

February 2021



Show Yourself Grace and Love

February is the month of self love. Throughout life, it's very easy to badger or beat up ourselves for our bad habits, addictions, weight, or failed relationships. Sometimes we need to take the time to reflect and really appreciate who we are and truly love ourselves. Take some time this month to jot down things that love about yourself that make you unique and special. You may find it a very fulfilling exercise and just what you need to fill up your bucket! Let love be in the air!

Upcoming Trans-Focused Meet-Ups

Due to the current COVID-19 outbreak all support group meetings are taking place virtually via ZOOM - Please note logins change periodically to ensure security.



Next Renaissance Transgender Meet-Up - Second Saturday Every Month @ 7:00pm (February 13)

<https://us02web.zoom.us/j/82818647982?pwd=emJqYWRUUnVjOVZUWEE5ZWdBK2l2Zz09>

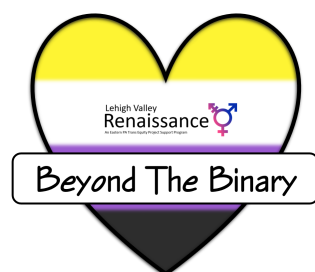
- Meeting ID: 828 1864 7982
- Passcode: EPTEP



Spouses & Partners - Second Tuesday Every Month @7:30pm (February 9)

<https://lvacademy.zoom.us/j/83253823949?pwd=V1g1aUdybkM2QUUpJYWE0d3BwZkwxUT09>

- Meeting ID: 832 5382 3949
- Passcode: spouses



Beyond the Binary - Second Friday Every Month @7:30pm (February 12)

<https://us02web.zoom.us/j/88455936193?pwd=MmpMTW5ka3duQXhVVG9BN3VHSHJQdz09>

- Meeting ID: 884 5593 6193
- Passcode: ENBY

Code Switching Is Not Required



EPTEP and Renaissance are launching drop-in support group specifically for Black, Latinx and indigenous people of color. We are targeted for a March launch. Stay tuned for details and spread the word about this upcoming opportunity! We want to give a special thank you to Izzy for volunteering to facilitate this group. If you would like to be involved or added to the group mailing list, please contact info@PATransEquity.org and we will make sure you are informed directly when the group formally launches!

Makeup Tutorial

Our first Trans Topics event with makeup artist Elizabeth Taylor was a hit with over 30 people in attendance! Elizabeth provided those attending the seminar with an awesome handout full of makeup tips and recommendations. The handout is still available for download to our members [at this link](#). Enjoy!



Transgender Day of Visibility - March 31st

The International Transgender Day of Visibility is fast approaching and to celebrate we will be holding an educational panel event which you can [register for it on ZOOM here](#) or on Facebook [here](#).

along with executing a social media campaign featuring local trans folk talking about what being trans and visible means to them. If you would like to be featured in our social media please send a photo of you along with a short paragraph telling us who you are to info@PATransEquity.org



We want to thank our cosponsors for the TDOV program including MCCLV, The LGBTQ Business Council, The Gay Journal, The United Way and the Bradbury-Sullivan LGBT Community Center.

Dr. Rachel Levine Nominated as Assistant Secretary of Health



As I am sure many of you know, the Biden administration has nominated Pennsylvania Secretary of Health Rachel Levine to be the Assistant Secretary of Health. She would be the first ever trans person confirmed by the U.S. Senate, and will face a very challenging confirmation process.

Eastern PA Trans Equity Project has joined with over 250 other LGBTQ organizations to send a letter encouraging the Senate to confirm her nomination. [You can view the letter here.](#)

You can help to make that history happen by writing a letter to your US Senators encouraging them to vote to approve her nomination. Here are some talking points you can use should you wish to do so:

- This is a historic nomination for LGBTQ Americans, but more than making history, Dr. Levine will make a difference.
- Dr Levine is immensely qualified having graduated from Harvard College and Tulane University School of Medicine; Having taught at the Penn State School of Medicine, Served as Physician General and Secretary of Health for the Commonwealth of Pennsylvania; and as President of the Association of State and Territorial Health Officials (ASTHO).
- She has saved countless lives during the COVID-19 crisis and the Opioid Epidemic
- She is ready to go to work to improve public health for the American people.

No One Should Go Hungry



Eastern PA Trans Equity Project believes that everyone deserves to have food security. Unfortunately, many people are struggling to place food on their table - especially this year. That's why we provide food assistance to trans people and the parents of trans kids located within our service area. If you are in need of a grocery store gift card to help you this month, please apply at <https://www.patransequity.org/food-assistance/>. All applications are 100% confidential.

Eastern PA Trans Equity Project's mission is to Empower Transgender People while Promoting Social Justice and Building Community.

We serve Trans folk and the people who love them in Lehigh, Northampton, Berks, Monroe, Montgomery, Bucks, Carbon and Schuylkill counties.

Have You Joined Us For A Virtual Workshop?

Eastern PA Trans Equity Project is continuing to host free virtual workshops on topics of interest to transgender folk. This is an opportunity for transgender and gender non-binary people as well as their allies and family members to learn more about topics such as transgender medical care, financial, legal, and political concerns, wellness, as well as transition advice. Workshops are 60-90 minutes in duration and will include opportunities for Q&A. Please register for the programs of your choice at: <https://www.patransequity.org/workshops/>



Trans Topics
A Program of the Eastern PA Trans Equity Project

Have You Checked Out A Trans Topics Workshop Yet?

Free Online Seminars & Education For Trans Folk

Visit www.PATransEquity.org/Workshops for Dates and Topics!

- 9-Feb Feminizing Hormone Therapy
- 23-Feb Traveling While Trans
- 2-Mar Top Surgery for Trans Women
- 9-Mar Changing Your Name In PA
- 11-Mar Building an affordable wardrobe from scratch!
- 16-Mar Advocating for your healthcare
- 23-Mar Reproductive healthcare for trans guys
- 30-Mar Peeing, Packing and Binding
- 31-Mar Transgender Day of Visibility Panel
- 6-Apr Choosing and working with a gender therapist
- 13-Apr Telling Our Stories through writing
- 27-Apr Voice Modification for Transition

Improving Gender Affirming Surgery

Creating patient-centered care is important and If you have had gender affirming surgery or are considering it theTransgender and Non-Binary - Allied Research Collective (Trans-Arc) is conducting a survey that is seeking to understand trans folks' priorities when it comes to these procedures. Please take 10 minutes to complete the survey and improve outcomes for trans people at <https://trans-arc.org/>

TRANS ARC

Quotes to Inspire you!

- “This life is mine alone. So I have stopped asking people for directions to places they’ve never been.” - Glennon Doyle
- “Everyone of us needs to show how much we care for each other and, in the process, care for ourselves.” - Diana, Princess of Wales

Transgender Topics in the News

- Biden reverses Trump’s [Transgender](#) Military Ban
- Lawmakers have proposed anti-LGBTQ bills, many which target [Trans-Youth](#)

The Equality Act

The 117th Congress has commenced and that means that members of the House and Senate are preparing to reintroduce the Equality Act. The passage of this law would ban discrimination based on sex, sexual orientation, gender identity, pregnancy, childbirth, or a related medical conditions.

[Nearly 600 LGBTQ organizations](#) including Eastern PA Trans Equity Project have endorsed the Equality Act and we are encouraging you to write to your US Senators and Congress Person to encourage them to support and cosponsor this ground-breaking new law.

Join our campaign for visibility!

As part of our Transgender Day of Visibility programming next year, we are going to feature profiles of trans and gender-expansive people on our social media. If you would like to participate, please send a photo along with a 2-3 sentence description of yourself. Here is an example from Andie: “

As a transgender woman, I am acutely aware of what my visibility means out in public. Though it seems only recently that I have gained the confidence to be out and about, the sense of freedom visibility has given me is life-changing. Hopefully, in showing my confidence, I can help give other transgender people confidence to show themselves and live wholeheartedly in their own authenticity.”



Poetry Corner

Haiku From Mariposa

Morgan Leaps:

Grandpa in his room
Morgan climbs the stairs lightly
Leaps into his smile

Again:

Approaching the wall
Sitting Squarely in my path
The Wall within me

One Moment:

In one moment,
In one Life, there's a moment.
In eternity

Lesson Learned

By: Hayley Parker



In celebration of the new year, I thought it would be fitting to share a lesson that I have learned, and continue to remind myself of. That lesson is not to agonize over the perception of lost time. The feeling that you could have, or should have done something differently, or perhaps sooner than you eventually did. This regret is not uncommon among the trans community, myself included. Thinking that if I had known about being trans, being nonbinary sooner, then surely, I would be happier. I would have been able to make changes sooner. Though I would argue that there is no “correct time” to come out, transition, or self-realize.

There are many factors and steps that take place when understanding your identity. Representation, family life, where you live, personal safety, and other factors play a role in how you discover yourself, and how you can make the changes that help you feel complete. Every person’s circumstances are different, and there is no one set path that anyone must take to feel comfortable within themselves. In this spirit, no one should feel rushed or in a hurry to transition, because they learned of their identity later in life, or because of social barriers. The person who begins their transition in their 60’s is just as valid as someone who begins in their teens.

I want to make it clear that in this new year, or the next year, or the year after that, whenever you decide to live how you truly want and deserve to, is the correct time. I have struggled in the past for “not knowing sooner”, or not “seeing the signs” sooner. The feeling of regret is not a pleasant one to carry. However, I have learned that through patience, guidance, and understanding, that it truly is never too late to be who you really are. For there is a much brighter road ahead, regardless of where your starting line is.

Thank you so much for reading! I hope that this article finds you well, and if you would like to talk, I can be reached at the email address below.

Your friendly neighborhood enby- Hayley Parker

Email: animatorlex@gmail.com

Corinne's Corner - What's The Big Picture?

Instead of a column this month I wanted to take a few minutes to give you some high level updates on what we've accomplished this past year while looking forward to 2021.

EPTEP Annual Report



Despite the challenges of 2020 the launch of EPTEP has exceeded our expectations. We launched our initial grant-making programs just as the COVID crisis was ramping up. Despite the challenges this year created we were able raise enough funding to allow us expand those programs to additional counties late in the year. We also added new programming including our Beyond the Binary Support Group, a college scholarship program and a food assistance program. We were even able to build-up a small cash reserve to see us through challenging times.

This year we are doing even more! Check out the announcements below!

You can learn about our activities and view the annual report [at this link](#).

New Programs and Services

Eastern PA Trans Equity Project continues to grow and add needed services. Our Board of Directors has authorized the following actions:

- Trans people of color face unique challenges and opportunities. That is why this Spring we will be launching a support group just for them! Stay tuned for details on dates and times.
- Expansion of our grant making services to include Luzerne and Lackawanna Counties effective April 2021. That means we will cover over 30% of the State's population with trans affirming programs and services. Stay-tuned for an official announcement in the Spring
- Crisis Grant Program - If you are a person of trans experience who is unable to pay for your affirming medications or are running short on making rent, we want to help! Effective March 1, we will be offering crisis grants of up to \$200 to trans folk in need within our service area.

Thank You To Our Volunteers

EPTEP could not do the work it does without the dedicated support of our Board and - especially - our volunteers. Thank you to: Racquel, Amanda, Ollie, Carley, Sandy, Bethany, Hazel, Vikki, Khrys, Izzy, Dion, Emma, Valentina,

Adrian, Shaun, Goudy, Brad, Miranda, Lilia, Chloe, Dejour, Isabelle, Aoife, Krysten and all of the others who have made a difference in our community this past year. YOU ARE AWESOME!

Upcoming Events

Due to the COVID-19 pandemic, many events/groups have been cancelled or are being held remotely. Please check with the facilitators of other groups as needed below.

- February 4 - Parents of Trans Kids in the Poconos 7pm (first Thursday of every month) - Contact Catherine at lgbtqpride.org@gmail.com for details
- February 9 - Spouses and Partners meet-up (via Zoom) - Contact Corinne at lvrenaissanceinfo@gmail.com for details
- February 10 - Parents of Trans Kids from 6-7:30pm (remote) - Contact Reilly at reilly@bradburysullivancenter.org for details
- February 12 - Beyond the Binary Meet-up from 7:30-9pm (remote) - Contact KhrysExpositoclc@gmail.com for information
- February 13 - Renaissance Meeting (remote) - Contact Corinne at lvrenaissanceinfo@gmail.com for details
- February 23 - Transmasculine Group from 6:30-8pm (remote) - Contact Reilly at reilly@bradburysullivancenter.org for details
- February 24 - Parents of Trans Kids from 6-7:30pm (remote) - Contact Reilly at reilly@bradburysullivancenter.org for details
- February 24 - Transfeminine Group from 6:30-8pm (remote) - Contact Reilly at reilly@bradburysullivancenter.org for details

Your Support Makes A Difference

Our work saves lives and then changes them for the better. But it requires time and money to make these things happen. Please consider a small tax-deductible donation to help us continue our work by visiting <https://www.patransequity.org/donate/> or, if you are able to, please consider donating your time and skills through volunteering

Volunteer Opportunities

Renaissance and EPTEP continue to broaden our services and our reach and that has resulted in opportunities for our members to step-up and spread the word of inclusiveness. We currently are seeking:

- People interested in writing a column for this newsletter
- People who can accompany trans folk at their court hearings for legal name changes
- People interested in finding guest speakers for Renaissance meetings
- Bilingual individuals to assist Spanish speakers

If you want to make a difference and enjoy the good feelings you get from doing good work, email us at info@PATransEquity.org

Transgender Day Of Visibility

A Virtual Community Education Event With Panel Discussion - Live Streaming on ZOOM and Facebook



Register on Facebook [here](#).

Always Stay in the Know - Follow Us on Social Media!

Follow us on [Facebook](#) and [Instagram](#)!



Privacy Notice: Lehigh Valley Transgender Renaissance and the Eastern PA Trans Equity Project respect everyone's right to privacy. You received this email because you signed-up for the Renaissance/EPTEP mailing list or a Trans Topics seminar. If you no longer wish to receive emails from us, please reply to this email with that request.