

Friendship Village 9/20

This is 96.9FM KMRD-LP, Madrid, New Mexico, I'm Marlee Grace and you're listening to Friendship Village.

[Music]

That was Justin Bieber featuring Chance the Rapper, "Holy." Welcome to Friendship Village, I'm Marlee Grace. Happy to be here on a beautiful Sunday on KMRD, your favorite freeform community radio station. I'm out of breath because I was dancing to that hot track! Friendship Village, music and advice for you, the listener. If you have a question today, shoot me an email to [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). Call the station at 505-473-9696. Here's Taylor Swift.

[Music]

That was the Shins with New Slang, before that we heard Angel by Fleetwood Mac and we started with Invisible String by Taylor Swift. This is 96.9FM, I'm Marlee Grace, you're listening to Friendship Village, music and advice every Sunday from 3-5 Mountain Time. We have our first question! This caller says, "how do you negotiate communication with friends who have different text habits?" I love this question, as you know, I love most questions that come into the show but this one, I've been thinking about so much. I think a lot about technology, social media, communication, and I definitely have been thinking about it more in pandemic times, like how do we negotiate communicating and receiving or not receiving the communication we are sort of longing for in communication with others who are maybe close or far, I think we're just doing a lot more technology community, texting more, emailing more, on more Zoom calls, technology is heightened. First off, I want to say that for me, part of it is literally about talking about it to a friend, to be like, this is how I'm able to show up in communication right now. I'd love to know what you need from me. What feels good, what feels safe? Does it feel good to know I might respond in a few hours, are we talking about days? I'm thinking of a few friends who I've become really close with and I think part of that closeness is because there's no apologizing for a week gone by without a text response. There's no like "sorry, I'm just getting back to you, xyz has been going on." Or even a month sometimes! I feel like that's what the pandemic and quarantine and isolation is inviting us into is less urgency, more permission with that spaciousness that we require a response. There's been other friends that I've had to be like, hey,

I'm in need of more attention right now, are you able to give that? If they're not, celebrating that no. Just being like, cool. Not having it be a dramatic reflection on like, I hate this friend, they're not available to me. Just go down the list, who else is available to me, who else can I call right now who maybe does have a greater capacity for my needs? If you're needing a friend to show up more to text communication, I think you can ask for that. See if they're available. If they're not, detach with love. See if there's another friend who's available. And then circle back and check in with that other friend in like a month and maybe they'll be like, I really need you right now. And you can decide what boundaries feel good. It doesn't have to be tit for tat. Maybe you have capacity and can show up for them. The other thing I've had to really do, as someone who's pretty social, pretty extroverted - this show is partially called Friendship Village because I have a lot of friends - is I've had to sort of tune in and step back with how many people I communicate with. Sometimes that means I drop the ball. Sometimes my texts are "hey, I actually want to step up and be in communication more frequently, I'm sorry I wasn't able to show up as regularly or consistently as I want to." But I don't say that out of a false sense of obligation, that is when I set myself up for failure. When I say I'll text more and then I don't and we're both let down. Just being really clear with what your expectations and hopes are for text communication - calls, FaceTime, whatever it is - and then the other one would be, if you have a friend who's constantly texting you and needing you, you also have to be honest with them and let them know "hey, I'm trying to be on my phone less, I'm trying to detach from technology. Or I just don't have capacity right now. I feel like there were a few times in the last few months where sometimes I have a partner who has a dangerous job as a wildland firefighter and sometimes when she'd be out of service or I would get worried. I wouldn't really want to talk to people a lot, I kind of like being quiet in my home, not really connecting. So I'd explain to people, I'm not really available for you right now, hopefully I will be soon, once I recharge. I think a lot of this is also trusting other people's processes and inviting them into a safe space to talk about that. Like, "I'm not going to leave you if you're not able to text me often." And hopefully they give you that same graciousness and if they don't, maybe it's time to pivot or shift what the friendship looks like. Many blessings to you as you figure out how to navigate texting in 2020, it's not as simple as it might seem. You're listening to Friendship Village, if you have a question give the station a call or shoot an email to [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com).

[Music]

That was Janet Jackson with "Together Again." Before that we heard Kacey Musgraves' "Butterflies." Boy Genius "Salt in the Wound" and we started off with a little Hall & Oates with "You Make my Dreams Come True." This is 96.9FM, I'm Marlee Grace, you're listening to Friendship Village, music and advice every Sunday from 3-5PM Mountain Time. We have our next question. This caller says, "how to stop living like you're just trying to get through something and start living?" You know, I feel like this is really maybe the theme of 2020. Maybe the theme for a lot of our lives, but I feel like so much of the human experience is about navigating staying really present for what is? Stay grateful for what it is? And sometimes it's really helpful to have something really special to look forward to. This year I think so many of us who thrive in social spaces, queer community, celebratory spaces - whether church or concerts or whatever your church is, right? - dance class, dance parties, picnics, potlucks, I mean I feel the emotional well come up just as I'm thinking about these gatherings that are really I think what feeds most of our aliveness that we don't have anymore. As we're trying to figure out how to not just get by but really be present for, I'm going to butcher the Mary Oliver moment but this "one precious wild life," I'm sorry Mary, she's rolling over in her gay little grave at me right now, but we have all these beautiful examples in poetry and literature of how we pay attention and what we're invited to pay attention to. I will just invite us to continue a gratitude practice .It's something I talk a lot about on the show, how can you take a daily inventory, to look around. I love a good listmaking practice, pen to paper, to really look at ok, today I'm grateful for my partner, grateful for my dog, grateful I woke up hopeful. I think that's a rare feeling for me these days, I think for many of us that's become more rare, feeling hope. I didn't try to dissect it too much or grasp on too tightly. I opened my eyes and was like, I think I might be able to access a good day today. I think I might be able to access my creativity today. And I didn't actually get a good night sleep, a lot of things aren't going well right now. We lost the Honorable Ruth Bader Ginsburg this week, we're facing a lot of unknown regarding the future of her spot in our society. Of course, that is on top of so much more collective loss and pain. I want to honor you, first, dear caller. I don't think you're alone in this question of how do I really start living and not just try to get through. I think on a serious note, of course ask for help, professional help, group help, friend help. Don't be afraid to ask others close to you: what are you doing to stay grateful today, to stay present? I want to invite a gratitude practice in. One of my favorite poets and friends is my friend Shira Erlichman, she has a

beautiful book of poetry called Odes to Lithium that's about her experience as a queer, bipolar woman in the world and how medication has been lifechanging for her in terms of showing up. It really just destigmatizes how we ask for help, where we ask for help and she also, whether you look at her Twitter, social media, or take one of her poetry classes she teaches also, really invites in that gratitude practice, that listmaking practice. Find ways to keep paying attention, put your songs on, put your music on, dance, feel embodied, feel in your body, if that doesn't feel safe, step away from your body, take your baths, really put that self care into what is the most nourishing for you right now. Thank you so much for this question, many blessings, may your noticing practice and your gratitude practice bloom out into everything you do and if you have days where you can't access that, may you be really, really gentle with yourself. You're listening to Friendship Village, I'm Marlee Grace. Happy to be giving advice today on this Sunday afternoon. Here's Fiona Apple who's usually singing about her mental health and how she shows up to this practice of living.

[Music]

That was Shadow Bloom by "Florist" and before that we heard "Love Story" by Radiator Hospital, "I was Married" by Tegan and Sara, Falling Water by Maggie Rogers and we started with a little Fiona Apple. This is 96.9FM KMRD-LP, Madrid, New Mexico. This is Friendship Village, music and advice we've got a whole 'nother hour jam packed with songs and your questions, coming through the airwaves. Our next caller says "any advice on communication and loving your significant other and yourself in a long distance relationship?" You know, my current relationship started out long distance, although in a very U-Haul, lesbian way, it didn't last long distance for very long. Though, I'll say, even though we cohabitate and have lived together for the last six months, most of it we've been apart because of my partner's job. I've been sort of in the mindset of a long distance relationship for the last couple months, which is interesting because it doesn't feel like that in so many ways. When she's gone I'm still in our shared space, but I think we really found a lot of different ways to communicate or not communicate. One thing I feel like Jackie is really good at is setting a phone communication boundary, to be like, "alright babe I'm going to tune out for the rest of the day, I'm not really going to be available." I mean most of the time on her job she's extremely unavailable, but if it was a day maybe she was in the car or something, just not to not assume that just because someone has their phone by them it doesn't mean they want to be in constant conversation with you. I think similar to the text question

from earlier in the show, just really setting up what feels good, what feels like too much? It can feel so good and exciting to talk and text a lot, and when you're doing that you're actually forgetting to have your own life and experience you get to report back on. It felt really good when we would say a loving good morning, and live the day, and check in in the evening. Definitely feels healthier for me in terms of - it's really for me to go towards my partner, this is applicable whether we're together in real life or apart, it's easy for me to have an experience and immediately want to be like "babe, guess what happened!" Good or bad. And I see how sometimes that chips away at some of our more exciting forms of intimacy, whether physical or just togetherness time, when I'm in constant contact with her. Part of the invitation is to pause a little bit, to while you're living your own life, really live your own life. Take it to the journal, make a voice recording on your phone to remember later, the notes app is one of my favorite tools in the whole world. You can always open that notes app and make a note to yourself, draft a text you send to your partner later in the day to keep you present. Love to send flowers, a cliché stereotypical romantic past time perhaps but on the last fire Jackie was on, I sent flowers to her hotel and that felt really nice. Definitely think about that. And just mail in general, send a letter, send a cute care package. And in terms of loving yourself in the long distance relationship, I think this is true for partners who live together and are together a lot, but just really leaning into your own hobbies and passions and books and TV shows. The other day my girlfriend was in our bedroom and I was on the couch and we watched separate TV shows. It's easy to be like "ok, let's just watch a show together" but we were like "I have a little more Grey's Anatomy and you want to watch Dead to Me" so we'll do that separately. And how sweet it was to come together for dinner later. Right now I'm working on a big quilt, it feels so nice to have my own creative project really separate from my relationship, keep filling your own days with what you really love to do. In so many ways the key to partnership, whether long distance or not, is really the individuals living in their highest good, in an effort to be of service to the world and then to the partnership. I think keep leaning in to the things you love to do and yeah, if conflict comes up, schedule time to talk about it. Use the tools that I'm sure you are cultivating. Thank you so much, many blessings as you navigate your long distance relationship, I'm sure it's a little more challenging in 2020 Covid times. If you have a question, send an email to [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com) or while the music is playing call the station!

[Music]

That was Louie Louie by the Kingsmen, before that we heard St. Vincent. Friendship Village listeners, you know what's in 43 days, 8 hours, and 44 seconds? I'll give you one guess. It's a little thing that rhymes with, "selection." It's election. We've got an election, I laugh through the pain, it's how I cope with electoral politics. I've got a little PSA for my New Mexico friends. For everybody else, you can go to [vote.org](http://vote.org) to figure out what you need to do to make sure you are registered and ready to vote in your state. New Mexico voters, you can go to [nmvote.org](http://nmvote.org) and request an absentee ballot, check your voter registration. The deadline to register for New Mexico is October 6th. That is soon. The deadline to request an absentee ballot for the general election is October 20th. You can also call the county clerk for Santa Fe County, Geraldine, call Geraldine at 505-986-6280. Feels important to me to be casting my vote this season to Joe Biden and Kamala Harris to take over the current role that is being served by other people who are doing a really bad job. And these opinions expressed are my own, they are not shared by KMRD as a station, this is Marlee Grace speaking here, my thoughts. I prefer Joe, honestly, at this point. The guy is imperfect as every politician actually is and I really'd like to see the guy be President instead and have Kamala step up with him. That's what I'm hoping for, hope as an action. I saw AOC talk a little bit the other day, check out her Instagram, check out her Live, it's really good content. Hope-based content. She made a video a few weeks ago and she's quoting other people - I can't remember their names, sorry - about hope as a practice, hope as a discipline, I think a lot about hope as an action. I have hope so I take specific action to vision a new future and I invite you to do the same with me. To vote. That's what I want us to do. And to celebrate the fact that we're all going to vote because we're so excited about the future that is ahead of us, even within the great unknown and the darkness, here is one of my favorite songs, a classic feel good, my ask is that you actually turn up your stereo as loud as you can and I will dance with you.

[Music]

That was Florence and the Machine, "Dog Days are Over," I hope you had a beautiful time dancing! I'm out of breath again, I just love to dance, you know? It's my life's work to dance, it's my life's vision to dance. You're listening to Friendship Village, music and advice. We have another question from a caller who says, "how do you transition a relationship with an ex-lover to a platonic friendship?" Well, dear caller, there's - ok, the first thing I'm thinking of is if there's for me maybe a tendency, a thread to that person still

where I was feeling non-platonic inklings, cuz maybe if you're asking this question you're struggling, right? With the physical draw to non-platonic relations, if you will. Because if you weren't feeling that, I think you'd know. I think you'd know you just did friend stuff without the other things. But it might be more complicated than that. What I'll offer, I feel like I had an ex-lover who last year I attempted to shift to friendship, I don't think she was really available for that, but one thing I noticed I was doing is I was sort of, I'm making like a fishing motion, you throw your line in and you're like, are they gonna bite? Something, where you're not being specifically flirty or sexy, you're just dipping in to see if they'll respond. When really what you want is to cultivate that platonic friendship or intimacy. Part of the invitation is to notice your motivations, your motives, around action. What is motivating you to say something a certain way? What is motivating you to dress a certain way or act a certain way? I hope how you dress however the hell you want, but I think noticing the motives is healthy, whatever action you're doing - getting dressed, eating, saying a certain thing, inviting your brain to be like, hmm, why am I making this choice in this relationship? Am I still obsessing over what this could have been or what this could be? And if you really are committed to wanting to keep in platonic, keeping it in platonic spaces. Not being like "come over to my house at 9PM to watch Dirty Dancing" or some great sexy movie with me. I would not watch someone over to watch Grey's Anatomy, that's something I do alone. If you really want to commit to platonic friendship, don't set yourself up for - I don't want to say failure - but to challenge that or maybe have your expectations dashed in some way. Keep going for walks, go for picnics, everything just sounds romantic to me. That's the other thing I sound so much about though! It can be romantic! Wear your best dress, bring this person flowers - you can be romantic and not be physical within a friendship. You can be really boundless and limitless in the way you express love and admiration for someone, it's up to you in terms of like, how well can you hold the boundary for yourself. Only you know what feels too romantic or too close. Keep an eye on your motives, notice why you might say something or do something, are you looking for a reaction or a response, and just think of the things you do with your other platonic friends. Respecting boundaries, make sure you say what your boundaries are to them so they aren't leading you on as well as your own boundaries back to them. You can collaborate on this together, it doesn't have to be y'all figuring it out in separate rooms. You can be like, what would a dream friendship for us look like where we move past the old version? Really when I think about my extended friend family, my partner's extended friend family, when I think of who is in our

friend family, I would say a large percentage of them are ex-lovers. Some of that transition had to happen with a lot of communication, and some happened really naturally. I think that's a beautiful part of queer community, abundant community, being willing to make those shifts. Many blessings to you dear caller, I love that question. It's Friendship Village, I love talking about friendship and intimacy. If you love this episode and want to listen to past episodes of the show, go to [marleegrace.space](http://marleegrace.space) where all past episodes are transcribed for your viewing pleasure. There are also links to all the playlists if you just want to listen to the songs. Themselves. Thank you all so much for listening, if you have a question, call in while the music is playing or email. Speaking of motives and motivations...

[Music]

That was Belle and Sebastian with Get Me Away from Here, I'm Dying. Before that we heard The Zombies, Waxahatchee, T-Rex. You've been listening to Friendship Village, music and advice with me, Marlee Grace, on KMRD. We had a question that was emailed in. This person is working on some music and she's talking about really wanting the men in the music scene where she lives to be -- wants their approval. And this person also has an ex-boyfriend who also makes music and they're just really - there's all these layers, like I want to be successful, I want to be loved, I want them to respect me and my creative work. This person says "I know it's not healthy to be creating art with the hopes that it will make men respect me, and I should probably just release my expectations for this group of people, but how? I'd love any tips or releasing my need for male approval and need to measure my success by comparing myself to past boyfriends." I thank you, dear caller, for this beautiful question. I just want to honor - there's a phrase that some people use, and your question wasn't about queerness but sometimes when people are coming out to themselves or in community, there's a phrase "compulsive heteronormativity" and I think this falls into that. This compulsive need for male approval, and I just want to honor that it's really natural and normal. If there's part of you that's like, I should know better! Like it's so clear to me that this is an incorrect way to look at my art or my work, to be like, I hope men like this. We live in a world where heteronormativity and misogyny and the white supremacist patriarchy teach us to look for men's approval. That was something I felt in my early and mid 20s was really that feeling of, there were a lot of men in my life who I wanted to appear worthy and interesting to. All I can say is when you stop doing that, you will feel some of the greatest freedom that you've ever felt. Your question was "how?" And I really think it's a choice. It's a choice to separate yourself from

the male gaze and the male approval, to be around more women, more femmes and non-binary people and people who have an abundant gender expression, be around more people who maybe weren't socialized in that way so that you can sort of attune to a new way of looking at yourself. Because being witnessed and how people reflect yourself back to you is a part of the creative process. I don't think it's off to want approval or want to be seen by people in your creative community. And yeah, there's men in my life who I adore who I hope like my work, I think having people who you want them to like what you're working on is normal. I also want to celebrate how attuned you already are to this own feeling in yourself. I think so many people walk through the world not even knowing they're grasping for that approval from people they maybe don't even care about very much or want to seek connection with. I think it's amazing you already are really filled with awareness that you're doing that. Find closeness with other people, run your music and art by other people and know that if these people like it or not, that can't be the reason why. I want to say, hold on let me pause, channel this for a second, I think it was our dear guiding light of creativity, Elizabeth Gilbert, she said something about on a podcast years ago, she said I didn't write Eat Pray Love because I hoped other people would like it. I wrote it for me and then I put it out into the world and it happened to be that hundreds of thousands of readers and then it became a movie - you have to create work for yourself, for your own approval. It's the same when I write books or make dances or make work, I make the thing I need to make for me, and that's not navel gazey because that's generally the most of service to the people who need it, who are experiencing something similar to me or will resonate with my own story. Focus on you, turn your attention towards you, and just keep noticing it. Maybe you don't solve anything, there's nothing to solve. Thank you all so much for listening to Friendship Village, I'm here on KMRD-LP, Madrid freakin New Mexico from 3-5 Mountain Time. This is for all the big feelers out there, all of you callers you really do feel it all.