: International Children's Day
- December 15: Bill of Rights Day
- December 16: National Chocolate Covered Anything Day
- December 18: Bake Cookies Day
- December 19: Look for an Evergreen Day
- December 20: Go Caroling Day
- December 24: National Eggnog Day
- December 25: Christmas Day
- December 27: Make Cutout Snowflakes Day
- December 31: New Years Eve

January:

- National Hobby Month
- January 1: New Years Day
- January 6: Cuddle Up Day
- January 16: National Nothing Day
- January 17: Ditch New Years Resolutions Day
- January 21: National Hugging Day



## **Wassail: the Perfect Hot Apple Cider for the Holidays**

Remember the old Christmas song, "Here we come a-wassailing..." and wonder what that meant?

While the tradition included house visits and caroling, it also referred to the drink often served during these visits.

Wassail, a European beverage for the holidays, is much more than hot apple cider, although it starts much the same.

### **Wassail**

Ingredients:

- 1 gallon apple cider [16 cups]
- 6 whole cloves
- 6 whole allspice
- 2 tsp. ground nutmeg
- 1 6-oz. can frozen lemonade concentrate
- 1 6-oz. can frozen orange juice concentrate
- 1 cup packed brown sugar

In a large, covered saucepan, simmer apple cider with whole cloves, whole allspice and ground nutmeg about 10 minutes.

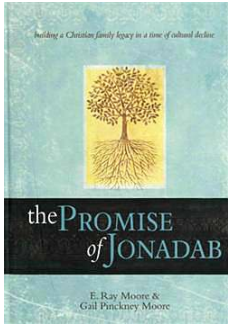
Add the rest of the cider, and the cans of orange juice and lemonade concentrates, and packed brown sugar. Heat until it is hot but not boiling, then pour into a warmed punch bowl. Makes 18 cups.

Wassail: hot apple cider and so much more. Happy holidays!



# Worth a Read

## **The Promise of Jonadab: Building a Christian Family Legacy in a Time of Cultural Decline**



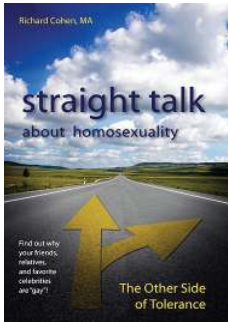
One lone family amid cultural and religious collapse struggles to maintain faith in their time and future generations.

This ancient clan demonstrates the successful transition of faith that remains aflame for centuries. Communicating zeal for God that any Christian father can emulate today, this Biblical narrative unfolds an obscure character's life. In a time of spiraling moral and theological decline, *The Promise of Jonadab: Building a Christian Family Legacy in a Time of Cultural Decline* encourages Christian families not only to stand but to pass on the torch of their faith securely throughout the generations. What can Christian families learn from one minor Old Testament man whose godly line still continues today?

The answer communicates the strong and sure message of hope in *The Promise of Jonadab*.

Available at <http://www.reformationbookstore.com>.

## **Straight Talk About Homosexuality: The Other Side of Tolerance**



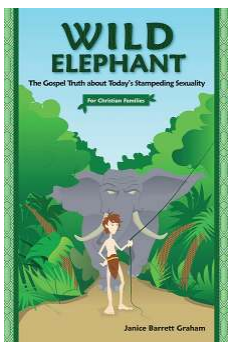
Everything you ever wanted to know about homosexuality but were afraid to ask!

*Straight Talk About Homosexuality: The Other Side of Tolerance* is a virtual blueprint to understand the hidden meaning behind same-sex attraction (SSA) and how to solve the homosexual dilemma facing our culture and world today.

*Straight Talk About Homosexuality* is a practical guide to resolve the homosexual cultural divide ... a must read for every parent, teacher, clergy, and all concerned citizens. Everyday people change from SSA to Straight! Find out how and become part of the solution.

Find out why your friends, relatives, and favorite celebrities are "gay!" Available at <http://www.changeispossible.com>.

## **Wild Elephant - The Gospel Truth about Today's Stampeding Sexuality**



Overgrown jungles? Stampeding elephants? Tarzan and Jane? That's what Christian families will find in this book to help shed the bright light of truth on today's dark and tangled ideas about male and female, proper gender roles, the law of chastity, and the God-given sexual appetite. Even more important is this book's emphasis on youth knowing their relationship to God and the basic principles of Christ's gospel, the application of which will counteract misinformation, prevent sexual sin, and open up much-needed spiritual resources like nothing else.

"The early 21st Century is awash in a variety of sexual disorders; *Wild Elephant* can be seen as a kind of literary antibiotic, working to protect the young from harm . . . and still manages to convey the wonders, mysteries, and rewards of a

sexual life resting on Christian purity. --- Allan Carlson, Founder and International Secretary, The World Congress of Families

Available at <http://tidalwavebooks.com>.

## Current address

Please note our address: PFOX, PO Box 510, Reedville VA 22539. You can also reach us by telephone at 804-453-4737. Thank you.

## PFOX

## Year in Review

This has been a year of financial struggles for PFOX. We could not exist were it not for your donations.

While PFOX is an all volunteer organization, brochures, media advertising, conferences and travel expenses are "pay as you go."

PFOX board members have donated their time to help advance our message of hope, let people know that nobody is born gay, and that changing sexual orientation/feelings and attractions is possible.

PFOX was called on several times this year by the media to defend the rights of the ex-gay community, families and churches which came under fire for holding a biblical position on homosexuality.

A major concern is for children who are being taught to embrace homosexuality and gender identity disorder. Scientific facts have not changed, homosexuality is not immutable, sexuality is fluid and changeable. This year we heard from ex-gay supporters that their children were taught that their parents do not exist, sexual orientation cannot be changed. Thank the Lord these children knew the truth and shared this with fellow students.

PFOX has established new chapters throughout the country and has requests for help in starting an international branch. We are in prayer about this.

May the Peace of the Lord be with you and your family this Christmas and bring you a blessed new year.

Regina

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