

## **FRIENDSHIP VILLAGE 10.25.20**

This is 96.6FM, KMRD-LP, Madrid, New Mexico. This is Marlee Grace, you're listening to Friendship Village.

[Music]

That was Sylvan Esso with "Train" off their new album Free Love. This is Marlee Grace, you're listening to Friendship Village, music and advice every Sunday from 3-5PM Mountain Time on KMRD. We might as well start out with our first question of the day. This caller says, "I feel like I should have more friends currently less than five, but I don't want any/know how to." Well, listeners, if you've ever listened to Friendship Village, maybe this is your first time, you know I, naturally, love to talk about friendship. And I feel like this is the sort of feeling of, all of 2020, is like, I want friends or actually no, I don't. I don't need any new ones. I've definitely been the "no new friends" memes, that's crossed my mind in terms of like, I've made a couple, have some, it's hard enough for me to make plans with them. There's part of me that wants to say, dear caller, less than five sounds good. I've learned a lot from my best friend, Katie Crutchfield, she has taught me a lot about a close knit inner circle. Keep the inner circle small. Yeah, ok - this person is also asking how to make new friends. I think, first of all if you're someone who's prone to small groups of friends, nto a lot of friends, it's good when you make new friends to say to that person, I'm not great at hanging out. I'm a hermit. I like to be at home, alone, and do my own thing. It's really hard for me to keep a schedule with friend hangs. I don't think that makes someone flaky - that's my hot take - I think it's ok to be someone who - especially in the year 2020, especially with the election coming up - it's ok to be stressed and have a hard time making plans and keeping them. If you make new friends, tell them your boundaries around friendships. And go, there's so many digital spaces at this point in the world where people are gathering and finding each other. Maybe think of an old friend you want to reconnect with, that's usually my go-to, I think I only have a few friends and then I'm like actually I think there's a lot of people who love me who I'm just not connected to. This year, for me, is maybe less about expanding the circle and instead nourishing the circle that is already present. Good luck finding new friends, many blessings as you navigate it. Lots of good questions today on the show. If you have one, feel free to call me while the music is playing. You can also email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com).

[Music]

That was Bennie King with This Magic Moment, before that we heard Ray Lamontagne and Bonnie Raitt. You're listening to Friendship Village, I'm Marlee Grace. And for the last few weeks, I have been talking to you, dear Friendship Village listeners, about voting. About my own opinions of voting, that are only held by me, not that of KMRD, as your local freeform community radio station. Just me, Marlee Grace, my thoughts, my ideas, into the little microphone, out to the airwaves, into your ears. So, I thought I'd talk about early voting. And specifically, I just want to share my own experience and how having a voting plan was really, really helpful. I live here in New Mexico and me and my partner sat at our dining room table with our coffee and our absentee ballots and we did our research, we cast our votes, we took our time, we put it in the envelope and we drove to the Santa Fe Convention Center. They are open Monday through Friday from 8AM-5PM and they'll be open on Saturday. There was no line when we went there. As with all voting, if there's a line, wait in it. Especially if you are voting on Election Day, they cannot turn you away if you are in line by the time that they close. So know your rights at the polls. A place you can go if you don't know your rights is [aclu.org/know-your-rights/voting-rights](https://aclu.org/know-your-rights/voting-rights). Make a plan. Use Google. Figure out what you need for your state, for your local election. I'm grateful that we had the time and privilege and transportation. There's definitely neighbors who are organizing if you need a ride. Check out our local group for our town. If you don't live here in Madrid, if you're somewhere else, see what your neighbors indeed, if they need a ride, if they need to understand something on the ballot. It's confusing, right? Things are written in ways I think to make us more confused. If you're looking at your ballot and you're like, what does that even mean? Know that you're not alone, that not even Google knows, and to ask for help, ask your neighbors. That's part of it - of making that early voting plan is, shoot, I don't really know what this amendment means, or what this thing is I'm voting for, maybe someone else local to me does. I'm proud to say that me and my partner cast our vote for Joe Biden and Kamala Harris, do we love 'em? Nah. We just don't. Do we like 'em better than the current President? Yup, we sure freakin do. I encourage you to vote with your heart slash just vote for them, ok? Those are my thoughts, my opinions. Glad it's over. This will be my last show before the election, I'll be taking next Sunday off, so just gotta get my thoughts in, spread the word that I want to live in a world where Donald Trump is not the President of the United States of America. I want to vision that world. I want to shout out my favorite queer online exercise class is organizing textbanking as a group right now.

So don't forget there are ways that you can still organize and support other people voting this election season. In the show notes I'll include links to Pony Sweat and other text banking and phone banking you can do. If you are burnt out, be real with yourself if you need to take a break. As always, electoral politics, a presidential election, is a very small part of the overall fight for justice and true liberation for all in the USA. Do what you need to do, if you have the energy, push yourself a little bit. Marleegrace.space is where you can find the whole Friendship Village archive, including the playlist and the transcriptions. And you can find show notes! Do your part, many blessings. Give me a call, 505-473-9696. We've got some great questions coming up. It is an honor and a gift to give you all advice!

[Music]

That was Taylor Swift with "Afterglow." I'm a little out of breath because I was dancing to it. This is Friendship Village, I'm Marlee Grace. We have a great question for you. This person called the radio station last week and in my excitement at getting a call, I forgot to answer their question on air. So dear listener, greatest apologies, anyways, here we go. This person said they're struggling with sustainability in Covid. It's a lot of grocery stores you aren't actually allowed to bring your own bags, if we're getting food out, have to take it to go, we can't bring our own plates or tupperware because of keeping things safe and Covid protocols. I can speak for myself, maybe this is true for you, a little more online ordering of things because of shelter in place, wanting to stay safe. A lot of thoughts around this can really be true for anytime, whether we're quarantined or not, but it really sounds like a lot of people who are trying to be mindful, trying to be thoughtful and in service to the earth, are hitting that wall, right? I love this question. I think part of it is - I'm seeing two parts. One, how do we give a little bit of grace to ourselves, a little permission of everyone is in this together, we're all struggling. This person mentioned not wanting to be a meanie to someone just working their job, being like, I brought my bags when they're like I'm trying to stay safe at my job. So I love that that is part of the question - how do we respect essential workers, people who are going to work and are around people all day? Remembering yes, should we be in service to earth? And for me, it's like, and people. I'm hesitant to say people come first, maybe they're tied, but the priority for me is keeping others safe. If that means we're creating a little more trash, I think that's a sad expense. I think it's about giving ourselves grace, knowing we're all doing our best. I told my partner I was doing my best the other

day and she was like, I'm not doing my best. I loved that dissection of that phrase, that it's actually ok - I was so pleased by that permission of, and we're not all doing our best. My best is not supported by the current political administration or a global pandemic or my current mental health situation. Just backtracking! I think it's ok if we are doing our best at this thing. Or this new offering is like, or if you're just not doing your best and you're ordering a lot of stuff online, creating a lot of trash, I'm not trying to give us permission to hurt the earth but it's ok. More grace and forgiveness for ourselves is what we need right now. And push yourself. I can bring my own to go cup to the coffee shop, trying to do little things that I feel like do add up. I'm going to sneeze. Phew. I think that was my first on-air sneeze. Bless me. Blessings. Blessed be. Alas, the second thing I have to say about all this is how can you contribute. Usually my next part of almost any advice question is, maybe you can't, for whatever reason. I'm not going to judge. Maybe you can't reduce your waste right now. Do you have abundance somewhere else? Do you have money you can distribute to a mutual aid fund or non-profit that is caring for the earth? Can you do a local park clean up day? Can you use - I'm always thinking about quilts, so I'm like, can you make a quilt of trash fabric that someone's getting rid of and raffle it to make a bunch of money to support someone or some organization that's supporting the earth. A lot of times when I'm upset about an injustice in the world, I often look to see who is already organizing around that and where I can support them. Sometimes I'm doing that from a place of privilege, like do I a white person need to be the forefront of some sort of organization effort, or can I look at where I can bring my skills, time, money, resources, to something that's already being organized by somebody else? That's just a thought. When I'm like, shoot, where am I falling short, where do I feel that I can't be of service the way I want to, look around? Who's organizing, who can I center in the conversation by sharing it on social media, in my newsletter, talking about it on my radio show, etc? When we're starting to feel that guilt and pain of causing harm, which a lot of us do, and not in a dramatic way, but that's possible. You might cause harm to the earth, to others, whether because of privilege, identity, to just really look around and be like, cool, I'm not going to hate myself for this and where can I be of service with my time, money, and resources? Many blessings, dear caller, thank you so much for calling Friendship Village.

[Music]

That was the Supremes, Where Did Our Love Go? Before that we heard Adrienne Lenker, Fleet Foxes, so pretty, they have a new album out too. We have our next question! Friendship Village is all about advice and music. If you have a question, you can email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com) or call into the question at 505-473-9696. This person says, "I went on an amazing date on Friday, texted yesterday, and haven't heard back. Do they hate me now? Lol. When should I text again? Yes, I'm this basic." Wow! Dating, communicating. Covid-19. Quarantine. Being human. Ugh. This is hard. It's just, no, they don't hate you, and who knows? You can text them whenever, or don't ever text them again. It's honestly like who - I shouldn't even have an advice show. My advice should be there are no rules, there is no advice. There is no set way. I definitely don't think they hate you, but I will say this, I have gotten used to - in my career - people hating me, that's different than people I date. Well, some people I've dated, maybe one hates me. Only one, that's not bad for dozens of people in 17 something years of dating, more, less? I started dating in like second, fourth grade. They don't hate you. What I'm saying is, I like to look at it this way, what's the worst that could happen? The worst is that they hate you. That just means they're not the person for you, right? You know what I mean? When we start to spin out about does this person like me, so far in my life, in the 32 years I've been alive, anyone who hated me or didn't like me anymore, I haven't missed their presence. I mean maybe a little, there's grief around that, but I would say 8.5 to 9 out of 10 - and I'm not trying to be like, haters gonna hate we don't need them, but we kind of don't need them. So let's say this person hates you, that's ok. Cuz somebody else is going to really like you and think you're freaking awesome. If they didn't text back, they might just have great phone boundaries, maybe they're not looking at their phone. I don't think that's a lot of people, but those people do exist, who are like, I'm good, I'm not going to look. Or they're totally in love with you and don't know what to say back. Or they're maybe just not into it. I don't think they hate you but they might not be that into it. And that's ok too. That's where, today's Sunday, you sent the text Friday, I haven't heard back. I'd say Monday, fresh day, start of the work week, you send them a text that's like, hey just following up, wanted to see if you wanted to chill again. No worries if not, just let me know. You have to be really clear with your requests and your boundaries. IF you want to hear back from them, let them know you want to hear back from them. I'm also one to say, it's ok to fantasize about starting a life with someone who you just met on Friday and it's SUNDAY and they haven't texted you back yet and you're not sure if they hate you or are ready to marry you. So I just want to say, I think what you're experiencing is normal.

Sending many blessings. I'd send a follow up text on Monday with clear requests and boundaries. Speaking of fantasizing about an unclear future, here is my favorite Shania Twain song, dedicated to you, dear caller.

[Music]

THat was Sugar Sugar by the Archives, a fake band, ever read the Archie comics? Ever watch Riverdale? That's a show I like to watch. This is Marlee Grace. You're listening to Friendship Village. I'm out of breath again because I just keep dancing! I was just dancing to that song and was like, I am so grateful for the two hours I spend every Sunday doing this radio show. It makes me so happy inside. I love listening to music, I love saying my opinions out loud, I love to dance. It's all my favorite things. Thank you for listening. We have another advice question. This person says, "how to pursue wholeness when no one around you is?" Wow. You know, I'm a big fan of only taking care of our side of the street. What a blessing that you are dedicated to wholeness and then every one around you who is not sharing in that dedication or commitment to growth, healing, putting the pieces back together, whatever it is, that's not any of your business? I don't mean that in a harsh way, just like I hope that gives you great freedom. I think there's some problematic things about the law of attraction idea, but when I believe in my wholeness and am dedicated to that process, I would say generally those who surround me in community partnership - romantic, platonic partnership - are also seeking wholeness. And that's not because I asked them to or explained it to them, or demanded that they meet me there, it was actually because I completely let go of their experience in the world. I see this in my romantic partnership, I see this in my friendships, when I stop trying to control other people's idea of wholeness, not only am I much more whole, they have a much better chance at accessing their own path to wholeness and healing. Also it's ok to get new people. That's the flipside of the coin. It reminds me of when I saw that shift for me when I got sober almost nine and a half years ago. What happened for me was I couldn't be around people who were getting black out drunk. Now I can, in a lot of ways, but those in my core friend group who were just going to keep drinking in a way that wasn't working for me, I was like go do your thing, no real judgment, but that's not my path to wholeness anymore. Find people who are committed to your kind of wholeness, surround yourself with them. Maybe deattach a little bit more. I know when I detach from this assumption that no one is on the same path as me, I see maybe they are. Maybe that's the surprise at the end. Many blessings as you navigate it. Stay dedicated and committed to your

path, to your journey. I think that's really important. You've been listening to Friendship Village, every Sunday 3-5. I won't be here next week but I'll be here after. And we will find out the big news, people, we're going to find out who wins this freaking-deaking election. Then I'll read some different PSAs. But in the meantime I hope you vote, I really want you to vote, I hope you vote for the less bad guy and I hope you talk to your friends and neighbors, check in one another, see what they need whether it's about the election or food, groceries, I'm in the space of let's see what everybody needs and where we can be of service to one another? It's a spooky season, here's a little Nina Simone "I Put A Spell On You."

[Music]

That was Fontella Bass with "Rescue Me." We started out with Nina Simone. THAT song always makes me think about Hocus Pocus. If you were a child of the 90s like I was, or any generation hopefully, you love that movie. I hope everyone's watching Hocus Pocus in the next week or so. You've been listening to Friendship Village. I won't be here next week, but the week after, email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com), you can also go to [marlegrace.space](http://marlegrace.space) and click Friendship Village to listen to all past episodes. I hope you vote, I hope you keep loving yourself, I hope you keep navigating friendship, spirituality, love, service, joy, gratitude, I hope it all keeps happening for you. I'm going to play a little more Selena now, I've been in a really big kick, I believe this was 25 years since her death, and I'm just shoutout her own, feeling the vibes, dancing here in the studio.