

FRIENDSHIP VILLAGE 12.27.20

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

[Music]

That was Norman Greenbaum with "Spirit in the Sky." I'm Marlee Grace, you're listening to Friendship Village, music and advice every Sunday here on KMRD from 3-5PM Mountain Time. If you have a question, feel free to give me a call, 505-473-9696 or email friendshipvillageradio@gmail.com. We've got some great questions, some great songs for the show today. Let's get started! Last week we had a beautiful caller who had a question about sobriety and staying sober through the holidays, and we talk about that a lot on Friendship Village. I've been sober since May of 2011, and we're coming up on New Year's Eve. I'm going to guess less parties this year, I hope, due to the global pandemic, however celebratory drinking for a lot of people ends up being a trigger. For me, often more so than grief drinking. For some reason when I'm grieving or lonely or really sad, I can get to my tools a little faster. Anyways, this caller says "I've been sober for the past year (yay to choosing life!), and part of me misses the ritual aspect of celebratory drinking. What are your favorite rituals for celebrations to fill that void?" Beautiful question! So much of staying sober to me, especially in a party setting or a celebratory time, is having really special drinks that I love. Get a LaCroix, that's fine, but look up a mocktail recipe. Look up shrubs you can find where you take fruit and soak it in sugar and mix with a tonic. Get creative. A fancy Shriley Temple, get grenadine. For me, my partner Jackie is also sober and she also is gluten-free and we found a non-alcoholic, gluten-free beer. Which sounds impossible but it is possible. Shoutout out Athletic Brewing Company which is all non-alcoholic beer, and I really like knowing I'm supporting a company that's only making non-alcoholic beer. I guess I can't speak to who owns that company but for me, that's guiding my dollars. Anyways, we also drink Frey which is non-alcoholic wine. Again, it's like, part of the ritual to me is enjoying a beverage. I was meditating on some of my drinking career the other day and thinking about how much I loved it. I loved drinking. Was it ruining my life and killing me? Sure. But did I love it? Did I love those first few before I blacked and don't remember what was happening? Yeah, absolutely. For me, I try to find the art of the beverage. I love a well made beverage. We also - shoutout to Total Wine and More - which I believe is a chain, we have one nearby in Santa Fe - which makes a non-alcoholic gin. You can make really

fun, fancy drinks. I also want to disclaimer that a lot of sober people do not like non-alcoholic beverages because it reminds them of drinking. So just be really mindful of what feels correct to you. But for me, making a special drink, having my Honey Mamas chocolates, having special things really helps me. I always say, play the tape all the way through, I never had one glass of wine. I always had at least two bottles and blacked out. If you're craving and romanticizing the alcoholic drink and you know it's not correct for you, remember how it ends and make a cute mocktail! Many blessings as you navigate these holidays, the celebratory time, without a drink in your hand. You can do it! If I can do it one day at a time, so can you. You're listening to Friendship Village, here's Sylvan Esso with "Rooftop Dancing."

[Music]

That was "Bitter Sweet Symphony" from the Verve, which I believe is most famous for being in the movie Cruel Intentions with Ryan Philippe, Sarah Michelle Geller, there are other good people in it. Not Reese. Reese just marries Ryan. I think. I'm so sorry for my Cruel Intentions' fans out there, I'll google during the break. You're listening to Friendship Village. We heard "Peace Train," Bonnie Raitt, Sylvan Esso, who are my friends, a beautiful song and album. Highly recommend you listen to it, "Free Love," Amelia was just talking today on the Sylvan Esso Instagram about the algorithm and Instagram and how it can really make it hard for artists who are trying to share their work, to get people to their classes, to buy their albums, get people to their classes. I really relate to this, it can be painful to use something that doesn't feel like it's supporting you. Speaking of social media, it wouldn't be Friendship Village if we didn't have a question about social media. "Over the better part of the last year, I've been flirting via social media with this person from another state. We went on an in person date once before COVID and it left me thinking this is my person. Like really my person. However, every time we mention seeing each other again they never make firm plans (un-COVID related). Despite the amount we talk, I feel they're playing a game with me (sexting, flirting, but mixed in with a lot of sincerity) and I'm constantly posting for their eye on social media. How do I release the attention seeking on social and let them go? Or should I?" Well, daer caller, woo woo woo. You know, the person I dated before my current girlfriend, similar. The vibe was good, we were hanging out, and then Covid didn't exist yet in the form it does now, this is early 2019, late 2018, and yeah. I have this dance Instagram account, @personalpractice, and i found myself really curating the energy to

get her attention. And it worked. IT works! That's the thing about social media, it works. It's a great way to reach your crush, for better or worse. If you're holding on to feelings of self-judgment, just let them go. It's ok. It's ok to want to be liked. That's a nuance that gets caught up in social media. IT's normal to want to be liked, to want attention, to be loved, to feel good with other people. For me in that situation, I had to get really clear about, do we want the same things? At that point I thought I wanted partnership and actually I needed time to be single, time on my own. This person was clearly not ready to show up in the way I needed someone to show up in a relationship. The flipside is, do you need someone to show up in a really specific way? Or is the flirting and not meeting up ok? And both are allowed to be true. I think it's up to you to navigate in your intuition. My prescription might be dancing to your favorite pop song, putting on a hot outfit and not posting it, seeing what feels really good to you. Getting in your body, feeling your own power, and then be like, is this serving me or not? Sometimes flirting with somebody who doesn't want to meet up is fine, and you're like, whatever! I'm doing my own thing! Other times that's super depleting, it reminds you of what you don't have, what you want to have in partnership, in friendship, whatever it is. Really tune in to what are your needs, what are your desires, does this person fit in to the puzzle piece of romance and life and relationship, and if they don't, maybe let them go! As much as I talk about on the show and write about social media, I also think like anything we do publicly or privately, it's a spell. You can cast a spell, you can post hot pics for yourself, you could post the same picture and change your intention. Instead of being like, I'm going to post this and hope this person sees it, you can say, I'm going to post this because I feel good about myself today. I think what I'm hearing is just get really clear about why you love you, and why you can be in tune with yourself, and then make the shifts around that. Many blessings, dear caller, as you navigate this person. The other hot take is they sound kind of flakey, and maybe we need to drop them. There's the short answer and the long answer, at the end of the day you need to tap into what your own needs are, and I trust you can do that. You're listening to Friendship Village, if you have a question call the station or email friendshipvillageradio@gmail.com.

[Music]

That was "Seaside Woman" by the late, great, Linda McCartney. We also heard Fleetwood Mac and Cash + David. You're listening to Friendship Village here on KMRD, music and advice. We have our next advice question. This person says, "after a weekend at my parent's home for

the holidays, I feel relief to return to my home, but also real guilt for not appreciating all that they are giving and offering me. How do you take care of yourself when caught in this type of spiral?" Well, dear caller, family is complicated. I don't even know anything about your family and I will assume it's complicated. I continuously learn how to release the guilty feeling. I think it's really normal and ok to be like, I'm going to go to my parents and I'm going to exit and I'm going to go home and be so grateful that I'm in my home. Even if you have amazing, magical parents who somehow didn't traumatize you, I think there's still a level of we are all reparenting ourselves and building homes and relationships that reflect the kind of love and care that we want to see in the world, that's going to be different than the love and care our parents show to each other and the world. And what I've learned is they're not wrong and I'm not right. That's where the guilt maybe comes in, or feeling like I don't appreciate them. I have really really learned to see my family - not just my parents, but also my brother, my aunts and uncles and cousins - really see each of them exactly as they are without expectations of who I wanted them to be, who I think they're supposed to be. And then I can appreciate them so much more, draw my boundaries, leave when I need to, and appreciate my home that I live in. Shoutout to my little brother who I love so much, I'm going to play a song by him after I keep answering this question. I was thinking about him the other day - I highly doubt he's listening to this but maybe he will some day - feeling like I don't show this person as much appreciation as I want to. I should call and text him more, I should send him songs I'm listening to more, just connect more. Also, if you're feeling like I'm not appreciating these people as much as I want to and it's something you could take action around, think about that. And don't feel shame or beat yourself up about it. The holidays in general just shine a weird extra light on to everything - family feelings, feelings of shame, self-doubt, guilt. I think it's' really normal to be a little more activated during this time. Keep working on seeing your family for who they are, release expectations of them, take care of your side of the street. It's not bad to get home and to love your home and if you want to appreciate them a little more, do that! Reach out a little bit more, as my special little brother says, the phone rings both ways. You're listening to Friendship Village, this is the Afterglows with "Born Again."

[Music]

That was Wreck You by Laurie Mckenna, you're listening to 96.9FM, KMRD-LP, Madrid, New Mexico. This is Friendship Village, music and advice with me, your host, Marlee Grace. Another beautiful day in New

Mexico, spent the day gathering firewood from dead trees with my partner Jackie and her new chainsaw that I got her for Christmas. Grateful, grateful for trees that fall and how we can gather them to heat our home. It's been cold in New Mexico, I will be the first to admit that moving here I maybe didn't realize it'd be so cold at night. But, as a lifelong Michagander, I'm doing ok. We have another beautiful eustion for the show! For our dear listeners, a fellow quilter has emailed us. They say, "I tried to start a new quilt last night and felt a total freeze in my body. Just so overwhelmed by all the possibilities and not in an exhilarated way, in a curl up in a ball way. feel the same way when I think about starting to work my 12 step program.. what do you do when/if you experience a freeze like this?" I love the generosity of "when/if," it's definitely "when"! It's always "when." One of my favorite all time self-help books When Things Fall Apart. That title sticks with me so beautifully, it's "when" things fall apart not "if." It's "when" I freeze up, not "if." So first I just want to say, a 12-step friend recently said to me - I was having a day last week where I was so frozen, like I didn't want to do anything and everything felt so hard. And she was like, it will be there when you're ready to pick it up. Put a pin in it. Sometimes pausing and not doing the thing is actually ok. Of course there's part of me that wants to be like, push through! Find your creativity! Make your quilt! It's gonna be beautiful! And I'm also like, don't do it. Watch the Heaven's Gate documentary on HBO, that's what I did last night. Think about a cult, read a book, play Animal Crossing (that's my new thing). It's ok. You might find the urge later. Or, because here's the thing about having an advice radio show, is literally I should have to know your entire Human Design, enneagram number, astrology birth chart, and favorite ice cream flavor before I give anyone advice. We're all so different. Part of me is like, push through, dear caller. Start cutting fabric and taping it to the wall, I don't care how uncomfortable you are! That may be the right advice for you. Questions like this aren't about how to get the quilt done or how to start the 12 step program. This question is, how do I not hate myself while I'm not meeting my own insurmountable expectations? That's the question I'm hearing over and over again. We are rewiring how to be nice to ourselves. That's what so many of these questions are about and what I'm constantly working on. How do I reparent, be an adult, like myself, loving myself is one thing, liking myself, building my self-esteem is something else. In terms of your 12 step program, be in touch with other 12 step people. Whatever program you're in, get people's phone numbers, go to meetings, turn your camera on, turn it off, I don't care, be an active participant in your program. I will also say I've done that and have been stalling on a fourth step for like 5 and a half years. It's progress, not

perfection, that's what they say. Other parts of my program feel really strong today, it's really about being nice to ourselves. Just be nice to yourself, again, global pandemic, wild, does anybody remember the election? Do you remember that Trump is still our president and has been for four years? That's traumatizing and that's ok and it's ok. And who even knows what's happening in your personal life?! You'll make your quilt, you'll get excited about it. Turn your phone off. I'm having a spiritual download - I think there's some phone stuff happening, trying not to project because clearly I have phone stuff going on. Tap into what's true. Do you need to rest or do you need to push? I think that's the question we're all asking ourselves that feels clear. Tap into your intuition. Can't wait to see what your quilt looks like. Many blessings as you continue to navigate being a human in the world. 2020 is almost over, I don't necessarily subscribe to the Gregorian calendar year but hell, it's almost frickin' 2021. I feel excited about that personally. I'm Marlee Grace, I am honored to answer your questions! If you want to call the station you can, or email friendshipvillageradio@gmail.com. Here's Mac Miller with "Good News."

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That was Brenton Wood, "Give Me a Little Sign." Thanks to all the callers, just had a few local listeners call in with gratitude and appreciation and it is truly an honor to host Friendship Village for all of you. Again, I mentioned earlier the last couple weeks we've had more sobriety questions than usual so I wanted to read out of a favorite book of mine, called Out from Under: Sober Dykes and Our Friends, edited by Jean Swallow. I thrifted this book in Grand Rapids, Michigan, as a sober lesbian it was the greatest book I've ever found in my whole life. It's essays written by queer women who are sober. There's a follow up book that's really amazing, highly recommended. There's all these essays and each one ends with a prompt of, what would my community be like or feel like if it was sober? So one of the contributors says: if my community was clean and sober, it would be a lot more together. Alcoholism tends to make us have a false strength about ourselves. As lesbian women, we aren't working together on issues that are of importance to all of us. We aren't able to. The alcohol puts space in between us. If the lesbian community were clean and sober, we would be able to use our real positive strength to be closer together and to be a community of women to each other. We would be able to have a good time by really relating with each other. If there were less alcohol in our community, we would be more aware of our sisters' inner love that would create a strength to overcome the issues that face us today:

work, children, life, and death. We could be there for each other when we really needed each other." So I loved that, I think so much about how alcohol for me, when I was using, just clouded my connection and togetherness. Alice Alrich, who is a contributor to the book, writes "if my community were clean and sober, it would look like a brilliant piece of crystal, sharp, clear, and dazzling." I love that. And then the last one I want to read is from Judith McDaniel, this book came out in the early 80s, 1983, a lot of them were getting sober in the late 70s, early 80s, and Judith was a co-founder of the feminist publishing company, Spinters Ink, which is responsible for a lot of amazing feminist books and zines from this time, including this book. I think so much about 2020, I also want to - the radical pastor Nadia Bolz-Weber celebrated 29 years of sobriety this week, she got sober when she was 22, which is the same age I got sober, she's in her 50s now, she sent out some really beautiful prayers this week about folks struggling this year more than ever to stay sober. If you've relapsed to come back. Whatever it is, I'm just really thinking about how painful the news cycle is, which reflects the life cycle. How many times in isolation I thought about picking up a drink and made a choice not to. This is what Judith writes in the early 80s, a lot of things haven't changed for better or worse, I think it's really special to read. "One thing I think about a lot is how I believe alcohol use and abuse keeps us from focusing our anger. Recognition of who is responsible to our oppression on the appropriate targets. Alcohol makes vague statements, "life is like that." Or "it wasn't anybody's fault." A clean and sober community might be a community that would turn its full attention on oppression. We might be dangerous, then, to our oppressors, and they know that. One night while watching the news about how Reagan wanted more bombs and how a Black candidate for the mayor of Chicago was being harassed and vilified, I counted six ads for wine and beer in a one hour period. Six. That's what it takes to get through the news these days without caring who is doing this to us, without getting up to do something about it." For me, reading that, I was like, wow. I so often - I don't really think of my sobriety as a political or activist choice, per se, to me it's so simply just about being alive and staying alive, but you know, reading that it's like, oh yeah, when I'm using, I don't care. I'm just like, life's like that. Oppress away! I'm not thinking about how to get up and to take action. That's where my sobriety is so important to me today, the most important thing in my life, without it, I have nothing. And just this is the last, the last Friendship Village show of the year and my first show this year was on Sunday, May 17th, which was my 9 year sober anniversary. My sobriety is so important to me, such a gift to share it with listeners here in my local community and those who

listen from far away. I'm sure many of you listening know me and love me and support me and are very glad I'm sober today, and some of you have no idea who I am and just trust that it's good for the whole world for me to be sober today. So many blessings to so many listeners who share their sobriety with me, their relapse, their day accounts, their starting over. Many blessings as you navigate that. If you want to stay sober through the new year, you can. If you don't want to stay sober but know you kind of want to, you can! You don't even have to fully believe it to get through one day at a time. If your life is one the line and you're really trying to stay sober on New Years Eve, you can. If I can do it, you can do it. I'll have a sub next week and will be back the week after that. Can't wait to return to you all in 2021. If you have questions for future shows, you can always email them to friendshipvillageradio@gmail.com.