

Friendship Village Transcription

October 4, 2020

96.9FM, KMRD-LP, Madrid, New Mexico. I'm Marlee Grace, and this is Friendship Village.

[Music]

That was Feist with "How Come You Never Go There." This is Friendship Village, advice and music every Sunday from 3-5. If you have a question that you need advice on, about love, your identity, your creative practice, how to be alive in the world, sobriety, reading recs. I don't know. Anything! Voting! We're going to talk about voting today, again, we're going to keep talking about it. Give me a call, the radio station phone number is 505-473-9696, you can also email friendshipvillageradio@gmail.com.

[Music]

Hell of a track by our girl, Celine Dion. Oh, Celine. Powerful ballads, the woman knows how to make a powerful ballad. This is Friendship Village, music and advice every Sunday from 3-5. And we have our first question. This caller says, "I'm in the middle of a creative project and I hate myself." I'm only laughing because I know how this feels. "I hate myself and I'm not sure whether it's time to take a break or push myself. What would you do?" Well, dear caller, this is a conundrum I face constantly in my own life, I would say. When to take a break and when to push forward? It's a classic advice question, it feels so specific. It feels like only you can know. How do you build your own intuition and self knowing and self truth to be able to tell if it's time to push forward or relax? I think there is a breaking point for me where I can feel I need to rest - not to offer rest as a means to productivity, but oftentimes we are more clear-minded and able to access our creativity when we're rested. When we've taken a break. I also have to be careful that my rest is not linked to constant self-improvement or my self or my art or my work. When I hit that limit, it's time to watch Grey's Anatomy or Friday Night Lights. It's time to watch a television show that has a very small amount of substance, although I will say Friday Night Lights has a lot of pretty powerful plot lines. For the most part I think there's a time when it's time to power down, there's nothing you can do. I've been thinking so much lately about accountability and accountability in projects, wanting to get something done. Maybe there's a friend you can set up a fun accountability Zoom room meeting with. Like "hey, I want to work on my writing, I'm feeling blocked, would you be open to zooming or facetime and just being on mute and working on the same time for an hour or something?" I think when I try to do things by myself without asking for help or support, that's a lot of times when my stuckness and block turns to shame and self-sabotage and self-doubt. It's normal to hate yourself in a creative project and practice. I'm always trying to get back to my center, get back on the beam faster. Calling in friends, spirit guides, calling in whatever's going to support you. Turn it into a spiritual practice, light some candles, pull some cards, see that the cards say, where they are going to guide you in your practice. Just be gentle. Gentle, gentle. I have a couple different mentors when I call them or text them spiraled out about any topic, their response is gentle gentle, be gentle with Marlee. Be gentle with yourself, dear caller, you've got this. Many blessings as you

finish your project. I'm sure that you will. You're listening to Friendship Village, give me a call while the music is playing or email friendshipvillage@gmail.com.

[Music]

That was Martha Reeves and the Vanedellas. Before that we heard Freddy Scott. You're listening to Friendship Village. We've got a lot of fun songs ahead and advice. But here is my favorite PSA. It's about the New Mexico secretary of state voter information portal. My sweet, sweet listeners of Madrid, New Mexico. New Mexico citizens. The deadline to register to vote is October 6th. All of the opinions I will share during this PSA are my own, me, Marlee Grace, born into a bleeding heart liberal Democratic family of hippie parents who love to smoke weed every day and gave me the last name Cook-Parrott. So. They taught me to vote. They want you to vote, also. My dad wants you to vote, my mom wants you to vote. I'm gay so I really want you to vote. And I want you to vote for the nicer people. There's gonna be two people to choose from. There's a great question after the next musical break that speaks about voting, when you have someone in your life who loves and plans to vote for the current President to stay the current President. Which is something I'm not particularly interested in. If you're on the fence, if you're listening and you're like, I don't know, I'm not much of a Democratic, I don't actually like voting, I think it's a waste of time, there's a lot of reasons, you don't like politicians, you don't like old straight white men who fight with one another. That's normal, that's normal to not like that and not want to participate. One of them will win. That's how it works. One wins. When we're picking, if we want a less bad one, we pick Joe. If we want an evil, racist, white supremacist, you vote for the current president. I feel like - and Joe is not perfect, he's just not. Nobody is. And definitely a politician isn't. But to me, I don't even really understand politics that deeply. I'm an on the ground activist, I love to raise money for mutual aid funds, I love to donate to grassroots organizations, I love to spread that joy on social media and in my newsletter and on my radio show. I don't necessarily spend a lot of time understanding politics because to be honest in my humble opinion it is a system built to oppress us. So maybe I should know more about it. Anyways. It has failed. The justice system has failed us, I think, constantly. Ok. But there's two people. There's a couple people on the ballot. There's also local New Mexico ballot, a ballot local to any state you're in. I'm gonna mess up the website. Let me look. We got time. I'm just here on the air. I think it's called ballotpedia. Hold on. Hold on. Yes. Ballotpedia.org is a website you can go to to understand more about elections that are local to you. To do that, though, you have to be registered by October 6th. That's Tuesday. Today's Sunday, October 4th. That's in 48 hours. You might want to turn off the radio show at this point, I don't know how you're feeling at this point but it feels important to me. Because I feel - I'm psychically sensing there's a least one person listening right now who's maybe considering not voting or voting for Donald Trump. Again. And I think this one listener maybe could be swayed and then that one listener tells all their friends, they're like "omg, I listened to this show Friendship Village and I'm feeling like Joe is way nicer, a better guy all around." Kamala's not perfect either, but her as Vice President is factually historical, momentum. Just check that you're registered. I'm praying, I'm praying, I'm praying. It's a little bit of activism, a little bit of prayer. That's all I have to say. The deadline to request your absentee ballot for the general election in October 20th. Go to nmvote.org.

Ballotpedia.org is where you can find out more about your local election. This song goes to everyone who is acting and praying. Action, hope, action, practice, prayer.

[Music]

That was Kevin Morby's new song "Campfire" from his upcoming album Sundowner. Before that we heard Whitney, we started with a little Madonna, Like a Prayer. You're listening to Friendship Village, music and advice on KMRD with me, Marlee Grace. I just talked a lot about voting. And if you're still here listening, namaste. But I have a great question from a caller who says "I'm about to visit a parent who is voting for Trump. They seem a little bit like they could be convinced otherwise. I want to have a nice trip home for my family. What is the line between acceptance and helping them understand there might be another way?" Honestly, rewind the show - if you're listening to the recording that is, which you can find online at marleegrace.space. You can summarize or tell them or have them listen to the section of the show that I explain there's two men they're both not great and Joe is nicer. I'd love to quote my lovely ex husband who I was Faceitming with the other day and he was saying that he was talking to someone who is dear to him who will vote for Trump. And this person who was coming to him was like "I'm really worried about you, man, I think your brain is poisoned." As in John's liberal brain is poisoned. Instead of fighting back, and again, he was speaking to someone whose mind will not be changed. If it gets to a point in your family conversation where the mind shall not be changed, this is where putting all our eggs in the basket of electoral politics and voting isn't in the deepest service to the collective. John asked this person, what are you doing to be a part of the revolution? Because that's what's also at stake. This person has values still, has worth, has gifts that the world needs. He invited this person into a new conversation. Once it's clear we're voting for different people, that's not going to change, what about talking about is there somewhere you can give some of your income to right now? This person doesn't have an income change. Where can you donate to? What do you believe in? What kind of food do you want to grow? What kind of radical futures do you want to see? Because when you start to ask those questions, a.) maybe that's what shifts someone's voting preference, I don't know. But either way there are people in our life who we want to be close to. I don't really have anybody close to me in my life who is making a different voting choice than me and I think that's kind of purposeful. But some of it is luck, I have family members who think the same way I do politically. But I think this is really common and painful or a lot of people right now, a lot of queer people specifically who have religious families or conservative families. I think it's something radical your parent does at their church, maybe they fund a program to feed kids school lunches. I don't know what it is but how do you shift the conversation to how are we contributing to the revolution, to mutual aid, to caring for another? I think there are people who don't believe in that at all and really are out for themselves, but sometimes even the biggest Republicans want a beautiful world. Maybe not the same one I want. I'm half trying to convince myself as I say it. Stay curious. If they're really a parent who thinks they're voting one way but is open to voting another way, invite them into that curiosity and investigation of what could be on the other side for them? Making a different choice. I think yelling at them won't work and telling them they're stupid and wrong won't work even if you feel it, tell it to your diary. One parent who makes that different decision is a parent who talks to a lot of their friends. Stay curious and see what kinds

of conversations you can invite them into. Many blessings as you navigate this, it's not easy. Also the next few weeks are only going to get more intense so take really good care of yourself as you're visiting your family, take breaks, drink water, connect with your breath, keep your boundaries. Sending you lots of love. I wanted to read something for us that reminds me about how not that different we all are in some strange ways. This is from Great Fruit, a book of instructions and drawings from Yoko Ono. She writes "water talk." You are water. I'm water. We are all water in different containers that's why it's so easy to meet. Someday we'll evaporate together. But even after the water's gone, we'll probably point out to the containers and say "that's me there that one." We're container minders."

[Music]

That was Emitt Rhodes with "Live 'til You Die." Before that we heard Rilo Kiley and John Lennon. This is 96.9FM KMRD-LP, Madrid, New Mexico. Freeform community radio. You're listening to Friendship Village, I'm Marlee Grace. Music and advice every Sunday from 3-5. If you have a question, call into the station while the music is playing 505-473-9696 or email friendshipvillageradio@gmail.com. Here's Dolly and Kenny with a little palate cleanser, "Islands in the Stream."