

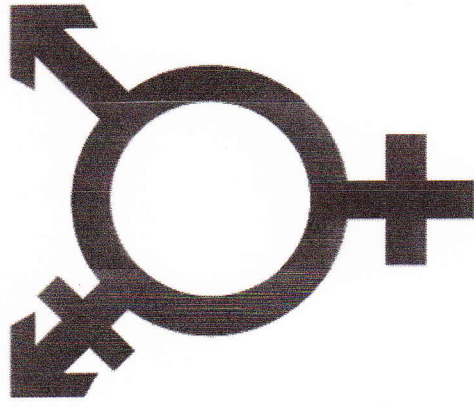
When we change our sex, we may confuse, confound, frighten, disgust, and disappoint others, but we can also inspire. We live the dreams others are afraid to live, or perhaps even to dream. We carve out our willful destiny from the imprisonment of roles and bodies that are foreign or intolerable, or at best challenging to us.

—Jamison Green, Becoming a Visible Man

When I look into [a trans woman's eyes], I see both endless strength and inconsolable sadness. I see someone who has overcome humiliation and abuses that would flatten the average person. I see a woman who was made to feel shame for her desires and yet had the courage to pursue them anyway. I see a woman who was forced against her will into boyhood, who held on to a dream that everybody in her life desperately tried to beat out of her, who refused to listen to the endless stream of people who told her that who she was and what she wanted was impossible.

When I look into a trans woman's eyes, I see a profound appreciation for how empowering it can be to be female, an appreciation that seems lost on many cissexual women who sadly take their female identities and anatomies for granted, or who perpetually seek to cast themselves as victims rather than instigators. In trans women's eyes, I see a wisdom that can only come from having to fight for your right to be recognized as female, a raw strength that only comes from unabashedly asserting your right to be feminine in an inhospitable world. In a trans woman's eyes, I see someone who understands that, in a culture that's seemingly fueled on male homophobic hysteria, choosing to be female and openly expressing one's femininity is not a sign of frivolousness, weakness, or passivity, it is a badge of courage. Everybody loves to say that drag queens are "fabulous", but nobody seems to get the fact that trans women are badass!

—Julia Serrano, Whipping_Girl



**1927 L Street
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www.saccenter.org**

Transgender Support Group

"The Sunday Group"

**1st and 3rd Sundays
12:30—2:00pm**

**Gay & Lesbian Center
1927 L Street
Sacramento, CA 95811**



What the Sunday Group means to us...

I have been going to the Sunday Group for about two years. I have met many new ladies and have heard many different, yet similar, stories. We all have life struggles that one or more of our group have wrestled with in the past and we all have helped each other over these humps before they became mountains. Often it is just a different way of approaching a problem that helps. Other times it is a shoulder to cry on. I have received a lot of help and support just by helping others. We all have learned that by helping each other we can help ourselves. At best it is an uphill battle we have set ourselves upon, made a lot smoother with a supporting community. **Kimberly**

I began attending the Sunday Transgender Support Group earlier this year when I was starting my transition from male to female. The sharing of personal experiences and discussions at each meeting is open and honest, and everyone is encouraged, but not required, to participate. I love that discussions are centered around transgender issues with women who understand! **Bobbi**

I joined the group before I officially started transitioning, to get support as I worked through my gender issues. Not only did I receive said support, but I made some wonderful friends who were by my side as I worked my way down the difficult path to womanhood. They were there for me during many rough times, and also there to rejoice with me as I celebrated my successes. The group is a blessing to the community, and something I wish more transpersons had available to them. **RH**

Transition is inherently something we must do by ourselves, but community and friends can make the road much easier. When I began my transition I looked for community, for people who would understand my hopes and needs, people who might become friends. It took me a few months to find this group, but when I did, I found the community and friends I hoped for. Transition is hard; it is full of challenges, excitement, pain and growth. The support, friendship and love I've received from the Sunday Group has made a difference in my life. **Karen**

Through the Sunday Group I made new friends who were also experiencing what I was going through. The group has a relaxed atmosphere that allows for open discussion of transsexual issues and thanks to people in the group, I found the licensed therapist who wrote my SRS recommendation letter. It's nice to know the support is there and it's still free. **Rachelle**

During the 1970's I was in the military. Transgendered, I worked with my attorney and Congresswoman Patricia Schroeder, Chair of the Congressional Armed Services Committee, in an attempt to stay in the USAF as a woman. The support of the Sacramento Gay and Lesbian Center's Transgender Support Group would have made so much of a difference for me. Since there was no such group, I went back into the closet for another fifteen years. **Erinn**

Initial transition can be a confusing and uncertain time. There is a wonderful group of transgendered women who understand the need for patience, how to be gentle with oneself, and what it takes to work through the difficulty of explaining the full range of blossoming womanhood to family and friends. The women there offer support, advice, and their friendship to anyone on the always intriguing "MTF" journey. **Pinkie**

Unfortunately, I am unable to attend every meeting because I live two hours away from Sacramento. But let me say that I very much enjoyed meeting the moderators -- they rock! -- and all other members of this group. **Michelle**