

Friendship Village 12/14

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

[Music]

That was Christmas in LA by Vulfpeck, it's December, it's cold, I've got my wool base layers on. I don't know about you. I'm Marlee Grace, this is Friendship Village, advice and music every Sunday here on KMRD in the beautiful town of Madrid, New Mexico. Do you have a question today? You can always call the radio station while the music is playing 505-473-9696. If you have a Delilah-style dedication, you say the vibe, I pick the song. You can also call, you can also always email friendshipvillageradio@gmail.com if you don't feel like picking up the phone. We've got some great questions today, some great songs. I'm so grateful to be here in the studio, staring into the juniper bushes and the hills. This one goes out to one of my best friends, Megan tuning in from Seattle, Washington.

[Music]

That was Kevin Morby with "Campfire." Before that we heard Joni Mitchell and we started with Bonnie Raitt. This is Friendship Village, I'm Marlee Grace, music and advice. We have our first question from a caller! Don't forget - you can also call the studio request line anytime the music is playing. 505-473-9696. I love to hear your voices. So this question from our caller is, "I feel like I can't do anything on time right now. This caller explained that they have been missing appointments, unable to clean up after themselves, and just really scatter-brained. They asked, when or if you are in this sort of state of mind, how do you get through it, how do you get out of it, and how do you talk to yourself nicely when you're in it? Well, sweet caller, as many of you know, my sun, my moon, my venus, my chiron and my midheaven are all in Gemini. So, for all you astrology freaks out there, that's a lot of air. I'm great at communicating, I'm a true messenger of the truth, and I have a hard time with some of these things. Just yesterday I logged on to do an interview, I was so confident at the time and I had indeed done the time zone calculation backwards. I want to point out that we're in between eclipses right now. If you don't know what that means, that's ok, there's a lot happening in the sky with the moon and sun and how things relate to one another. And it's a dark moon right now, we're about to cross over into this new moon time right about now. What's happening is when there's no moon in the sky, it's just void of

light. I know for me, those tend to be my most anxious, scattered days. I can't remember if I shouted this book out last week or not, but Sarah Gottessdiener has a new book coming out I think this Tuesday called The Moon Book that's all about how the lunar phases can really help guide the way that you see yourself, the way you see your creative practice, your healing practice. I want to shout out the moon! Take into consideration what's happening in that lunar cycle. In terms of being nice to yourself, we're in month 10, 11? 10 of a global pandemic. A lockdown for many, quarantine, isolation. I don't know this caller's exact circumstances but I know for me when I keep running up against these waves where my mental health doesn't totally feel as, where I have to accept more of my limitations, that I'm not moving at a pace I might want to. We're living in capitalism, in a time - let me rephrase that, we're living in a country that always has not supported those in need in times of crisis. I think just being gentle with yourself, taking in the landscape. The longer we go in this pandemic, the more normalized it becomes. In some ways that's good and soothing and in other ways it makes me forget how gentle I really need to be with myself. These are not normal times. Many blessings to you, dear caller, prayers for your scattered brain or let it stay the way it is and may you accept yourself as you are. We'll get back our music here. If you have a question about identity, art, practice, healing, being a human in a human body, give the radio station a call or email friendshipvillageradio@gmail.com!

[Music]

That was Arthur Russell, one of my favorite GEminis! Who actually, I believe, has the same birthday as Megan who I dedicated the Bonnie Raitt song to earlier. A lot of friends tuning in from all over the country today, texting me, telling me on the social media. You're listening to Friendship Village, I'm Marlee Grace. It's a gift and an honor to take your advice questions. Email or call the station while the music is playing. This one goes out to Luce in California.

[Music]

That was the Beach Boys with "Wouldn't it be Nice." I think I saw a meme the other day on the internet that was like, the Beach Boys were right, wouldn't it be nice? Ah, you had to read the whole meme. Anyways! You're listening to Friendship Village. I'm Marlee Grace, happy to be fielding your advice questions today. We started with Prince, "When Doves Cry." I wanted to share a little PSA dear to my heart. As some Friendship Village listeners know, our household here in Madrid suffered from a carbon monoxide situation on Thanksgiving

Day and my gratitude continues to pour out to our Madrid volunteer firefighters: Will, Dan, and Carl basically saved our lives. It's a funny story but it's serious. So I'm going to do a PSA from our Madrid Volunteer fire department. Which says, to prevent carbon monoxide poisoning, by having your heating system and fireplace checked annually by a professional. Carbon monoxide is a colorless, odorless gas harmful to humans and animals. Poisoning manifests as flu-like symptoms and may result in death. Install carbon monoxide in your home or business and test them monthly. According to manufacturers' instructions. This announcement was brought to you by the Madrid Volunteer Fire Department and KMRD. Yeah. We had some carbon monoxide detectors go off and our home. So grateful we had detectors in our house. Wherever you are listening today, locally or far, I highly suggest you have them in your home and test them monthly as the PSA states. Grateful to our local fire department and to our beautiful landlords, Beth and Bett, who made sure we had carbon monoxide detectors in the first place. And now we have multiple and smoke detectors and also if you're a person who lights candles, make sure you blow them out. All the things. The time is wild. Just set yourself up for success or just for less harm in general. Do you have questions? I have two really good ones coming up just after the hour here on Friendship Village, advice and music for all your needs, queerness, identity, art practice. What's blocking you from being your best self right now other than the general pains of the world? Or you can bring those ones too. Call the station or email friendshipvillageradio@gmail.com. This is 96.9FM, KMRD, I'm Marlee Grace and this is Ted Lucas.

[Music]

Wow, it's a classic. My Heart Will Go On, Celine Dion. I love that in the listing of the song, it doesn't say "theme song" from Titanic it says "love theme" from Titanic because thanks to Leonardo DiCaprio and Kate Winslet, Titanic is one giant love theme. "I'll never let go, Jack, I'll never let go." It rings true. Maybe because my partner's name is Jackie, but you know, "I'll never let go, Jack" is really one of the most iconic lines in any film. As we all know the door that Rose was on was big enough for both of them, so that's always been confusing to me. Leo didn't have to die that way. Before Celine we heard The Beach Boys and Ted Lucas. You're listening to Friendship Village. We have another beautiful question for you about wedding planning. As a young divorcee, I love to talk about a good wedding. I loved my wedding, one of my favorite days I've ever had. Love my ex-husband, one of my favorite guys. And I loved planning a wedding. Here's the thing, I do know this caller, I know she has some

experience in event planning. If you've ever hosted a potluck at your house, you've had some experience in event planning. If you're a person who has hosted and planned a gathering, channel that. A wedding sounds like a scarier, harder thing, it's really not. It's usually a party with the people you like the most, experiencing the feelings you like the most, which are love and celebration and joy. My friend Erica Chidi, who is also a divorced person, recently referred to her marriage that she had as she "completed" her first marriage. I loved that. I completed my first marriage. IT was complete. In my first marriage, I invited hundreds of people were there. I threw a huge wedding on a farm that some friends owned, my brother put up a cover band, we danced all night, there was a bonfire, there were peacocks, it was very special. The point is I really put it together with my friends. We didn't really hire people, like vendors or a wedding planner or a DJ or even a photographer. Our dear friend Jacki Warren took our pictures. There was sort of this abundant exchange of bartering happening in lieu of gifts a lot of friends showed up and in were of great service to us. Which was really amazing and a great way to spend the day. And I think incorporating whatever you want. My self and John, my ex-husband, neither of us identify as Christians but we identify as spiritual, god-loving humans, god with a lowercase g, no gender. We had a friend officiate and sort of pull in poems that we loved and phrases of things we loved, we had a friend read a poem he'd written. We took in these different dynamics of what do we love and what do we love to hear. Yeah, small or big, one is not right or wrong. I would vision if I ever got married again it would be a little smaller. It's in some ways hard to find intimacy in the day, but I think that's true no matter how big or small you really go. I think a mood board with stickie notes, maybe think of some color ways and energy you want and songs you love, think of smells you like, really sensory things. I think instead of focusing on the exact facts of the path, really be like how do I want it to feel? How do I want the physical space to feel? How do I want to feel? How does my partner want to feel? What are the dreams and visions of our partnership and how can we incorporate that into the day? Many blessings as you plan a wedding! Of course, I think Covid asks us for smaller weddings and I don't think that's bad. I watched a few friends who had weddings planned for this year postpone the big party but still get married, and they ended up maybe even having a better version. THat's something I've thought of - I've been to weddings where friends did the ceremony with just family and a few friends, or whatever family means to you, and then the party was later, and I think that's something I miss. The ceremony of marriage itself is really intimate and sweet and doing that in front of hundreds of people is part of the ideal

commitment, you commit in front of your community, and that did feel special. But there were parts where I was like, I just want to be alone with this person, making this commitment. It's so sweet, Jackie, my partner and I last year right around this time did a handfasting ceremony which is we committed to each other for a year and a day. We wrote down different commitments we wanted to keep to ourselves and to each other and just visioned: what would this year and day really look like? Of course, certain outside factors made the day look really different - I think we both hoped to do more individual travel, which we haven't been able to do - but we were able to keep coming back to those commitments. When something started to go astray, we could reference this list and the energies that we want to have in our partnership. I think there's a sacredness that can be lost in the midst of the crowd. But I also think you can maintain it. There's so many different ways. Many blessings on your engagement. Bringing in your own spiritual practice, whatever that means, is really special - whether honoring the land or the earth you're on, honoring that you're in bodies on earth at the same time. I think you can find a way. I'm not jaded. I love weddings, I love marriage, I love when people love each other. Here is a little song that I love to turn up and sing when I think of my own abundant version of spirit and higher power.

[Music]

That was Wildflowers by Trio which is Dolly Parton, Emmylou Harris, Linda Ronstadt. What a magical combo! I mean, wow. Before that we herald Cat Stevens, the Kinks, Peter Paul & Mary, and George Harrison. You're listening to Friendship Village, music and advice with me, your host, Marlee Grace. We have a beautiful question from a caller. This caller says "how do you know what you're supposed to do with your life." And how do you treat each decision, how do you navigate the decisions around what you do and how you do it? I think this is a really common question. So much of what we do is led by hoping and wanting security or money or a good job, or a partner, or kids, or things that we assume are supposed to come on a certain timeline. Rejecting the timeline and what I'm supposed to do has always served me really well. Is it scarier? Yes. Has it been more worth it? Yes. And so, this caller is so sweet, mentioned Have Company which was my store, gallery, and artist residency in Grand Rapids, Michigan from 2012 to 2016, a place I love and miss very much. And then after that I moved to California. Thinking about ethos decisions, specifically, I think about what do I love? What do I love more than anything? And in 2010, 2011 the thing that I loved more than anything were zines and self-publishing and zine fests and the way people came together and traded information in these tangible objects. I was like, I want that, I want to do that. The goal was never like, I want to have an amazing, successful store and then

become an author and then dive into my dance practice in this way. It was sort of the same with how I Decided to go to college for dance. I just, from age five, it was really clear that dancing was what I wanted to do. I want to shout out Bruce and Karen, my parents who were like, you might be broke for a really long time but we're not going to stop you. They never had an energy of "you should really get a job job. You should really go to college for something that makes sense. Not dancing." RIGht? They never said that. There's so many different privileges in honoring your path, but I see people of all identities honoring their path. I think there's a lot of choice making to be made. For me it was like, dance is my favorite thing, of course that's what I'll keep studying. I'm glad I didn't let society's ideas of art being nonsense get into my brain. It was the same with the store, I love zines and my friends making art, making rag rugs, making quilts, I want to make a place where they can sell them. And then I was like, what do I love? My friends! I want to make a residency where they can visit me! My move to California was more of a running away, and I don't think that's bad but I had gotten divorced and was really building a community with the person I was married to and I felt like it was time to exit. My joke is always, maybe I could've just walked around the block, instead of closed my business, sold everything I owned and moved across the country, but I don't think there's a right or a wrong. Build your choice-making skills. Where do you tap into your intuition? Do you go for walks? Do you light candles? Do you run it by a trusted fellow or friend? Do you go see a psychic? Do you have a mentor? Do you have a grandparent? Do you have a neighbor? Think really bouncing ideas with other people and yourself. Don't run it by too many voices, the only one that matters is yours. And you might stray, right? It's not always going to be easy but I think you'll find the way. Many blessings, dear caller, you'll find your way, you already know it. It's rarely that we don't know the way, it's that we're blocked by what the world tells us is the way. In the words of Fleetwood Mac, "go your own way." This is Marlee Grace, thanks for listening! If you have a question for next week, email friendshipvillage@gmail.com. All the shows are archived on my website and there's a cute box where you can submit your questions! The answers to so many questions is to dance, turn up the next song, feel your body, be in your body, whether it's in pain, whether it's comfortable, seating, laying down, standing, or ready to dance, this one is dedicated to all of the listeners, I'm in awe of you, grateful for you, and I hope you move your body, even if it's just your fingers and your toes, to celebrate that you stayed alive for one more day!