



**PURSUING LIBERTY
UNDER CHRIST**
Truth Will Set You Free

NEWSLETTER 2025

(For Internal Circulation Only)

*I will still
Love them*

Singaporean actor Gurmit Singh recently gave the public a rare glimpse into his personal life, sharing about his eldest daughter, Gabrielle. In an interview on CNA's *The Assembly*, Gurmit, best known for his role in the sitcom *Phua Chu Kang*, revealed that he had reservations about his daughter's unconventional career as a drag and burlesque performer, known by the stage name Lychee Bye.

Despite their differing views on career and life choices, Gurmit emphasised his unwavering love and support for Gabrielle. *"At the end of the day, she's still my daughter. Until the day I die, I will still love her. She's still my flesh and blood. I'll always be there in the blink of an eye if she needs me,"* he said.

"As far as Gabrielle is concerned, as a parent, as long as she's happy, I'm happy. It may not be what I wanted or hoped for, but as long as it's legal and she's happy with it, I'm happy with it."



This honest reflection touches on a broader issue many parents face when their child's sexual orientation or gender identity doesn't align with their expectations. They often feel isolated, shocked, fearful, even ashamed. Many question themselves: "Why did this happen? How did this happen? Did I cause it? Is this my fault?"

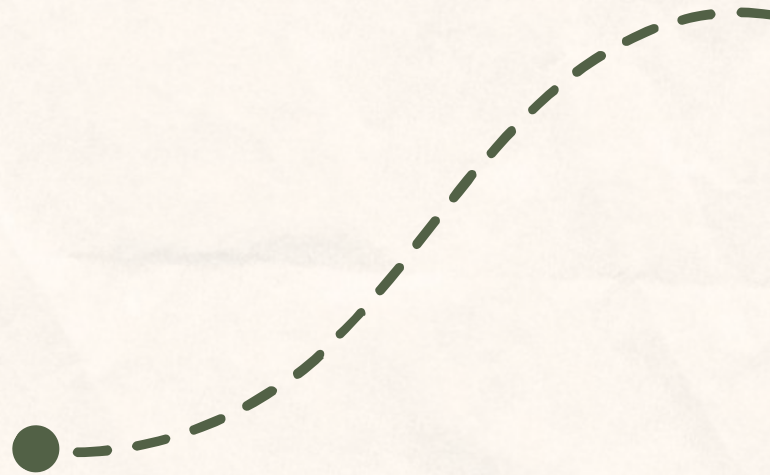
In these moments of uncertainty, where can parents turn to? How can communities, especially churches, shift their focus from questions of causation to compassion? PLUC aims to provide a safe space for parents to navigate their grief and emotions.

The parents meet monthly, both online and in person, to share their experiences and support each other. They begin to understand the possible causes behind their children's choices. Support groups give them an avenue to process their emotions, pray together, and find comfort in their faith, trusting in Christ. For many, the hope remains that their children will eventually 'come home'.

I often say in my support groups, "*Facilitating groups for parents hits me harder than groups for strugglers because I know that there are many parents who are still silently grieving and I pray they will reach out to know they are not alone.*"

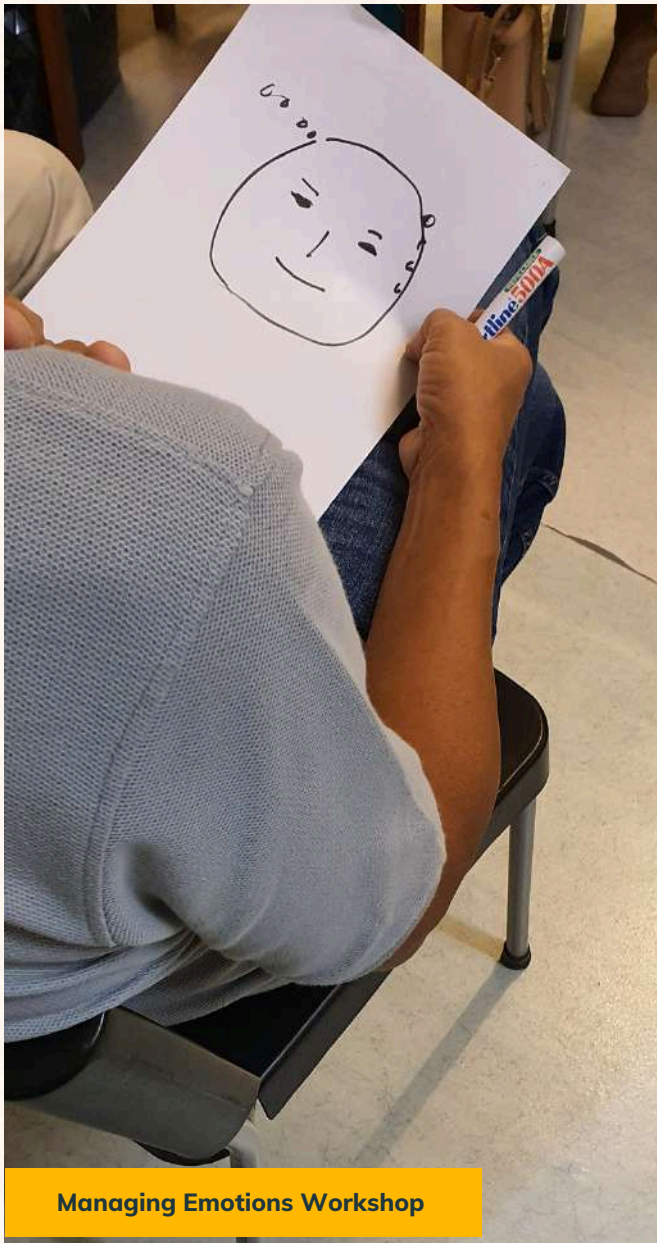
"Carry one another's burdens, and in this way you will fulfil the law of Christ."
- Galatians 6:2.

Rev. Tryphena Law



The Grief Cycle: Parents' Reaction to Children 'Coming Out'

Parents of children who come out as LGBT+ may experience emotional reactions similar to those associated with significant loss or major life changes. Some may not experience any emotional turmoil while others may feel it occurring multiple times. While there is no "right" way to grieve, the grief cycle can provide some insights to navigating the situation.



Shock

Parents learning of their child being LGBT+ can be shocking even if they had suspicions. It may feel as though their world was turned upside down. While some parents adjust to their child's reality relatively quickly, others may take longer to process it — if they do so at all. Each family's reaction is unpredictable.

Denial

In an effort to cope, some parents may try to deny or minimise the reality of the situation. They may feel unprepared for the changes this truth could bring to their family. Parents might dismiss their child's disclosure, hoping it's just an experimental phase or an act of rebellion. Common statements include, "You're not a lesbian; you've dated boys before" or "We don't have gays in our family." However, true acceptance begins when parents listen to their child and take their feelings seriously.

Anger

Anger is another common reaction. Parents may feel guilty and direct their anger inward, blaming themselves. Religious parents might get angry with God or their church, questioning why their child is LGBT+. Some may also direct their anger toward their child, feeling that their family's life has been disrupted. **Beneath this anger is often deep hurt.** It's important for parents to process their emotions in a healthy way and avoid directing anger to their child, as this can harm the relationship. Patience, active listening, and respect are crucial for maintaining trust and connection.

Bargaining

When a child comes out, they may have already struggled for years with their identity, often in isolation. Parents may try to negotiate or bargain with their child, asking them to stay silent or reverse their decision. Statements like, *"This isn't you, don't tell anyone, we'll get you help"* may be used in an attempt to suppress the child's identity. However, by this point, many LGBT+ children have already accepted their reality and can no longer hide the truth. Attempts to bargain often feel like rejection and can internalise the message of parental objection.

Depression

Feelings of anger, fear, or loss, if not processed healthily, can lead to depression. What might begin as normal sadness can develop into symptoms such as chronic fatigue, insomnia, persistent feelings of worthlessness, loss of interest in activities, and difficulty concentrating. Parents experiencing these symptoms should seek help from a professional counselor if they have not already done so.

Acceptance

The path to acceptance is different for every parent. Though it may feel like they've "lost" their child, parents must recognise that their child is still the same person they were before coming out. What may need to be grieved are the expectations or dreams of a heterosexual or gender-conforming future for their child.

As parents process these feelings of loss, reframing the situation can be helpful. By adjusting their expectations and trusting in God's ongoing plan, parents can learn to reimagine the future and find new ways in their child's journey.



Anchored in God's Love A Volunteer's Reflection



As a volunteer with PLUC, I've witnessed how this organisation is anchored by God's love in their work. It is my privilege to walk together with parents and strugglers as they experience breakthroughs in the area of self-identity issues.

Every physical meeting of the support group is a mixture of tears and laughter, and hope is seen in pain. Behind every laugh, there is a touching story. I have great admiration as parents bravely face their children's reality, open their hearts, and share their experiences with each other. In the process of mutual support and dedication, even if they are in the "valley of the shadow of death", they are comforted and guided by God's rod and staff", they are covered by His grace and blessings.

As Pastor Tryphena said, *"The significance of the support group is not to provide specific support, but whether the participants are willing to open their hearts and share their voices with others."* Truly, people drive the support group. A group can only discover its true potential with in-depth communication and dynamics from all participants.

I am looking forward to the new year as I continue to volunteer at PLUC. Whether participants or coordinators, we regard each other as family and cherish this friendship. May we build a supportive environment based on love, tolerance, respect, and mutual understanding.

Wong Kok Ping

Parents' Testimonies

He is the Shield Around Me

Psalm 3:1-4

"O Lord, I have so many enemies; so many are against me. So many are saying, "God will never rescue him!" But you, O Lord, are a shield around me; you are my glory, the one who holds my head high. I cried out to the Lord, and he answered me from his holy mountain".

This was David's cry when he was being pursued by his son Absalom. While journeying as a parent of a child with SSA, I have a similar cry too. My many enemies are the world, the fear, the shame, and my immense sadness over the loss of my son. Yet, most of all I felt I had lost sight of God. This journey has taught me that many things are not within my control. How can I trust God? How do I know that is hope? What will be the end of this journey?

Truly at this point, I have no answer from a human perspective. However, I know the God that I believe in is an eternal and living God who is righteous, powerful and will put everything under control. He is the shield around me, and he wants me to do life with my head lifted up. I can come to him just as I am in my good, bad and ugly state.

I don't know if my son will ever return home. I know my job is to love him, perhaps more than my other children. That's the call from God and He had exemplified this in His unrelenting mercy for His wayward creation. A quote from Nicky Gumbel *"Don't keep looking at regrets behind me, the problems around me and the sin within me."* If I lift up my head to see and admire the glory of God, I will be able to make so much more of my journey with Him.

Waiting On God*

Nothing is Impossible with God

Finding out issues that my sons were facing, I felt lost and did not know what to do. It was depressing until my Pastor introduced me to PLUC. Pastor Tryphena was able to counsel me through video calls. I felt comforted to have a space to share these emotions and it really lifted me up. She also provided practical guidance on how I can think of this situation or act in ways that allowed me to move forward.

(Names have been changed to protect identity)*

I've also joined support group meetings, and it always encouraged me. It was a relief to let down the burdens I've carried all these years to like-minded people. I'm truly thankful for everyone in PLUC for their care, motivation, and sincere advice. Nothing is impossible with God and with all the support, I now have better communication with my children, and I continue to trust God to do His will for us.

JJ*

Parents' Testimonies

A Place of Refuge

I have been part of the PLUC Parents Support Group since 2022, and it has been a roller-coaster ride with moments of sadness, tears, joy, and laughter. It took me a while to realise that Support Group isn't just about learning how to support our children through their challenges. It was also about how I cope with this situation by leaning on Him and trusting Him with my own struggles.

In a world where the enemy spreads lies, the need for mutual support has never been greater. We need to come together, whether through our own churches or para-church ministries like PLUC.

The group has been a refuge for both my wife and me. It has allowed us to connect, share, and learn from others in similar situations, while also deepening our faith.

I want to encourage any parents who are in a similar struggle to consider taking the courageous step of joining the PLUC Parents Support Group. While it is not always easy to open up to strangers, there is a strong spirit of trust within the group and this breaks down barriers so that we may receive the encouragement and insights necessary to navigate this road as parents, and for the relationship with our children.

Das*

We Are Not Alone

When my wife and I found out that our son has SSA, we were dumbfounded. It was tough for me as a father, and I could not sleep or eat. Questions such as "How could this happen?" or "Why did it happen to our son?" arose within me.

We felt isolated and this is a topic that one cannot just share with anybody. A Pastor suggested that we connect with PLUC. Ps. Tryphena met us over Zoom, provided counsel, and asked if we would like to join a support group with people in our same situation.

(Names have been changed to protect identity)*

We did and it was comforting to know we were not alone. Many parents share the same predicament, and the group is never short on providing emotional support, a listening ear, and encouragement. This shared connection made our recent retreat even more meaningful as we spent more time to know each other as ourselves, outside of issues surrounding LGBT+. We truly enjoyed fellowshiping with our new friends over coffee, meals, and durians!

Our sincere thanks to PLUC for organising meetings, retreats, and most importantly being tireless in this field of work that is often difficult to talk about.

Brendon Lawson*

Sourdough Class



QNA

with Parents

Q1: What was your biggest fear or hesitation before joining the support group, and how has that changed?

Angeline*: Initially, I tried finding information about the group's activities on the Internet but there was none. So, I took the bold step of contacting PLUC. A few years down the road with the group, I find that I can share my deepest thoughts with them.

Sarah*: My biggest fear was how I would react emotionally when I started relating the feelings I hold deep in my heart.

Joe*: In the beginning, I was in deep grief over my son's SSA problem and feared sharing it with others. However, I knew that a support group would be helpful. I gathered my courage to join and now I'm better at managing my emotions and thoughts.

Q2: How has being part of the support group changed your perspective on parenting and your relationship with your child?

Angeline*: Through sharing and listening to other parents, alongside the teachings from PLUC, I have learned to take a step back and be patient in God's time. I don't think about the "elephant" all the time but instead turn my attention to other life matters. After all, many other factors affect our lives and interactions. As my son is an adult, I understand that he has ideas of his own. If I am insistent on a certain matter, he may take the opposing route. I find that not zeroing in on the "elephant" helps me get closer to him because I come to realize that I care about his entire being, as a person, and not just his choices.

(Names have been changed to protect identity)*

Sarah*: I've learned to be more accepting of my child even though I know it is not according to God's design. I reframe my mind to see my child to be more than their orientation and that has helped our relationship.

Joe*: The pivotal point was coming to terms that my wife and I did our best to raise our son as a Christian, but he made a choice. And any choice made is beyond our control. As parents, God has placed us in his life to love and minister to him. Even when the chips are down for him, we are the likeliest people he can turn to, and I wanted him to be sure of that.

Q3: Can you share a moment in the group that deeply encouraged or strengthened you in your faith?

Sarah*: Knowing the different challenges that each parent in this group faces. Whether their situation seemed bleaker or less bleak (than mine), I'm encouraged that each parent clung to the word of God during their darkest moments and came through to share the story of God's goodness.

Joe*: When I joined the group, some parents had already worked through the earlier stages of grief. I could see their strength in going on with life and connecting with their children, regardless of the choices they made. That gave me some idea of what lies ahead in my parent-child relationship. While there is no fixed formula to tackle my son's problem and my own emotions, the sharing, encouragement, and prayers help greatly in paving the way forward.

Q&A with Parents

Q4: In what ways have you experienced God's presence, comfort, or guidance through this journey?

Angeline*: My God knows and understands my pain and heartfelt cry for help. As I have no power to influence my child, I learned to let go, and leave it to God. I no longer fall into the cycle of pain, self-doubt, hope, because I know where I stand now.

(Names have been changed to protect identity)*

Sarah*: God brought me to PLUC and through PLUC, it gave me the chance to meet all the amazing pastors who are a source of encouragement to me. I also have the comfort of knowing that one day, God will bring my son back to Him. There's still hope.

Joe*: Under the guidance and facilitation of the PLUC team, the fellowship rallied together to provide prayer and emotional support. It can only be God working in our midst to bring about this sense of warmth, clarity, and unity in confronting this evil, as individuals and as a collective.

Thanksgiving Lunch



Q&A with Parents

Q5: What encouragement would you give to other parents who are struggling to join a support group?

Angeline*: It is good for affected parents to join a group, as we find comfort in knowing we're not alone. We don't judge each other, we are understanding, and we can comfort each other. I would dare to say that we NEED to join a group to help each other. The groups are led by qualified persons and there is much to learn about the subject. Parents need to stand up and be equipped to support their children in this difficult challenge.

(Names have been changed to protect identity)*

Sarah*: This support group is the right place to share and to understand what each parent is going through and how we handle our problems differently. We can learn from each other through different approaches. We can pick the right fit, whichever is feasible for us, and apply them.

Joe*: Don't give up. God knows our hearts and the pain we are going through. There isn't a single moment that goes by in our lives without His knowledge. God has placed us in the lives of our children so that we can minister to them. Go forward with a victorious mindset and not of the vanquished. And yes, bring your spouse on the journey and be ministered as a family rather than going solo.

Thanksgiving Lunch



CONNECTION:

Parent Support Group Retreat



The bilingual parent support group retreat, led by PLUC, was successfully held in 2024 after four months of careful planning. The theme of this retreat was “CONNECTION”, aiming to help participants build a deeper relationship with God but also establish trust and mutual support through interactions with one another, forming an inclusive and warm family-like community.

Day 1

Participants from all over Malaysia gathered, some even from East Malaysia like Sibul and Kuching in Sarawak. We decided to have an hour-long icebreaker as opposed to the typical 15-minute sessions. The longer duration helped people to warm up, and be more active, and soon the hall was filled with laughter and energy. Since it was the first day, participants were given free time after the icebreaker to rest or interact. The free-and-easy agenda continued as they had the opportunity to explore the city’s food and sights at night.

Day 2

The day began with “quiet time” for participants to reflect on the beautiful moments shared with their children. Through writing and drawing, memories were awakened and many became emotional — truly an expression of deep love and care for their children. Group members then shared their insights from the sessions and exchanged gifts with one another. In an atmosphere of openness and trust, they found mutual understanding and comfort.

Day 3

The retreat concluded with a time of Holy Communion and Thanksgiving sharing, as participants expressed gratitude to God for the journey they had shared. It was a meaningful time of reflection, unity, and renewal in God’s presence. Pastor Tryphena gave a closing message titled “Moving Forward”, encouraging participants to continue strengthening their faith, relationships, and support for one another beyond the retreat.

Through in-depth conversations and sharing, this retreat allowed parents to not only take a break from daily life but to know one another beyond the support group sessions — forming a solid bond that carries through for more growth in the Lord and the friendship.



CONNECTION: Parent Support Group Retreat



Throwback 2024



Wesley Methodist School Penang International



D6 Conference



Hin Hua High School 兴华中学

Throwback 2024



GOTDialog



Cambodia AG Pastor's Equipping



Klang Chinese Methodist Church Youth



Petra Christian Church 博特拉基督教会

Throwback 2024



Cambodia Bible Institute (CBI) Phnom Penh



Logos Presbyterian Church Puchong 长老会原道堂蒲种教会



Business & Professional Ministries UCSI

Throwback 2024



AG National Children Workers Conference



Grace AOG Penang



Indonesia TLC Retreat

WHO ARE WE?

Pursuing Liberty Under Christ (PLUC) is a Christian ministry that seeks to relate to, advocate for and educate on individuals struggling with same-sex attraction.

3 FOLD MISSION



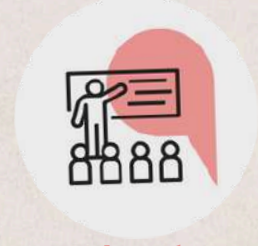
Relate (Restoration)

We **RELATE** with strugglers in their brokenness and respect each individual's determination to see their personal dignity and sexual identity in God restored.



Advocate (Awareness)

In our awareness initiatives, we **ADVOCATE** an inclusive and safe environment for strugglers to develop self-awareness and foster healthy relationships.



Educate (Enlightenment)

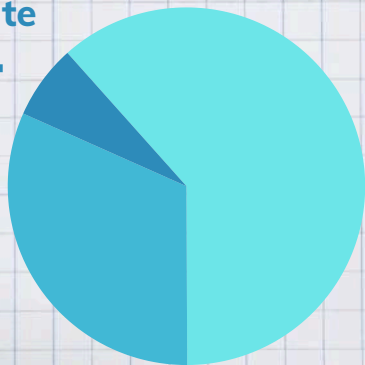
We **EDUCATE** the truth behind Same-Sex Attraction, and HOW communities can provide support for those who struggle with same-sex attraction.

PLUC 2024 NUMBERS

We have reached **18,000** people

Educate
14

Advocate
66



Relate
128

If you are facing gender-related issues and seeking help, or if you are interested to volunteer with **PLUC**, please contact us at:

☎ +603-78873501 / +6012-5083501

✉ help@pluc.org.my

🌐 www.pluc.org.my

📍 P.O.Box 8513, Pejabat Pos Kelana Jaya, 46791 Petaling Jaya, Selangor, Malaysia.

We welcome your partnership with **PLUC** as we are a faith-based ministry:

- Your investment in our ministry can be done via bank transfer:
Public Bank Berhad | Account no: **3133229425**
- Cheques are to be crossed and made payable to **PLUC Events Sdn. Bhd.**
- If you require a receipt, kindly WhatsApp **+6012 508 3501** or email help@pluc.org.my the banking details.



Thank you for your valued partnership and support!