

Friendship Village 8/30/20

This is 96.69FM, KMRD-LP, Madrid, New Mexico. This is Marlee Grace and you're listening to Friendship Village.

[Music]

That was Donna Lewis with "I Love You, Always and Forever," one of my favorite songs of all time! This is Marlee Grace, it's Sunday afternoon, you're listening to Friendship Village, music and advice every Sunday here on KMRD. I want to say, some weeks I want to shout out to my pal and neighbor Gwendolyn who when I first told her that I was going to have an advice show, we talked about me being the gay Delilah, which I love and appreciate. On that note, I want to say today or, heck, any week, when you're listening if you - I don't think I'm going to let people pick songs to dedicate, but I like the Delilah way of, if you have a friend or lover or want to be a secret admirer and call into Friendship Village, 505-473-9696, or email friendshipvillageradio@gmail.com, both work, and you're like "I love Jenny, and I love her for these reasons," then I will pick a song for that person. Let's just try it, it'll be fun. And maybe none of you will. Anyways, we have some good questions coming up! Here's Radiator Hospital with "Down Again."

[Music]

That was the Beach Boys with "Come go with me" before that Steven, "I don't know how to deal with it." You're listening to Friendship Village. Question number one, which honestly I get this question so often and I think it's great because maybe it's different every week, but it's a question generally from queer people but I think it's relevant for all people and aren't we all a little gay? Where do I find community? I think that as in general question, but I think specifically people maybe facing some deeper isolation, quarantine, global pandemic feelings of "how do I find my people, new people to be friends with, to date, to be inspired by?" So I want to shout out that there's a fun event on the internet tonight called Weirdo Night, hosted by the performance artist Dynasty Handbag. And they have a bunch of really fun guests tonight and you can, I think tune in from all around the world. Check that out. Dynastyhandbag.com is where you would go to find these events that would be happening, like tonight. What does it say here? Many guests, it's \$20, the beloved Weirdo Night, it usually happens at the Zebulon, a popular Los Angeles

performance space. So yeah, something to do! Something to freakin' do tonight. I was attending a thing that was fun with a friend on Zoom, it's not happening anymore but it was fun to say "I'll see you there!" so text your friend. As we all continue to look for community, it's not easy. So many blessings, dear caller. Thank you for emailing frinedshpivillageradio@gmail.com which you, dear listener, can also do if you have a question to be answered today or next week!

[Music]

You're listening to Friendship Village, I'm Marlee Grace. I have some unsolicited advice, nobody asked me what I'm about to tell you. But you all sort of do. A lot of people have been asking about intimacy and finding community and teachers, mentors, how to engage with the world? And so I wanted to share a project by my dear friend and quilting mentor Eliza Fernand, which is she made a hotline that you can call! And it's - I'm going to say it, look for it in the show notes at marleegrace.space/home/friendshipvillage. The number is 1-833-NATRXXX. If you call this number, erotic experiences with the natural world for a person at home alone. So Eliza has created these - I believe there's three experiences that you can go on, erotic nature journeys. One is called "house plant intimacy," the second is "fooling around with air," and the third is "intimacy at home for a person with running water." You can also leave Eliza a message. Eliza is an amazing artist, friend, and is in grad school, they're getting an MFA, so this is part of that project. I just wanted to shout out an artist that I love that I feel is really in line with a lot of the Friendship Village callers longing for intimacy and connection and art community. So give the hotline a call, 1-833-NATRXXX. You're listening to Friendship Village, I'm Marlee Grace. Give me a call!

[Music]

That was Molly Burch with Wild and let's see, before that we heard Big Thief, Laura Marling, HAIM, Dr. Dog, and this is Friendship Village, I'm Marlee Grace! I wanted to share a little PSA about flattening the curve. The US Centers for Disease Control & Prevention has recommended that all Americans practice social distancing to slow the spread of the disease and to keep from overloading the American medical system. This means staying home and avoiding other people as much as possible. There's currently no vaccine or specific medication to treat Covid-19 and testing is limited in the U.S. People with

pre-existing medical conditions and those over 65 years old are at higher risk for contracting and suffering complications from the new Coronavirus. The only way to flatten the curve is through collective action. Keep tuned to KMRD for communication and connection from a distance. We are here for you. I just want to shoutout, I saw a lot of people at the coffee shop this morning with their masks on, and that was inspiring to me, so way to go locals, visitors, newcomers, keep wearing your masks, I believe in you. Here's Kacey Musgraves.

[Music]

This is 96.9 KMRD-LP, Madrid, New Mexico, I'm Marlee Grace and you're listening to Friendship Village. Give me a call in the next hour or email me at friendshipvillageradio@gmail.com.

[Music]

That was Sharon Van Etten with "Seventeen." This is 96.9 KMRD-LP, Madrid, New Mexico. You're listening to Friendship Village, advice and music and we have a new question from a caller who says, "I have been sober for a year and during quarantine, relapsed. I'm feeling pretty low and like what's the point of starting over again? I know I can't drink but it seems so tempting, especially in isolation. What should I do?" Well, dear caller, the great thing about any habit or addiction we're trying not to do or do less or not do again is that we only have to practice that for 24 hours at a time. So whatever you're experiencing, that feeling of "how could I possibly never do this thing again?" is to remember you don't have to commit to never doing it again, that seems hard. But you can commit to just not doing it until you go to bed tonight. For me, that's approximately five hours from now and that's how I feel like I tackle anything like that. Drinking specifically, it's been over 9 years since I had a drink, but I didn't have 9 years as a goal as much as I have today as a goal. I've heard, "the person who's been sober the longest is the person who woke up first today." So I love that idea. And read things by sober people, watch things by sober people, it's the same as any identity that you might align with that you want to become more familiar with. I really love - there was this woman, she was the first woman who participated in the 12-steps program, Alcoholics Anonymous, and she also played a huge role in drug and alcohol reform within the levels of law and order and a lot more. Her name was Marty Mann, she was also a lesbian, and she has an amazing biography that you can read. Thinking of other sober ancestors, living and dead, who

are the people that could inspire you? Of course, there's so many different things - support groups, websites, authors, but I think finding the right sort of recovery path for you. That year is not wasted. I'm guessing that in that year of sobriety, you practiced a lot of different things that kept you sober. So try them again. Starting over suuuucks, I've had to start lots of things over, but it's also beautiful. What a great invitation that you lived through a relapse, that's what you called it, that you are still here on Earth, how lucky for you and for all of us. Many blessings to you as you navigate this but yeah, we have to be nice to ourselves. Self-forgiveness is the homework of my life. How do I be nice to me when I don't feel worthy? Sometimes you just have to decide before you feel it. Sending lots of love. If you have a question, call into Friendship Village.

[Music]

That was Roy Oribson with Only the Lonely, before that we heard Grouper, the Five Satins. You're listening to Friendship Village and we have another great question. This caller says, "I'm writing to you from Canada! Would love to hear your thoughts/advice about the transition to living with a partner. My partner and I have been living together since just before Covid-times, but it's still an adjustment I think we're still learning to navigate (especially with the added mix of staying in far more often because of Covid). While there are so many wonderful aspects of it I find people don't always chat about the parts of it that can be quite challenging. Would love to hear your thoughts about this transition and trying not to lose yourself in it." What a great freakin' question, and I want to honor/highlight the part of "we don't talk about this." I've been thinking about so many different parts of relationships that we just don't talk about, they're taboo, they feel embarrassing, so as the host of Friendship Village, I say we start talking about them. I think this is one of them. Ok, the first - I feel like I could talk about this forever, but - the first thing for me that is coming to mind is me and my partner, Jackie, Jackie is gone a lot because she is fighting wildfires, thank you Jackie, currently doing that just over the mountain here surrounding our small town. Thank you, Jackie, for your service, I love you very much, you can't hear this, but. Something that me and Jackie do, she'll only be home for a few days between fires, which means I really want to hang out with her and she does like me, and likes to hang out with me too - she loves me - but she also really needs her alone time because I have had this long

stretch of alone time that Jackie has not. She has been around 19 other crew members, many of whom have very different beliefs than she does, and are talking a lot, and no alone time. And fighting a fire. So something we do - we both do this, but it's more important rule for me, is the rule "just because I'm in the same room as you, doesn't mean I'm available." Bringing in good consent practices to communication and being around each other. So let's say Jackie's in the kitchen, so I'll go in the kitchen. Before, I'd just start talking at her or like, making a bid for connection - whether physical intimacy, emotional intimacy, wanting to do something together. Now I will ask her, like "hey, are you available to chat right now?" And a lot of times the answer is "no, you know, I'm actually in the middle of watering my flowers." And then I have to take that as not a personal attack on me or my life and just be like, ok. And then we've been working on the, like, and then she might say "let's check in again and two hours." Not leaving me hanging, because clearly I'm attempting to check in. Keep building those safety structures of communication that feel really good to both people, to say "it would make me feel safe if you can't hang out right now, if you say 'let's touch base in two hours.'" And maybe in two hours they still might not want to hang out with you, and that's ok too. I find that a recharged partner is a much more pleasant one to be around. I can't take it personally when my partner has different needs than I do. A lot of times that can push me to spend more time with myself and looking into my hobbies. That's another thing, having those things you like to do together are important - especially non-screen time stuff lately, listening to records, drawing next to each other, we went and played basketball together - little things you can do together that are fun and not serious, not over processing. That's hard right now for everybody, there's so much general processing. Finding things that allow the other person to be home alone, whether that's taking a solo walk or going to a safe socially distanced place, whatever that is for you. Don't go grocery shopping together, send one of you to go to the grocery store. Things like that that we've been finding really help with a little more natural spaciousness. I'm about to start renting a studio outside of the house - if you have the means to do that, depending on what you're doing, again, a gym membership, again I know we're in Covid, don't go to the gym, maybe there's a gym that has one elliptical and you wipe it down and switch? Finding places you can go that aren't your home I think is really beneficial and important. It doesn't have to be a gym membership or somewhere you even pay to go, but going on a walk with a friend, different hobbies, different things, and then the parts

where - even with a million hobbies, you're probably just around your partner so much more and that's where the consent and safety communication comes into play. We definitely are like, "hey I really want to be alone in the bedroom for 3 hours today, is that ok? I want to watch a movie or just hang out with myself or read." I think, again, building in comfort around just saying what you need, asking for it, and making sure the other person knows it's not personal. If anything, it's in service to the partnership to act in your highest good. So many blessings on this question, I think - try to stay grateful, like wow I get to live with my hot, cool girlfriend, that's an amazing thing. So even when it's hard I try to channel the gratitude around it and maybe write that down with your partner. Remember all the reasons you are grateful to cohabitate and share space, and then look at, in what structures do we need in place to continue and maintain that gratitude? Many freakin' blessings as you navigate cohabitation, I think it's a beautiful thing. Thanks so much for calling. You've been listening to Friendship Village. Do you have a question for next week? You can email friendshipvillageradio@gmail.com or for the next half hour, give the station a call 505-473-9696, here's Sylvan Esso with "Funeral Singers."

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We've got a caller who says, I need some advice for sending a love message to the top of Camino Noez street, which I believe is here in Madrid, New Mexico, if I'm not mistaken. Well, I was just thinking of sending my partner flowers. A little old school, a little obvious. The radio airwaves are a place to send love, that's a way. Carrier pigeon is coming to mind, which is not real, but I have heard of pigeons as pets. Yeah, let's see. Mail, good old fashioned mail. I'm really thinking about a flower delivery though. I'll share that on my birthday, Jackie, my partner, had to be gone and she had our neighbor, Stella, get a bunch of flowers and leave them on the porch for me. Utilizing your neighbors and little favors they could possibly do to keep this love message to the top of the hill, across the valley, over the dirt road, over the tiny wooden bridge, around the corner, around the other corner. Those are my thoughts. I love love, I love love messages, and this one goes out to you!

[Music]