



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

Winter 2009



Parent Talk

Taking Responsibility

This year, perhaps now more than ever, PFOX must remain focused on our goals, getting our message out that no one is born gay and that change is possible. Our nation's schools have become a haven where children are being encouraged to identify as homosexual merely because they feel different or are not attracted to the opposite sex.

Children mature at different rates and develop feelings and attractions at different ages. They should never be encouraged to identify as homosexual. It is not the place of educators to label a child a homosexual, leaving the child with that identity. A large percentage of children struggle with gender identity and feelings, yet less than 3 percent of the population is homosexual.

As children mature their feelings change about a lot of things and most, unless encouraged, do not adopt a gay identity. In today's environment children are deliberately supplied with false information that promises happiness but fails to provide it. Many young men and women wish there was a way to overcome unwanted same-sex attractions while others take away their hope. Children seek support through gay organizations because they never heard about ex-gays; numerous schools refuse to provide ex-gay resources.

PFOX will not give up on our nation's children; children are our future and will determine what society will look like in

the very near future. Teaching children the facts is critical. There is the threat of new legislation to redefine marriage, hate crimes that will not protect ex-gays, and silence Judeo Christian speech in schools, government and the work place.

We cannot win the battle, maintain a



If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.
~Anne Bradstreet

voice of hope, nor provide facts without your support. What's in your school? What type of resources does your guidance councilor provide for students? How about your school library? Do they have gay affirming homosexual books and literature? You need to be aware. Find out; get copies.

In December the PFOX billboard (view it at <http://www.pfox.org>) was taken down because gay activists intimidated and harassed the billboard company. We were not consulted or informed about the gay activism except by media who chose not to use our statement. I personally have received hate-filled and obscene phone calls. We had our exhibit booths

vandalized, were denied conference booth space by the National Parent-Teacher Association (PTA) – the list goes on and too long to print here.

The article on page 2 is an example of how educators are derailing families, people of faith and denying individuals their right to self determination. PFOX will continue to knock on doors until they are opened to us and the ex-gay community. We seek tolerance and equality.

Are you prepared to defend your rights as a parent? Do you want your voice and beliefs heard? Do you want equal access? The days of being closeted are over. There are numerous ways to become involved, to spread the message of hope and change to the men and women who are hurting and feel there is no way out. Ex-gays are the living proof that change is possible; invite them to

share their life stories with others. Ex-gays cannot be a light and inspiration to others unless the doors are opened and they're welcomed in.

Regina

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Struggling Alone

by Ryan T. Anderson

He came out to me in an email. I've known him for years, long enough that I can't remember when we first met, and we were recently emailing back and forth about our lives, our futures – the kind of stuff separated friends discuss. Along the way he mentioned, in an aside, that he had some – lingering troubles he had to work his way through. My reply asked for an explanation – and that's when he told me.

Over the past three years, "Chris" (let's call him) has experienced a pronounced attraction to other males – for one old friend from high school in particular. A crush, maybe, or an infatuation. Whatever it was, he knew it wasn't healthy. And though he had never acted on the attraction, he explained, it led to fantasies and lusts he didn't want. So he made a resolution never to embrace them as essential to his identity or accept them as permanent or untreatable – a resolution he has kept practically alone, without the support of community, family, or friends. Over the course of many phone calls and emails, he shared with me his reflections on what he thought had created his problem of same-sex attractions. He described an "exceedingly close, best-friendly relationship" to his mother, often serving the role of her sole confidant, and a subsequent alienation from his father. Relationships with his friends, he thought, also contributed, as he suffered through "deeply hurtful rejection" by male peers, along with "oscillations between reverence for and fear of typically masculine" classmates. Once puberty hit, this took on sexual connotations, as Chris began experiencing "eroticized desire" for traits he found in other males that he himself lacked.

All this resulted in his dividing males into those he found "superior and feared (because of their strongly masculine features)," and those he found "inferior and disdained (because of their lack thereof)." But it affected his overall personality, too. He developed, he wrote, a "passive-aggressive, detachedly defensive and otherwise manipulative behavior toward

males" and a "woeful inability" to assert himself as others do. The overarching weakness, he thought, was "a deep need to fulfill the emasculating and benign-to-a-fault role of the good little boy who pleases Mom by following all rules (the civil law, school rules, conventional morality, politeness, etc.) [while] remaining unthreatening and unphysical."

What he described seemed an accurate summary of the person I have known for years. So when he pointed to the likely

"purification of memory regarding the hurts of the past" and a more masculine view of himself. Without any reason to exaggerate his progress, he assured me he is "100 times happier and healthier than before – though not yet whole." Even friends and relatives who do not know about his struggles have remarked on his increased serenity and joy.

Other than his confessor and therapist, I'm the only person who knows. His parents would be devastated – his mother wondering whether she had caused it, his father fearing he had failed his son. His roommates and friends wouldn't know how to take it. Others on campus would encourage him to embrace his true self: They'd label him a homosexual and call him gay. But he's not – and neither does he want to be: Sexual attraction, he thinks, doesn't define a person. Indeed, he particularly fears coming out about his attractions while struggling against them, which would get him labeled a repressed homosexual, the gay-basher who himself is queer, the gay kid who thinks it's just some disorder. All he wants is to live chastely and try to make progress in addressing the causes of his same-sex attractions. But at the modern American university, this is anathema.

For all their celebrations of diversity and pledges of tolerance, this choice is not to be – celebrated or even tolerated.

Like many schools, Chris' university has an LGBTQA center (an official office supporting "lesbian, gay, bisexual, transgendered, queer, and allied" students). Had he been seeking advice on how to embrace his same-sex attractions, perform sexually as a gay man, or develop a romantic homosexual relationship, he would have been welcomed. Wanting instead help to live chastely, he found nothing. Worse than nothing, he found rejection. Such centers routinely sponsor public lectures attacking Christian responses to same-sex attractions, calls to chastity, and attempts to seek therapy.

*See "Struggling"
continued on page 3*

“Sexual confusion can be found anywhere, but it is particularly pronounced on college campuses, where to the general human confusion is added approved promiscuity and an institutional rejection of anything traditionally Christian or conservative.

Ryan T. Anderson

causes and said he was seeking help in addressing them, I was supportive. "I would be untrue to myself if I simply accepted this condition right now," he wrote. "I would be denying what I've come to believe – what I believe I know – to be the causes and potential cures of this condition in my case." Some people say that change isn't possible, but he thinks that with God all things are, and he at least wants to try to do his part.

Chris' situation is sad, but it seems to be moving somewhere. He told me how he had cried daily for the first two years of his same-sex attractions, knowing that he was becoming someone he didn't want to be. But during the third year he found a good therapist and began making progress. He set out to find "healthy male affirmation through deep, non-erotic same-sex friendships" – along with a

What We Wish Our Friends Knew, Would Say, Or Wouldn't Say

1. We as PFOX parents LOVE our same gender attracted kids. Don't tell us to love them anyway. Of course we do!

2. Unlike what we thought, it is NOT about sex at all. It is about unfulfilled wants and needs.

3. NO ONE wants to have same gender attraction.

4. NO ONE is born "gay." Honest homosexuals will tell you they know they were not born that way. We can show you the proof, so don't say, "Oh, just accept

it, they can't help it." The "world" has told all of us a big lie.

5. Yet, conversely, they CAN'T help it. We know that. We know how they all struggled for years and years to get rid of these feelings, before giving up.

6. If you call them a name: faggot, queer, sissy ... YOU are part of the problem. You have driven them deeper and deeper into keeping their deep dark "secret." You have forced them to find friends who "understand" them – other

strugglers.

7. Don't tell them to "shake it off." They have tried that. They have prayed and cried for years. It doesn't just "go away."

8. And DON'T think they can just get married and it will go away. That is absolutely the proven worst thing that could happen.

9. And don't tell us it's okay. We love them, but we don't have to accept this as the final act in their lives. True love tells us to try and help them: with good information, good friends, and good support. Whatever it takes. We know they may never change, but that doesn't mean we have to just accept it. Would you accept your child's cancer and never take him to the doctor? Would you approve of his drug addiction, so he would keep loving you? Real parents do not act that way. We won't either.

10. DO try to learn along with us. Do ask us how we are...how our child is. Do pray with us. We know we can't pray it away, but we know we can pray for the right thing to do...for the right things to happen in their lives.

11. We do feel that our SGA children are the choicest of spirits. They are the most sensitive, kind and intelligent. They can endure this special trial and be true children of God in the end.

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Strugglingcontinued from page 2

You might think Chris could find help at the university's religious-life center. But with pink pride triangles on every interior door, that office, too, has embraced the gay-pride movement. The college hosts an annual Pride Sunday Liturgy in lieu of regular chapel worship – for pride, apparently, is the proper liturgical response to homosexuality – and sponsors public lectures with titles such as "Overcoming Christian Fear of Homosexuality."

Fortunately, the Catholic chaplaincy on campus is vibrant and orthodox. The chaplain gave Chris solid if general spiritual advice – regular prayer, reception of the sacraments, and a life of charity – but he wasn't sure how to tailor it to a young Christian experiencing same-sex attractions. So he suggested Chris work with a therapist to address the psychological causes of his attractions. And Chris tried. He went to his school's health center to see a psychologist, but she was hostile. When he asked for a referral to see a Catholic therapist, she all but called him crazy for refusing to give in to his nature as homosexual. In the end, his university health insurance wouldn't cover all the cost of an outside therapist, and he obviously couldn't turn to his parents.

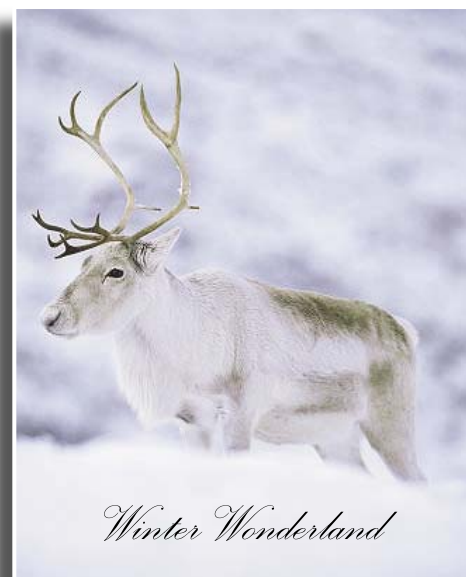
Sexual confusion can be found anywhere, but it is particularly pronounced on college campuses, where to the general human confusion is added approved promiscuity and an institutional rejection of anything traditionally Christian or conservative. Is there any student more alienated or marginalized on campus than one who experiences same-sex attractions but who doesn't embrace them? Silence is forced upon him, and his entire life experience is discounted: He suffers same-

sex attractions, he doesn't want to, and he seeks to be made whole again. This doesn't seem so extreme a narrative, and yet there are very few, if any, campus groups devoted to supporting these students.

While listening to Chris, I grew angrier and angrier about our troubled culture, the sexual chaos our parents' generation bequeathed us, the lack of support the Church provides, and the hostile environment the university maintains. Gradually, however, my anger gave way to sadness. A sadness that Chris struggles almost alone. A sadness that others like him have no one to turn to. A sadness that universities deliberately reject chaste students with same-sex attractions. In the end, though, I found myself feeling grateful. Grateful for knowing Chris. Grateful for the chance to see him carry a cross he did not choose. Offering up his daily struggles, he strives for holiness, refuses surrender, and resists temptations. He labors to remedy the unwanted causes and side effects of attractions he never desired, aware all the while that a cure isn't certain, that in this fallen world some disorders may always be with us.

I am witnessing my friend's unique path to holiness: a remarkable instance of grace working through a broken earthly vessel, making all things new, and leading to fullness of life. I think how blessed I am that I've been fortunate enough to witness it and find inspiration for my life in his struggles. How sad, though, that the rest of the world will never know.

Ryan T. Anderson is a junior fellow at FIRST THINGS. Copyright © 2007 First Things (February 2007). View this article at http://www.firstthings.com/article.php?id_article=5413



Upcoming Conferences

Focus on the Family's Love Won Out (LWO) Conference provides a safe place to get answers to some of your questions about same sex attractions.

At LWO you'll hear a message on overcoming same-sex attraction from former homosexuals and meet lots of families like yours. I want to encourage families to attend. If your loved is willing to attend, take him or her as well as siblings. The best way to stop

the deliberate misinformation about ex-gays and LWO is to bring your loved one and family to a conference. Hundreds are expected to attend, you will have the opportunity to receive support and hope, and get to meet ex-gays and other families who truly know how you feel.

The next conference is Saturday, April 18, 2009, in San Antonio, Texas. For more information call 1-800-A-FAMILY or go their website at www.lovewonout.org.

Latest News

New Jersey gets new ministry offering hope for those with unwanted Same Sex Attractions, as well as PFOX family and friends group for more information contact Living Free Ministries PO Box 361, Whippany, New Jersey 07981 or call 862-579-8081

Follow us on Facebook at <http://www.pfox.org> for information and sign up.

Updated and revised PFOX brochures are now available online. Please visit <http://www.pfox.org> and order these brochures for your school, church or organization. Take PFOX brochures to conferences, meetings, everywhere you go, chances are you'll meet someone who needs to hear the message.

Happy Birthday Frank Worthen.

Frank Worthen is a past president and one of the founding fathers of Exodus International. For more than 33 years Frank has been steadfast in his outreach to those who struggle with same sex attractions (SSA). Frank devoted much of his life to serving the Lord through Exodus and his ministry "New Hope Ministries in San Rafael CA. Franks wife Anita wrote the book "Someone I Love is Gay" one of the first books I read. Anita's parents and Friends ministry was where I first found hope, support and friendship. Anita has a mother's heart and along with Frank has reached out to thousands of families and men women in need of God's Grace and forgiveness. Please visit their website at <http://www.newhope123.org>. *Happy Birthday Frank!*



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, Kesha, 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.

*Look! the massy trunks Are cased
in the pure crystal; each light spray,
Nodding and tinkling in the breath of
heaven, Is studded with its trembling
water-drops, That glimmer with an
amethystine light.*

~William Cullen Bryant