



Collecting Support

An invitation to friends, family, partners,
and other members and allies of the
trans community to write letters of
support and validation.

When the validity of trans identities is under attack, it can be incredibly difficult for trans folks to hold onto our self-knowledge, to feel seen or validated or safe in any way.

This project is an invitation to write letters of support and validation that will be collected into a shared document and that may also be sent off to individual trans folks who are struggling and looking for support.

This project is open to anyone - trans folks and cisgender community members as well.

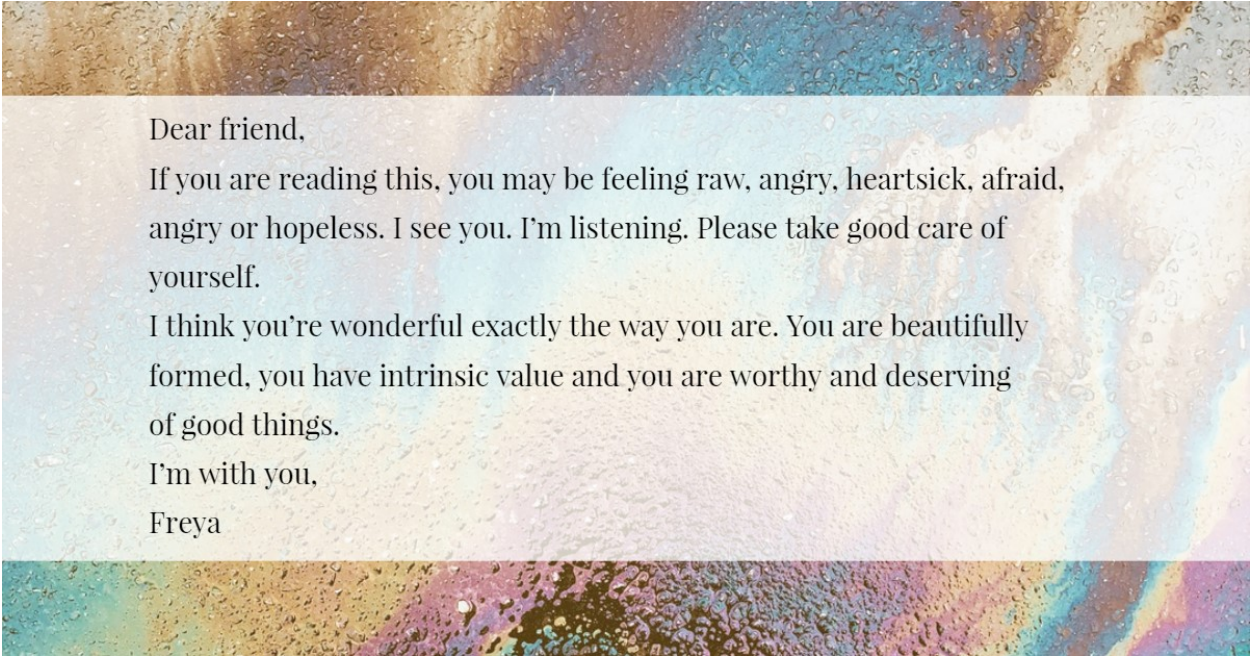
If you're an ally, this is one way to offer support. There are other important supports needed, though. If you have privilege, now is the time to use it. Interrupt conversations that are invalidating or questioning trans existence. Use your voice, use your vote, use your power.

This project is being organized by Tiffany Sostar. You can find them online at www.tiffanysostar.com. This document collects some of the letters that have been received so far. These, and others, will be collected into a booklet that will be available for download, as well as printed. Volume 1 will be printed in December 2018, with further volumes in the future.

Email contributions can be sent to sostarselfcare@gmail.com.

Physical letters can be sent to:

PO Box 37041 Mayland Heights
Calgary, AB
T2E 8V1



Dear friend,

If you are reading this, you may be feeling raw, angry, heartsick, afraid, angry or hopeless. I see you. I'm listening. Please take good care of yourself.

I think you're wonderful exactly the way you are. You are beautifully formed, you have intrinsic value and you are worthy and deserving of good things.

I'm with you,

Freya

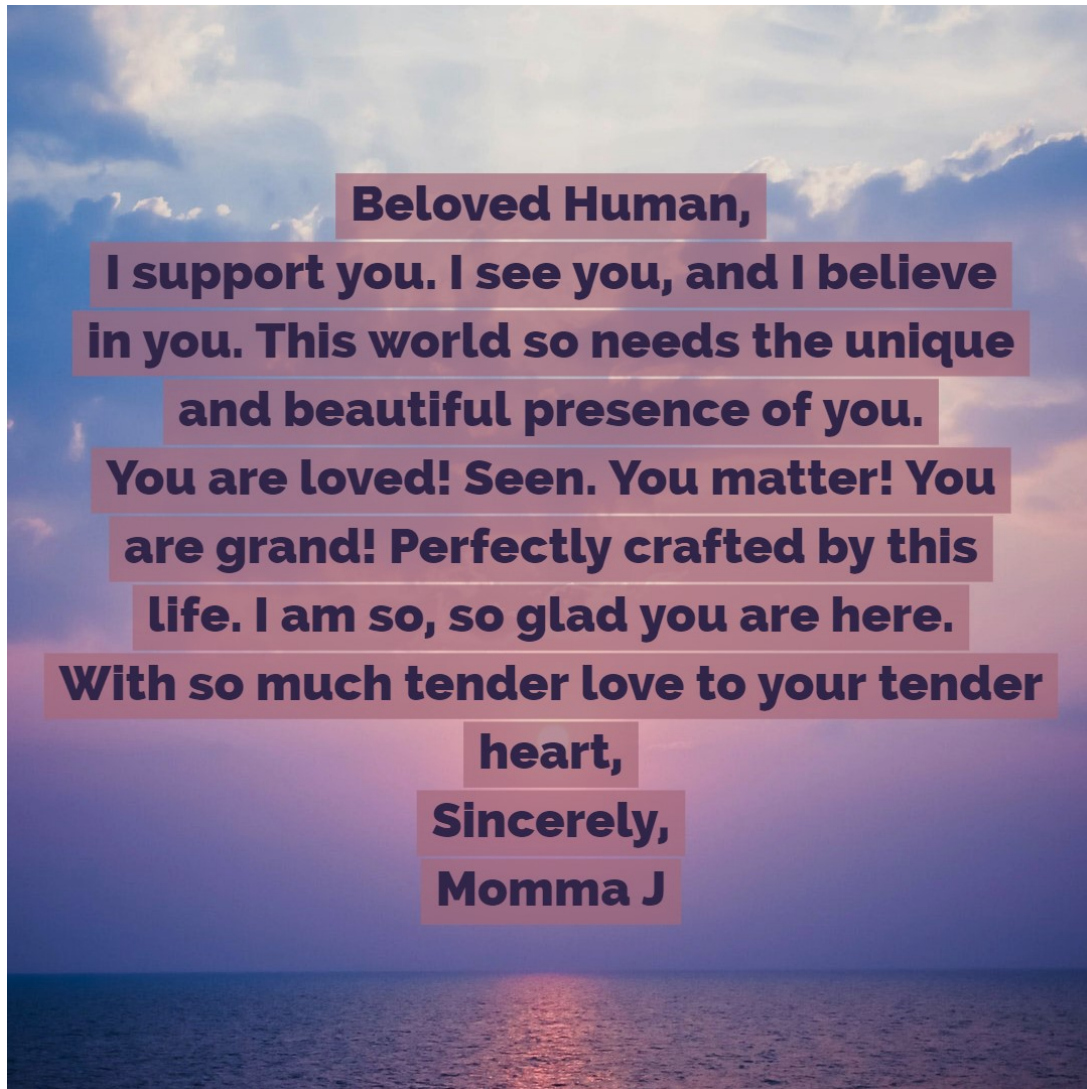
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**Beloved Human,
I support you. I see you, and I believe
in you. This world so needs the unique
and beautiful presence of you.
You are loved! Seen. You matter! You
are grand! Perfectly crafted by this
life. I am so, so glad you are here.
With so much tender love to your tender
heart,
Sincerely,
Momma J**

Beloved Human,

I support you. I see you, and I believe in you. This world so needs the unique and beautiful presence of you. You add so much value to the lives of those around you, and to me. I am a mother of a trans person, whom I adore and support wholly. I would like to extend that motherly support to you if you need it. I am sending you a giant virtual hug, looking you in your incredible eyes and telling you that you are valuable, valid, and so very loved.

I'll say it as many times as it will take to soften any sharp edges this world has rubbed against you.

You are loved! Seen. You matter! You are grand! Perfectly crafted by this life. I am so, so glad you are here.

With so much tender love to your tender heart,

Sincerely,

Momma J



Dear friend,

I want you to know I see you. I value you.

I stand behind you and beside you.

This world is not easy. This world is hard.

But it is also filled with beauty and love -

and these are the things I wish for you. I

want you to know that you are loved, that

you are the beauty we crave so much.

You matter in this world. You count.

And I love you.

Sincerely and without reservation,

Auntie Morgan

Dear friend,

I want you to know I see you. I value you. I stand behind you and beside you.

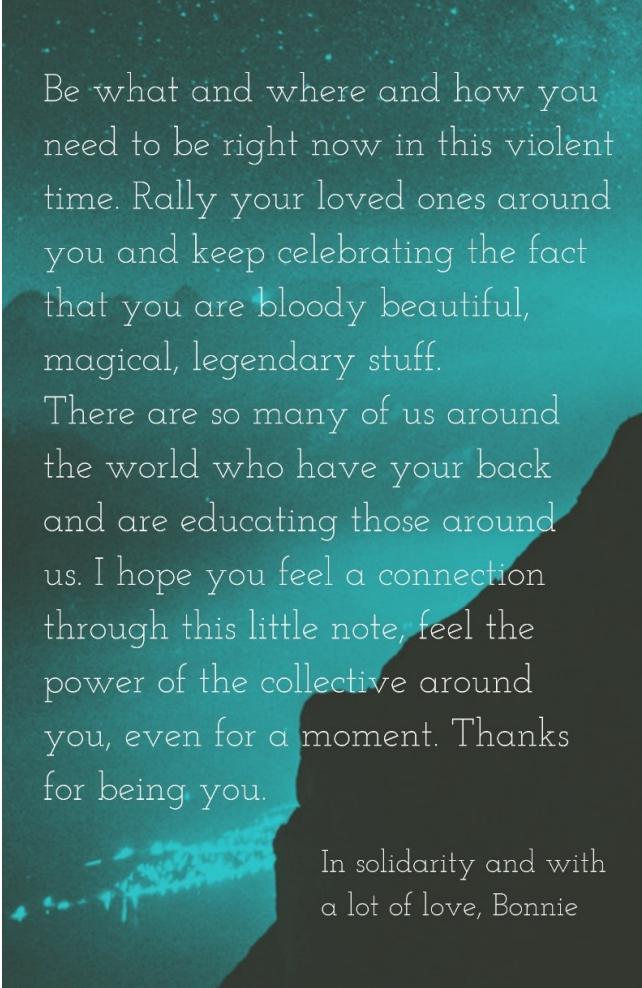
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Be what and where and how you need to be right now in this violent time. Rally your loved ones around you and keep celebrating the fact that you are bloody beautiful, magical, legendary stuff.

There are so many of us around the world who have your back and are educating those around us. I hope you feel a connection through this little note, feel the power of the collective around you, even for a moment. Thanks for being you.

In solidarity and with
a lot of love, Bonnie

Hello, yes you!

I'm a queer cis person from down under. I want to tell you that you are perfect. I want to be earplugs to block the noise of bullshit patriarchal, normative & conservative society. Thankyou for resisting shame, hatred, fear. Thankyou for listening to your body. Your resistance is radical, you loving yourself enough to honour what feels right for you is radical and is helping change the world we live in. I am so, so grateful for your energy that goes into this fight every day!

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Thanks for being you. In solidarity and with a lot of love, Bonnie



Wherever there is violence,
wherever there is trauma,
there is ALWAYS resistance.

With fierce and anxious love and solidarity,
Rosie <3

Dearest friend,

I am writing to you from South Australia with sadness and rage in my heart about what this new political violence means for trans, gender diverse and gender non-conforming people in North America and across the world.

A dear friend said to me that moments like this make them question why it's even worth doing the work they do- of reaching out to community and resisting and asking for more from a society that too often prefers violence and judgement over respect and curiosity. And do I ever know the colour and shape of that despair that threatens to cloud over the entire sky.

But you know, they asked me this having spent half the night and much of the day supporting people they love and rallying absurdly creative and compassionate community responses to this shitstorm. And you know, this is how I know that even if it feels far away, hope is not lost. Because even in the face of bigotry, violence and seemingly untoppleable hierarchies of power, there is fierce and anxious love and solidarity being expressed everywhere.

Even our sadness and rage are expressions of that love. And of our beautiful- if sometimes painful- beliefs that people deserve to live lives free of violence, abuse and discrimination.

Wherever there is violence, wherever there is trauma, there is ALWAYS resistance. Sometimes it's so subtle, it gets missed or not acknowledged but it's there. In continuing to wake up each day, in thinking thoughts of rage, in reaching out to a friend, in tuning out of the news, in reading this letter... There is resistance and survival.

And these acts are not only expressions of our refusal to accept these violent ideas but of our commitments to and beliefs in what we value, what is precious to us- honouring our bodies, our commitment to our communities, our belief in justice, whatever it may be. What is precious to you that has been transgressed? What is your rage a testament to, a protest against? What value are you holding onto despite the world's best efforts to separate you from it?

Stick close to whatever or whoever is keeping you strong at this time. Whatever that strength looks like.

With fierce and anxious love and solidarity,

Rosie  <3



22.10.18

Solidarity in diversity.

I'm writing from what's now called Australia on Wurundjeri lands to whom I extend my respect and gratitude.

My jaw dropped when I read the news out of the U.S. and can only imagine how disheartened many are feeling.

Please remember despite the recent bullshittery, in my life time, we have come so far. The children of the 80's, 90's and 00's have so much to be proud of and look forward to.

I'm a child of the 70's and I can see the progress clearly despite games played by the cynical opportunists who are dominating our countries now.

We have far to go.

Until then, RESIST, disrupt and mess with them! If they only allow 2 boxes to tick? Tick both, or neither. Tell them to guess. Draw beautiful pictures of genitalia, as they seems so obsessed with them! Whatever takes your fancy.. Know in solidarity an appearing cis-gendered elder in another land is doing the same.

Proud of you.

Kerry.

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Proud of you.

Kerry.

Dear Trans Folks

I just took this photo because it sings to me of the little quiet safe places where people can just be who they are. It's in the Himeji garden on the lands of the Kurna people (a place currently commonly referred to as Adelaide, Australia).

I yearn for a world where it's ok for everyone to be who they want to be. Thank you for having the courage to be who you are

...however loudly or quietly or something in between.

We have your back. We are proud.

You are loved.

With love from Sonia, a mama 🐻

from the land downunder (((Hugs)))



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I am so glad you were born.

We have your back. We are proud.

You are loved.

With love from Sonia, a mama 🐻 from the land downunder (((Hugs)))

Each
of these
cards
has a
message
of support
for a
trans
person!!



contact sostarselfcare@gmail.com
to have a card mailed out to
you or to your trans loved one

(Of the 18 cards that Rachel sent, seven were mailed out within the first few days after receiving them.)

Some of the letters from Rachel's Big Stack o' Supportive Cards:

Dear friend,

I know you are probably afraid right now. That is understandable when so many people are being so publicly cruel. But the world also has a lot of kind people in it and I hope those people find and welcome you and keep you safe.

You deserve to be safe and looked after.

Good wishes,

Rachel

Dear friend,

I know that you may be very afraid and very angry right now and I understand and I acknowledge all your fear and anger. I hope that you are in a safe place with people who respect and appreciate you but if you are not, I hope you know that it is not your fault and that you deserve one.

Rachel

Dear friend,

The world is hard and scary, especially right now. But you deserve so much better. You deserve to be seen and acknowledged and greeted with love and respect. I wish only good things for you, I hope are you surrounded by kind people who respect you.

Sincerely,

Rachel

Dear friend,

I am so proud to claim you as a member of our community. You are so intrinsically valuable, and you deserve to have your whole self and your gender seen and acknowledged. We are all so lucky to have you here. Please stay safe.

All my good wishes,

Rachel

Dear friend,

You are a brave and wonderful member of our community. You deserve to have your bravery celebrated, but you also deserve space to be sad and afraid. You deserve to be looked after when you need it. I hope you can take all the time and space you need.

All the best,

Rachel