



## Understanding Transgender

Greenville UU Fellowship Covenant Group Session Plan, written by Bibi Harris. April 2019

**Note:** The following session was prepared after the publication of the article “After L, G and B” by Kimberly French, published in the Spring 2019 edition of UU World Magazine. That article should be read ahead of the session along with the response by C.B. Beale. If the facilitator feels uncomfortable leading this session, perhaps another member of the group could lead the topic.

**Welcome, Chalice Lighting:** Here we are, together in this space. By our love and by our covenant, we make this a holy place. We light the chalice of Unitarian Universalism in honor of the light that lives in each of us, the light that shines among us, and the light we bring into the world.

**Personal Check In:** Briefly share something from your life since we last met and how you are feeling now.

### Opening Reading

I think what you're seeing is a profound recognition on the part of the American people that gays & lesbians & transgender persons are our brothers, our sisters, our children, our cousins, our friends, our co-workers, & that they've got to be treated like every other American. And I think that principle will win out. ~Barack Obama

### Questions to prompt and guide discussion:

1. What did you think of the article “After L, G and B”?
2. What did you learn from any of the readings that you didn't know before?
3. Have your feelings/ideas about transgender people changed over time? In what way?
4. What did you think of the “After L, G and B” author's question about her daughter's friend “Is Sydney taking hormones (or)...planning to have surgery?”

### Readings- Quotes/Readings/Articles

**Sharing** – Please share your thinking about one or more of the session questions or the articles. During this time everyone has the opportunity to speak without interruption while others listen deeply. Everyone gets to speak once before anyone speaks twice.

### Sitting in Silence

### Open Discussion

### Announcements/Plans

**Check out:** As we close today, how are you feeling now?

### Extinguish the Chalice

### Readings:

(Original article and responses previously sent out) \*

Being transgender, like being gay, tall, short, white, black, male, or female, is another part of the human condition that makes each individual unique, and something over which we have no control. We are who we are in the deepest recesses of our minds, hearts and identities. ~Linda Thompson

I know that one day all transgender individuals will have the freedom to be who they are, no matter what. And we won't have to face the cruel judgments of society. We can just live our lives and be treated and respected like everyone else. ~Jazz Jennings

I don't think we should be discriminating against anyone. Transgender people are people and deserve the best we can do for them. ~Orrin Hatch

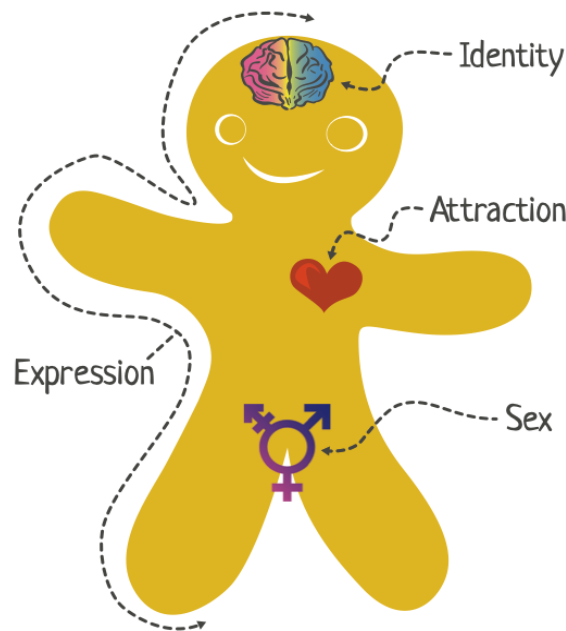
There's a gender in your brain and a gender in your body. For 99 percent of people, those things are in alignment. For transgender people, they're mismatched. That's all it is. It's not complicated, it's not a neurosis. It's a mix-up. It's a birth defect, like a cleft palate.  
 ~Chaz Bono

Everyone has people in their lives that are gay, lesbian or transgender or bisexual. They may not want to admit it, but I guarantee they know somebody.  
 ~Billie Jean King

**\*Note:** Before the session everyone should read **"After L, G and B"** by Kimberly French, from the Spring 2019 edition of UU World Magazine. (The link to the article is here: <https://www.uuworld.org/articles/after-l-g-b>) and **also** read the response to the UU World article, written by CB Beal. (The link to CB's response is below.)  
[https://medium.com/@jpc\\_cb/centering-the-marginalized-symphony-and-triptych-9dabc93cd461?fbclid=IwAR1cJMDVcKOgpcyLYLiqgf7E887ZjZu99qCk2eDBUAzhUNoVej54EvebWKE](https://medium.com/@jpc_cb/centering-the-marginalized-symphony-and-triptych-9dabc93cd461?fbclid=IwAR1cJMDVcKOgpcyLYLiqgf7E887ZjZu99qCk2eDBUAzhUNoVej54EvebWKE)

The following visual helps explain some of the concepts related to LGBT:

## The Genderbread Person v4 by its pronounced METROsexual.com



⊖ means a lack of what's on the right side

Gender Identity

⊖ → Woman-ness  
 ⊖ → Man-ness

Gender Expression

⊖ → Femininity  
 ⊖ → Masculinity

Anatomical Sex

⊖ → Female-ness  
 ⊖ → Male-ness

Identity ≠ Expression ≠ Sex  
 Gender ≠ Sexual Orientation

Sex Assigned At Birth  
 Female  Intersex  Male

Sexually Attracted to... and/or (a/o)  
 ⊖ → Women a/o Feminine a/o Female People  
 ⊖ → Men a/o Masculine a/o Male People

Romantically Attracted to...  
 ⊖ → Women a/o Feminine a/o Female People  
 ⊖ → Men a/o Masculine a/o Male People

Genderbread Person Version 4 created and uncopyrighted 2017 by Sam Killermann [For a bigger bite, read more at www.genderbread.org](http://www.genderbread.org)

Another related article: **Who Moved My Child?** by Ivan Kershner from the March/April 2019 issue of The Humanist.  
<https://thehumanist.com/magazine/march-april-2019/first-person/first-person-who-moved-my-child>