

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

[Music]

That was Can't Do Much by Waxahatchee, named one of President Barack Obama's favorite songs of 2020. What an honor, to have one of my best friend in the whole world be recognized by former President and former Chicago resident, Barack Obama. What a dream, what a gift. You're listening to Friendship Village, I'm Marlee Grace. Another beautiful day here in New Mexico. Grateful as always to be broadcasting live over the airwaves to you. We have a lot of beautiful questions today, Friendship Village is music and advice and I'm ready to be of service. We have our first question, who says **"I really want to feel more comfortable and confident and connected residing in my body, so I've decided I want to learn to dance. Any tips on where to start? I feel like it should be just as simple as moving my body in ways that feel good but I just don't feel like I'm at that point, like I need some encouragement and a bit of starting point if that makes sense? Maybe an online class/course, a book, anything really! I like moving my body in other more structured ways (yoga/running/walking/swimming) but sometimes I don't have the energy and because I have a complicated relationship with body image and weight loss these activities don't always feel nurturing."** Yeah! Of course, so often my advice to dance is put on your favorite song and think of the most cliché advice ever, which is dance like nobody is watching. I like to say, dance like nobody is watching or dance like everyone is watching and you don't actually care. That's my ethos and mantra for life. Dance as if everyone can see you and it doesn't actually matter. Something I say a lot when I'm teaching dance class, a prompt I'll offer, is to focus on a body system, like bones or muscle, and pretend that your body is only made of one of them and see how your body moves if you were just focusing on your bones, or just focusing from the distal ends - your hands, your feet, your head - what does it look like to always lead from one of those places? You can think of an element - fire, earth, water, air - what does it feel to move as if you are one of those elements? I really think in general it's about the institution of how does your body want to move? Do a scan, close your eyes, greet your body. If you're feeling something related to not loving your body or a little bit of discomfort or pain, just greet it! Be like, hello body, I'm seeing you. We don't have to get rid of those thoughts before we dance, we can bring them into dancing. Dancing moves them through the system, both physically, spiritually, emotionally. Put your favorite song on, do a body scan, check in with where you're at. A big part of my

practice is to film myself, but I do love that idea of mirroring, maybe you could practice dancing in front of the mirror, if you really don't want to look at yourself, dance with your eyes closed. Be a witness to yourself and just be really loving. Be joyful! Move in a way that just feels good. I often suggest Taylor Swift, Beyonce, Justin Bieber - I'm such a pop song dancer in my heart of hearts. Or Brian Eno, Emily Sprague, Cool Maritine, those are some of my favorite ambient music artists. Maybe something like that to tune into your body and the space around you. Hopefully that helps. Many blessings as you navigate a life of dance. Dance is my favorite thing to do, teach, and talk about. I really appreciate this question! We have a lot more beautiful questions to get to today. Speaking of Taylor Swift, she has put out yet another album in 2020. If you're feeling like wow I didn't make a lot of art in 2020, don't compare yourself to Taylor Swift, she's a millionaire with a whole team who has a lot of resources to make a lot of art. She gifted us with another album, Evermore, it's called Willow. I'm a Swiftie, what can I say? Turn it up and try dancing!

[Music]

That was Tierra Whack with "Hungry Hippo" before that we heard Tom Petty. Highly recommend Tierra Whack's 15 minute album Whack World, really some of the best 15 minutes you can spend with music. I'm Marlee Grace, this is Friendship Village, music and advice. We have our next question! You know I love questions about friendship here on Friendship Village. We have a couple today. This person **says "how in the hell (heck for radio? lol) am I going to meet my neighbours, and find my queer quirky art loving social justice active community in a snow covered freezing town in Canada. There is no outdoor places to even really spend time getting to know anyone, except for the quick hello and cheerful smile (despite feeling quite alone). Any suggestions for a major move, new place, and feeling connected. I do also plan to use this time to delve deep inward, it offers a pause to do so, but I know human connection is important to me and will be important through the winter months. I can zoom with friend's from the big city....but I also want to embrace this new home. Suggestions welcome!"** Well, dear caller, I relate! I moved to this new town on March 15, which then everything stopped being the same about March 17th. The cheerful smile has the capacity to bloom into friendship, distanced, masked conversation. I know me and my girlfriend have been able to meet neighbors from afar. We have our coffee shop, a farm stand going for awhile - little place where you can distance-congregate with others. My advice actually might sound sad, but I was thinking today - I'm going to botch this quote, or what she

said exactly, but Elizabeth Gilbert talked about being lonely and instead of pushing against that, to be like ok, here we are. Here we are in loneliness. What is there inside of me to start to investigate? I think that has helped me during this time. It is naturally lonely to live in a place, even if you're cultivating new relationships - which I am, and you might be able to do in a different way - it's still really intense to live through a global pandemic in a place where none of your friends have known you outside of a global pandemic. You don't have close family, or any friends you've known for more than 8 months. That's uncomfortable, that's lonely. It doesn't have to be any different. I think you already know what to do. You know how to slowly build relationships from afar, to Zoom, letter-writing, I'm in the Zoom fatigue category lately, I do a lot of mingling on Zoom, whether in digital recovery spaces, or hanging out with my friends there, I teach on Zoom. I'm on the Zoom Room most days. For me, writing to friends, and even your friends who are far away, making sure they know where your capacity is, what you're focusing in, building relationships in my new town. It's gonna be clunky and lonely, accepting that it's what's going to be the least agitating. I think pushing too hard is going to lead to expectations that are really painful and confusing. I'm wishing you well in the discomfort. Not much advice to fix this one. You just moved to a small, frozen town in the middle of a pandemic and that's going to be hard and worthy work. I think you're going to get to know yourself in such a new, beautiful way. I can say that because that's what I've experienced in my time - while my partner was fighting fires and I was really alone a lot, or just the distance from people and the distance from what we know. Maybe that's the thing, right? The distance from what we think we know. You're going to really get to know what's inside of there, and don't be afraid of it. It's a gem inside one of those rocks that you smash with a hammer and inside it's a sparkly, magical geode. Many blessings, dear caller. There's magic on the other side, and we're not going to be in a pandemic forever, but it's probably going to be a little while longer. We'll see. You've got this. I believe in you. You're listening to Friendship Village, this is Lindsey Buckingham.

[Music]

That was Feist "A Man is Not His Song." Kevin Morby, Arthur Russell, we started with Lindsey Buckingham of Fleetwood Mac. YOU're listening to Friendship Village with Marlee Grace, I have more advice to give to our dear callers! This next one is dear to my heart and someone who is always trying to figure out how to be in better, more abundant, and less codependent partnership with my romantic partner

as well as in all of my relationships - platonic, work-related, etc. - if you're feeling like these questions are too specific, remember it's about all people and how we related to ourselves, first and foremost. They say **"my friend of 7 years and I have become increasingly close over the course of the last year and half, and at the beginning of quarantine we started hooking up after many years of tension (as two dykes do...).** in many ways it has felt really amazing- they've been my light throughout this quarantine and we've gotten to know each other in ways that we never would have in the speed of our lives before. we've been really open and it's been exciting to be in something that isn't defined. but many things are weird about our dynamics shifting during this time- none of our friends witness how we're interacting now; it's all super private and escapist at points; and it's hard as someone prone to codependent behavior to not make my whole life about them when our lives are so small right now. Over the past month or so, our relationship has felt a lot more draining than fun. We both acknowledge that we've been holding the weight of 10 months of lockdown and everything that has come with it and it's A LOT. I appreciate how gracious and kind we're being in reassessing what we're doing, but it's also scary. as someone newer to being really intentional about my connections, it's hard to know if i'm doing it right. I guess I'm scared to lose them and it all just feels confusing that it took a big shift. Is this something you've experienced? what would be your advice as we're in this limbo?" Well, dar caller, I first ant to say I really relate to the feeling like your partnership isn't witnessed. I think that's something me and my girlfriend have really been experiencing this year, is missing the energy of being around a group of people and how much that energizes our love to be at a concert, to be at a house party, thinking about Pride not happening this year, to be at a parade. So I'm thinking about that privacy, espcacism feeling and just want to say I think that's normal for what's happening to a lot of people right now. IF you have any sort of part of you that's an extrovert or just enjoys being around community and friends, our home partnerships are going to be affected by that. I think that's where people all of us need to be a little gentler with ourselves when we're not feeling some of the spark and re-do that happens in quote normal life, non quarantined life. Something that came to me, I read this question earlier today - it was emailed to friendshipvillageradio@gmail.com - thinking about this thought of being afraid to lose them. The thought I had was no, you're afraid to lose you. Because that's what we're afraid is going to happen, or what does happen. We lose ourselves in codependency, in codependent partnership, in overly trying to fix something that a.) maybe isn't broken and b.) trying to control the outcome, we lose ourselves. I think back to when I ended partnerships, maybe most

specifically or dramatically, a marriage, the grief of losing that person was so intense. But I never lost that person, we completed our marriage, and now we have the most aligned relationship, the most abundant friendship, the trust form of our love is actually what is now. Our marriage was fun and great, but I didn't lose what's not mine. I don't think you can lose this person. Or if you do they weren't supposed to be there. I think of relationships where I'm not close to that person anymore, we don't have the relationships I'd "want" us to have. Whether a friendship or an acquaintance. And that takes some acceptance. I think just bringing in a little bit of spirit, god, higher power, whatever you're calling it these days, to let this relationship form, or re-form, or shift however it is supposed to. Let it be what it is supposed to be. The other way to not lose yourself is to have your own stuff, your own recreations and hobbies and separate friends. I know me and my girlfriend, we love to facetime together with friends who are far away, but sometimes it's really important to have our separate FaceTimes, our separate phone calls with people. To have friends that we talk to separately, our separate hobbies, separate distractions, separate TV shows. That's what I continue to find in my relationship, that is absolutely - I really think for all the people in my life who are partnership where they live, with their partner, whether they've been together for a little while or a long time, a quarantine, stay at home, global pandemic is putting a really different pressure on togetherness. It's harder to carve out spaciousness, but I think no matter the outcome of this relationship, take care of your side of the street, focus on the things that make you feel happy in the day. I also notice I love my partner so much more when she's really focused on her aptingina nd drawing and activities, she beams a little brighter when I come home from my radio show or a walk with our dog or go away for a few days to do my own thing. I think if you can just carve out that time for yourself, the more you focus on you, the more you have time and energy to give to someone else. Even if the relationship shifts in a different way. Heck yes to really realizing you're holding 10 months of Covid and that weight. It's becoming so normal how we experience life now, we can't even conceive what it will be like on the other side. That doesn't mean wait it out, but where is grace? Where is finding grace for yourself, for this other person, for this situation? This is not easy, many blessings as you navigate. Be grateful for the love and this time that you have gotten to share, no matter how it continues to shift and play out. There's so much unknown which can be scary but also bountiful. Many blessings. We've got a lot of questions today on Friendship Village. I'm still going to bring us some songs. A new pop classic sure to be from Miley Cyrus and Dua Lipa.

[Music]

That was Not About Love by Fiona Apple, before that we heard Otis Redding, and we started off with Miley Cyrus and Dua Lipa. I'm Marlee Grace, you're listening to Friendship Village, advice and music. We have a jam-packed freaking show today and we're going to get to another question here on the radio station. Family dynamics! They're happening, they're coming up, we've got the holiday season. This is 96.9FM, KMRD-LP, by the way, I'm Marlee Grace. This person says. **"How do you navigate family dynamics in which your former role or others' story of you doesn't fit anymore? I grew up being the oldest sib and have long held onto the idea that I must be capable and in control, steady and smart, the helper and advice giver. This has often manifested in being seen as a "bully" who is overly critical or angry (I also have hella Virgo in my chart). I no longer want this and have made a lot of internal progress in unlearning some of those patterns and defenses and approaching people in my life with more acceptance, but I see the ways my mother and siblings experience discomfort when I attempt to flip the script or act in ways more aligned with my truest self. It's as if the whole universe falls off track when I shift my behaviors within family!"** You know, especially with a specific Christian holiday in 5 days, it's called Christ-mas, about a miracle child that was immaculately conceived and came into the world. It's also about presents and tressa nd a heck of a lighting show in this town. It means so many different things to so many different people. As a non-Christian, I am enamored with the story of Jesus, I think it's really cool and really weird and really mystical that he literally appeared. I also don't - we don't have to go into what I think about the guy. I'm sure he was a great guy. Maybe he's still around. I heard there's a second coming. The holidays. They're coming. We have another question about sobriety in the holidays and I want to talk about that too. First of off, first off, wow, I did an over-caffenation thing this morning, I'm switching from half dandy-blend. I don't stop drinking coffee because I love the placebo, love a hot beverage in the morning, but I don't need that much caffeine. That's not going well for me, so I'm going to mix it up with dandy-blend, that's dandelion and chicory root, it grounds me - then the coffee. Ok. Now that we've covered why I'm looping around here, the thing that's come to me is - I know saying this about your own family is a hot take, but what other people think of you is none of your business. It's my favorite phrase, I pulled it from a 12-step program. I love to think about it for the internet, for what people think of my radio show, to what people think of how I dress, to whatever I do. What those people think of you is none of your

business. You know what is in true alignment, you know, clearly in the beautiful way you articulated your question, you know what is true for you. You know that you are destroying stories people tell about you and you've clearly been telling yourself are true. You're destroying those and we don't need that. It's going to be uncomfortable. And the more you detach with love from what those people think of you, it actually gives them the space and freedom to see you as you as you are truly seeing yourself. The more we convince and control someone else to see us the way we want to be seen, it's futile, it doesn't work, they don't like it, they want to cling to what they can control, which is the story of the bully, the older sibling, the control freak, the advice giver, the helper. As you rewrite these narratives about yourself, you just have to believe them and detach from your family's experience of you rewriting the story. I say it because I'm doing it all the time in my own life, it's uncomfortable, it's weird, it's clunky, just like being a human is. I have found that when I try to be more specific, like, listen, this is who I am now, this is how I want us to be in relationship to one another, certain members of my family cannot with that. Cannot hear that, are not interested in that, it brings out the narcissism to such a high level that we're just going backwards. Friendship Village is really like, take care of your side of the street. But seriously, keep believing the story you're building and others will start to believe it. And if they don't, again, that's none of your business. It might take a day, you might be surprised, who knows. That's what I have to say. Many blessings. Family is so layered, I would have to know every member of your family and what they feel inside; but that's the thing, that's the beauty. No one even knows their own family's inside trauma and ancestral wounds, we just don't know what's in there. You know what's in you, it really seems like you're finding, so keep believing your own, new story and others will sort of have to start believing it too. Many blessings as you navigate! I do want to jump in to our next caller's beautiful question about sobriety. **"I'm wondering if you have any advice for a newly sober person (me) getting through the holidays when it's a very drinky/vicey time. I wondered your insight on that and if you have any tips."** Ah, dear caller! We haven't talked sobriety on the show in a little bit, which is surprising to me. Here's the thing, Christmas, whatever holiday is coming up for you, let's call it Christmas. Christmas is not til Friday. For me, when I know a thing is coming, I have to lean into the one day at a time mantra more than any other time. I can't worry about if I'm going to drink or not on Friday, I have to only protect my sobriety today until I go to sleep, tonight, in 6 hours. I know I've gone 6 hours before without drinking, I've managed to string 9.5 years worth of 6 hour increments not drinking.

I will just not drink for the rest of today, and then hypothetically, godwilling, will do that tomorrow, Tuesday, Wednesday, Thursday, and then when Friday comes and it's Christmas and it's triggering, I will do my very best to not drink that day. I definitely suggest always having sober accountability buddies - and whatever sobriety is to you, if you're not drinking, if you're not using other substances, whatever your definition is of your personal sobriety - if it's not drinking, another friend who's also not drinking that day, and text them. Check in. I always have my special drinks, my Topo Chicos, my LaCroix, my special chocolates, gum, I like to have my things that I have that make me feel a little safer. A water bottle with regular water. And find sober community if that feels right for you. A 12-step program, Tempest, all of the different recovery things they have for free, their blog, they have a membership site, a lot of resources there. Smart recovery, refuge recovery - digital recovery communities are abundant, they are thriving in Covid. Find other people who are sober. That is the thing. One day at a time and I have people who know I don't drink and who keep an eye on me, who text me, I text them. Find those people. They can be strangers, that's ok. A lot of my very best friends who are also sober, sometimes I don't actually know that them that well outside of the fact that we support each other not taking a drink one day at a time. And then, here's a little curveball from one day at a time, but the holidays end every year. Then we get to Saturday, December 26th, and then we have New Years, which is a hard one for a lot of people. But then we have January 1st, and January 2nd. One day at a time and it's the knowledge that life keeps going and the holidays don't last forever, they're actually each approximately 24 hours long. With a little bit of time on either side. And I'm not trying to say that should make it easy and simple, but that's the balance. One day at a time and time keeps going. It gets easier, the holidays are really triggering. Play the tape all the way through. I had a friend the other day who was like, I really miss a glass of wine at night. And then we reminded each other, never had a glass of wine at night. Had a bottle of wine. And then another bottle of wine, and then blacked out. Right? If that's true for you, play your tape all the way through, what is true for you, what is drinking really look like? Don't romanticize it. Many blessings as everyone navigates - whether you're sober or not, not destroying your mind or body if you don't want to. If you want to and you love doing that, truly many blessings to the users out there. No judgment. If you want to stay sober, even if you want a drink, you cannot pick up, that's the miracle. Wooooo. I love to be sober, one day at a time, it's the great gift of my life, the reason I'm alive. Thank you for that question. You are still listening to Friendship

Village with me, Marlee Grace, your humble host. We've got a few more questions after this!

[Music]

That was Queen, Good Old-Fashioned Lover Boy. Ugh! Freddie Mercury. We had Freddie Mercury and Arthur Russell on the show today, both who died of AIDS in the early 90s and I just think of them so much as gay ancestors to me and love them so much and think about such a generation that we lost. That became ancestors far too early in that time. I've seen some pretty beautiful, raw, queer theory around just how the sickness and the virus reminds so many of a government who's not taking care of its people. I'm just sending everyone love now and always, especially my queer listeners who often seem to be many of you. I'm Marlee Grace, this is Friendship Village. We still have a bit of time left to explore some questions and some songs. Advice and music every Sunday on KMRD. The next question is so dear to me as someone from the midwest, who moved to California, and then moved back to the midwest. This sweet caller says, **"I am from a suburb of Chicago originally, but spent a few years living in Oakland/Berkeley before living in my hometown for a year to rest and save up some money before starting graduate school and moving into Chicago proper. I know I made the right choice for me and ultimately do feel much more grounded being back in the Midwest, but I still feel so heartbroken some days about the community I left behind that I loved so much, even though I know it was ultimately not a forever home for me. I end up judging myself for leaving the Bay Area--I often heard "Why would I ever live anywhere else?" from people when I lived there and even though I know there are many reasons to not live there and I am so much happier in Chicago, I keep asking myself why I couldn't be happier there despite all the work I put into creating a life for myself and when so many other people are so happy there. I also think there is a narrative about moving back to where you're from and that being because you failed somewhere else, and while I disagree with that and know that is not my experience, I end up doubting and judging myself about it anyway."** That feeling of failing - moving back to the place where you're from, which I so deeply relate to. I have moved back to the place I'm from a few times, Grand Rapids, Michigan, and when I was graduating from college and getting my BFA in dance, so many of my friends were moving to Brooklyn, Manhattan, Seattle, to pursue dance careers and I was like, a little bit active in my drug addiction and alcoholism, but I was like I'm just going to move back to Grand Rapids because I have a different vision for my life. And that was true. I really wanted to bring art and magic and movement to this mid-sized midwest town. I was like, I think of the bigger cities

have enough of those people and I don't want to go there so I did not. I'm so glad I moved back to the place where I was from, it was some of the most fulfilling work of my life to be a part of that art community and run a space and a business and a residency and an all-ages music venue, I had a partner, I got married there, got divorced there, and then moved to Claifornia. When you're living in a cabin in the woods by the ocean in California with a bunch of dreamy, magic people and then you leave them all behind, I'm confused about that decision that I made often. I have dreams of being closer to water, and that community, and how much I loved those people and being a part of that world. Something brought me back to Michigan, I did a different project, it's where I ended up meeting Jackie, who is my partner now, the love of my freaking life, brings little tears to my eyes. If I never would've left that place and done that artist residency project in Michigan, we wouldn't have found each other. I mean, maybe. But it wouldn't have gone the way it did. Which was messy and beautiful and I'm so glad she came into my life. I think that's where yeah, questioning why couldn't I be happier there? I really relate to that. I think that can be applied to anything. I feel that even in quarantine, Covid times, why can't I just enjoy my own company a little more? These are hard times, specifically, so any question we're asking about ourselves is - we're harder on ourselves. That's what I'm experiencing and other listeners are experiencing. This feeling of being harder. It's so funny because in your question to me you were so clearly like, I'm happier here, I know this is my truth, this is where I want to be, this is what's right to me, you're close to the lake, you mentioned you've been visiting. I always try and remember that a move isn't forever, you're in grad school, you get to re-evaluate when you're done. Maybe you go back. Maybe I go back. Maybe we all go back. Maybe I go back to Michigan, I'm sure I will when I'm like 50 or 60 or 70, who knows? I relate. We've been trying to get to know this town outside of the landscape of normalcy. How long will this be a home for us and how do you evaluate something like that when we're in a global pandemic and things can't be as regular as they would be otherwise. Forgiveness and grace and love and just really having faith in the plan. I was just talking about sobriety and applying one day at a time to that; this is one day at a time material, yeah? The truth is today, there's a lot of truth that you've enacted that is correct for you, it sounds like. And there's grief - there gets to be both. There's no question that my life is exactly how it is supposed to be today. And I miss my friends. And I miss the ocean. And I miss my little tiny cabin in a eucalyptus grove. It's both. Many blessings as you navigate this. We have one more question that I'll answer after the next block of songs, but it's actually about duality. Stay tuned for that! Here's a little

song that goes out to Tabitha at the General Store who provides us with so many snacks and treasures, this is Steely Dan with "Dirty Work."

[Music]

That was Til I Kissed You by the Everly Brothers, before that we heard Cat Stevens, Weyes Blood, and Steely Dan. You've been listening to Friendship Village with me, Marlee Grace. What a jam-packed couple hours here in KMRD. If you have a question for next week, you can email friendshipvillage@radio@gmail.com. All past shows are recorded, transcribed, and have playlists as marleeGrace.space/home click Friendship Village Radio. You can also type your question there in the square or call the station during the show next week. Our next question is from a Santa Fe listener. **"This year has been a wave of experiences and emotions, as I think we can all agree too. I have really been exploring the concept of duality. For example, acknowledging how things can be really bad for some and good at times in my own life, and alternatively the other way around as well. The theme goes in so many directions. It can also feel very empowering to acknowledge duality, as it allows for one to accept and confront what we are faced with, but for an empathic person it can be really hard to deal with. How do you approach these emotions?"** What a beautiful question, what a beautiful way to end the show today. Yeah as I'm watching the sunset - I used to teach an online class called Everything is a Sunset, which was kind of all about this, and it reminds me of earlier talking about sobriety, that we have to do it one day at a time and we have to remember that things always shift and change and think about things in the long term as well. I couldn't relate more to parts of my year that I was truly thriving, and it felt so strange. My business was thriving, my health was thriving, I was thriving, my partnership was thriving. And other times I was in such an extreme state of depression and anxiety. Specifically the time my partner was fighting fires, she would be out of service, the anxiety and fear and extreme distance from her and aloneness and anxiety living in a new town, Covid, etc. witnessing so much pain in communities of color, the Black community this year, indigenous folks. There's so many different ways our identities intersect with our pain and how this year has affected everyone differently. I think no matter what identities you hold, marginalized or not, we've all been really affected. Like you said, some more than others and some in different waves. Sometimes the pain is really extreme and other times you're doing really well. So this is what I think. In the times that I'm doing well, my income is not affected right now, this this and this, that's when I've really leaned into

generosity. Where in my business can I be generous? Where in my creative practice can I be generous? I really turned quilting into a practice of gift-giving, fundraising, teaching. For me, it's like when I'm well, how can I do that? When I'm not well, how can I make sure to ask for help or notice where I'm projecting wellness on to other people? Often through the lens of social media, right? I can also look great and like I'm thriving publicly when I'm completely crumbling internally off the screen. That's the other part of duality is accepting what everyone's duality is. We actually have no idea, even maybe the people we know the most, we get surprised by these - oh I thought you were doing ok and you're not, or I thought you were doing badly and you're actually doing quite well. When you're in these waves of oh, I'm unaffected right now. Or even just a section of your time, another part of duality - there were times when in my personal life I felt strained and lonely and depressed, but I was still able to access running my business. I was able to be financially generous in a time where I was scraping by with the tools I had. And then other times I don't actually have a lot of money or time but I have a lot of love to give, or I can pour it into my radio show. Finding the containers that you can pour generosity and service into is the way forward. So that when you're well or our cup is totally empty, you've been filling other people who are now part of your community who can love and lift you up when you ask for help. I don't feel like a duality expert by any means, but thank you so much for your beautiful question. It was an honor to explore that with you today. Thanks everyone so much for listening to Friendship Village. To watch the sunset over the hills here every Sunday is truly just one of my favorite things, I know you can't see it but it's happening just beyond this microphone. I hope everyone has a beautiful holiday, right? That's what's coming up is the big one on Friday. May you just be so blessed. I couldn't end this show, the last one before Christmas, without the most important song of the season.