



HeartBeat



PFLAG Olympia, Washington

Issue 125~ Spring 2015

Many Outreach, Education, Advocacy & Support Activities

At the end of March our chapter participated in the Queer I Am LGBTQ+ Leadership Summit at South Puget Sound Community College by providing a 'decompression space' where participants could take time to collect their thoughts, and reach out for support and resources. We would like to thank Greg for taking the time to volunteer during this event.

We will be taking part in many community events in the coming months and could use volunteer help from our members and supporters. This is your opportunity to get involved and be of help to your local PFLAG chapter and to your community.

Upcoming Opportunities:

April — Timberland High School will hold an LGBTQ Resource Fair on April 14th and has extended an invitation to PFLAG to participate. Members who are not on the board but have been regular attendees are urged to help out.

May — Our chapter will table at the Olympia Farmers' Market on Saturday, May 2 from 10 a.m. to 3 p.m. We can use volunteers for one-or two-hour shifts or longer.

If you are interested in volunteering for either of these tabling events, please contact president@pflag-olympia.org. Note: people who volunteer to table should have attended enough meetings to be able to talk somewhat knowledgeably about PFLAG, meaning anyone who has attended more than a couple of meetings over the past year.

June — There will be a fundraising benefit for PFLAG at Jakes on 4th. There will be a modest cover charge, which will be donated to PFLAG-Olympia. Details to be announced in our email alert list and Facebook page.

Capital City Pride is June 19 and 20. We will need volunteers to work the PFLAG booth both days who can work in one or two-hours shifts or longer. If you're interested in helping out please contact president@pflag-olympia.org. Details about Pride have not yet been released. We will send out announcements on the alert list and our Facebook page as they become available or look for updates on <http://www.capitalcitypride.net>.

July — Once again we will hold a PFLAG garage sale, details to be announced. If you have items you would like to donate email president@pflag-olympia.org to make arrangements for pick-up or delivery, especially if you have large or bulky items. You may also bring smaller garage sale items to the regular monthly meetings.

August — Our annual picnic will be held at Priest Point Park Aug. 9 from 1-4 p.m. There are photographs from last year's picnic posted on our website at <http://pflag-olympia.org/Picnic.html>.



PFLAG-Olympia meetings are held the 2nd Sunday of each month, 2-4 p.m. at First United Methodist Church, 1224 Legion Way SE, Olympia. The first hour includes a welcome, introductions, support circles, and snacks. The second hour is our program.

What is happening at upcoming meetings?

April 12
Sexual Assault
Awareness Month

Join us for with a presentation by Safeplace on sexual assault of children and adults.

May 10
Mothers' Day

Short video in honor of PFLAG founder Jean Manford and discussion with local PFLAG moms.

June 14
Film Viewing
Film to be determined.

Updated announcements on all programs will be sent out on the email alert list as needed.

Bring a friend!

*Note programs are subject to change.
Check our website or FACEBOOK for updates!

Our Mission — PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgendered persons, 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 to secure equal civil rights.

PFLAG provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

Have you paid dues or donated to PFLAG-Olympia lately? Contact our treasurer, Larry Kronquist at treasurer@pflag-olympia.org and he can check dues status. Donations are welcome! Join or donate: <http://www.pflag-olympia.org/membership.html>



 **LIKE US ON FACEBOOK!**
<http://www.facebook.com/PFLAG.Olympia>

Go Paperless!
 If you would like to help save us postage and paper, please email newsletter@pflag-olympia.org and ask to be put on our **email-only** Newsletter and Alert list. Thanks!

HeartBeat is a free publication of the PFLAG chapter in Olympia, Washington, now published quarterly. The editors are Alec & Gabi Clayton.

“When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.”
 — Henry Nouwen



Subscribe to the PFLAG-Olympia Alert List!
 The PFLAG-Olympia Alert is a one-way announcement email listserv designed to inform our members and friends of upcoming events. To subscribe, send your request to be added to newsletter@pflag-olympia.org

NEW or RENEWAL PFLAG MEMBERSHIP
 Please check the membership types you prefer:

<input type="checkbox"/> Individual \$35	<input type="checkbox"/> Supporter \$100
<input type="checkbox"/> Household \$50	<input type="checkbox"/> Educator \$250
<input type="checkbox"/> Senior/Student/Low Income \$15	<input type="checkbox"/> Advocate \$500

New Renewal

Membership \$ _____
 Add this amount as my tax-exempt gift \$ _____
TOTAL MEMBERSHIP AND GIFT \$ _____

DATE: _____ PHONE: _____
 Signed: _____
 PRINT NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 EMAIL ADDRESS: _____

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 I want Olympia's quarterly newsletter *HeartBeat* **sent as email only.**
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PFLAG Olympia, P O Box 12732; Olympia, WA 98508-2732
 PFLAG is a tax-exempt non-profit 501(c)(3) organization not affiliated with any political or religious institution.



PFLAG

Olympia, Washington

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MEETS at 2PM on the second Sunday of each month at First United Methodist Church, 1224 Legion Way SE, Olympia. It is handicap-accessible. In August we meet at 1pm for a potluck picnic in a local park.

DIRECTIONS: From Sylvester Park on Capitol Way and Legion Way, go 12 blocks east on Legion Way to Boundary Street. Turn left around the church. Park in the lot at 5th Avenue and Boundary and enter through the glass doors.

Mailing address:
 PO Box 12732; Olympia, WA 98508-2732

For more information:
 email: info@pflag-olympia.org

Or go to our website:
<http://pflag-olympia.org>