

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

[Music]

That was HAIM with "Now I'm In It." You're listening to Friendship Village, advice and radio music every Sunday from 3-5PM. If you have a question that you need some advice on and you want some guidance, some insight into something about your life, your experience being human, your creative practice, your identity, the way you are in the world, give me a call while the music is playing! You can also email friendshipvillageradio@gmail.com.

[Music]

That was Rihanna with "Stay" before that we heard "Damn I Wish I Was Your lover" by Sophie B. Hawkins, SZA with "Drew Barrymore," Van Morrison, "Into The Mystic". I'm Marlee Grace, you're listening to Friendship Village, advice and music every Sunday from 3-5PM. If you have a question, while the music is playing, call into the station! You can also email friendshipvillageradio@gmail.com. I'd like to dedicate this next song to a ghost that lives in my house here in Madrid. This ghost loves listening to James Taylor and I had a dear friend, Molly Sarle, whose songs I've played on the show before, she was hanging out with my yesterday and sang some James into the stairwell for the ghost and it was really profound how happy the ghost was and how much the energy changed in the house. This one is for the ghosts of my house!

[Music]

That was John Legend, before that we heard King Princess "If You Think It's Love", Emitt Rhodes, Judee Sill "There's a Rugged Road." We started off with "Carolina in my Mind" by James Taylor, dedicated to the ghost in my house. I'm Marlee Grace, you're listening to Friendship Village, advice and music. And we have some beautiful advice questions today. I've had two that

sort of go together, so I'm going to weave them together. Very tender callers today. I so appreciate those who have called in. It's been a while since I've had a live call. The show goes til 5:00 Mountain Time, if you have a question you can call in. Our first questions - one person asked "what are some good talking points for planning a first date?" and another person said "what are good ways to meet people in COVID, not on Tinder?" Like, how do we get some real relationships here? I'll break them up but I think they go together a little bit, too. Let's actually start with meeting people, right? You have to find someone if you're going to create talking points to meet with them and talk with them. There's so many - don't Google icebreakers. I think I did that once when I was planning how to talk to someone on a date and I was like, this is not going to go well, this is going to be weird. I think just really - anytime you're planning hanging out with someone, taking some of the pressure off of - this has to be perfect, I can't mess this up. Part of me wants to say, dear caller, you already know. Like, what do you like to do? Ask that person what they're into. What kinds of outdoor places do you like to be in? Do you like to hike, do you like to swim, do you like to go for drives? What kind of music do you like to listen to? Some of the classic questions feel cheesy, but like, what kinds of music are you into? What kind of movies do you like? Asking sort of - do you like outdoor music? That's starting to happen again in certain places. Do you like to shoot hoops, want to do a little one-on-one? That's a vibe, a basketball vibe. Do a little one-on-one down by the baseball diamond? Just saying, I think you can get playful - there are ways to create things that are not overtly romantic so that you're in a safe zone of a first date, planning those talking points. I would play one-on-one basketball with a friend and if a really hot girl asked me to play basketball, I would maybe think it's a date, but also maybe not. It's a perfect zone to be like, it's chill, we're being sporty and we're going to see what happens. In terms of talking points once you're on the date, continuing to be yourself. Pausing, don't be rushed with your speech, I think that can happen. We're excited, nervous, adrenaline going. Just breathing, pausing, making sure you're asking questions but also sharing about your own experience.

That initial conversation might spark a lot of ideas. You don't have to be the full planner, it can be collaborative. I love a good picnic, now I'm just throwing out date ideas. I love - you pack the lunch, the sandwiches, the hummus, the carrots, whatever special beverages or things you like to bring for a relaxing time, go to a nice view and sit and get to know each other. Yes, it's inherently romantic but it's low pressure, not so intense. Hopefully that's helpful. To our second caller, where do you find people in Covid, in a global pandemic? I've been feeling that, my partner calls it the Big Lonely, feeling some of the big loneliness. Looking for people either whether it's to date or be friends with. This person specified, I don't mean Tinder, I don't really want to be on that. No shade to anybody who does want to be on a dating app, but for some of us it can feel like it's blocking real and true connection. I mentioned something similar in one of my last Friendship Village shows, but really looking towards - is there anything happening in your community right now? Of course, we're going to put our masks on, be really safe, there might be a BBQ, an outdoor something that's happening - gathering of people. Might be a gallery that is open and only has a few people at a time, like an opening. There are - as much as we need to be really mindful and careful - looking into what's happening in your community where you live, starting to go to those spaces again. I also think there's other digital spaces that can bring us closer together that aren't dating apps. Check in with your friends - I know DJs are having dance parties on Zoom, maybe you'll see somebody on there you recognize and haven't seen in awhile and you can be like "hey, do you want to grab a bite to eat sometime or go for a walk?" I'm not suggesting dig into your exes and see who's available, but I do think sometimes considering people that are in our friends group or community that we haven't gotten to know and saying, hey, I could call that person and spend some one-on-one time, see how they're feeling and what's new for them and what's coming up for them. I definitely think there are ways to find the people out there. So often for me it really is through friends of friends. I've literally asked my friends before, when I've been single, like "do you have any friends who are also single?" A lot of times they're like "yes,

I do!" Play some one on one basketball with them! Play with, what does it mean to forge new relationships and friendships in COVID? For both questions, throw a little magic in there! Throw a little manifestation, intuition, tapping into your heart space to call into what it is you're looking for. So if you have a dream date you want to take someone on, just saying it outloud to them. If you have a dream person and qualities in a partner you're looking for, start saying that outloud, share it with a friend, write in your journal, light a candle. Magic is real and I really think when you open yourself up to be ready for it - that's why I also share the strategic things you should do to meet people, but I also think there's something to be said about opening yourself up and being ready for it to happen. Many blessings to both questions. Again, I'm Marlee Grace, you're listening to Friendship Village. If you have a question, call into the station or email friendshipvillageradio@gmail.com.

[Music]

That was Dua Lipa with "Break My Heart," before that Patsy Cline "She's Got You," we heard "Don't know How to Keep Loving You" by Julia Jacklin and Pagan Angel in a Borrowed Car" by Iron and Wine. You're listening to Friendship Village, music and advice. We have another advice question from a caller. I just have to say, there are some weeks I get no calls and only email questions. And I've gotten 4 calls today, so thank you, you're making my heart burst! This caller said that their partner just came out to their family as being trans and his family disowned him. This caller asked if I could talk a little bit about the importance of found family, chosen family, queer family. I would be so honored to do that. First of all, I just want to send many blessings to this caller and their partner. That's a really difficult and often common experience for many queer people, even moreso for those who are trans or transitioning or telling their family they're trans. So sending you both a lot of love for living in your truth and reality. For me, being queer, being gay, I think my chosen and my found family is everything to me. I have a lot of privilege in having a family who accepts my queerness. I have a lot of trans friends in my chosen family

whose parents did disown them or don't use the correct pronouns or new name if they changed it from their birth name and they now have a deadname. I'm definitely in chosen family with folks who don't have blood family anymore. I want to say, without getting attached, I think also having an openness about the experience. I've definitely had friends who've come out either with their sexuality or gender to certain family members and had really really negative reactions, and those changed at some point. Those people didn't wait for those family members to change, but it can happen. Give yourself an opportunity to grieve - that's really traumatic, that's really painful. And know there's a family of freaks waiting to hold you and love you and fill that void that your blood family can no longer give you for whatever reason - their own prejudice, internalized transphobia, homophobia, whatever it is that's blocking them from fully seeing you. There's so, so many people ready to see you and to love you and to just be with you. It's both and. Let it be painful, let that be really painful and also - I know for the friends in my life who I've watched come out and trans and watched them really change the way that they maybe dress or present themselves or the name they use, getting to watch that is such an honor and beautiful experience. I think that as you go through this time and as we know, coming out is not a one time event. Whether it's about being queer, being trans, whatever it is you're coming out about, there's often many more times we have to identify ourselves or something about our identity. So just know that you are continuously celebrated and I'm sorry that this time is probably a little bit heavy and painful and to just know that whether it's in digital community or real life community - just reading about trans ancestors and seeing who came before that, who carved the way, to know that you're not alone, you're not the first person who's come out and been disowned by their family. And I don't mean that to make it smaller, but to make it big, to know you're tapped in to so many other people who've had that experience and also stayed on earth and made a commitment to stay alive and found people who loved them. Sending y'all many blessings from my queer heart to yours and I hope your newfound family loves you as much as mine loves

me, that is what you deserve. I'm Marlee Grace, this is Friendship Village. If you have a question, call in!

[Music]

That was Rilo Kiley with "The Execution of All Things." You're listening to Friendship Village, this is Marlee Grace. We've got another great question, I just had a caller - just these callers, coming from everywhere - this caller said, "when is it a good time to pack up and leave?" I love the simplicity of this question, like when do you know it's time to move somewhere else, start a new job, do something totally different with your life because it's time to move on? I think for me as someone who's packed up and left a couple times, I've followed love before, I've followed my desire to be close to water, I've also left things. I think I try to focus on going towards not running away from. So maybe if you're feeling like - I gotta get outta here! Sometimes that'll lead you to rushing into something that's not as good. Thinking like, sure, pack up and leave, but what are you going towards? That could be a metaphorical concept also, it doesn't have to be a job or love or something. You could be like, I want to go towards trees, I want to go towards more space for myself, I want to go towards an art studio, switching up my certifications in my job, what I know how to do. I think the more we can move with less urgency and not run away from things, the better. Sometimes you just have to leave and that's ok too. Granting yourself full permission. Shoutout to all my callers today. It's a beautiful day in Madrid, New Mexico and I'd love to dedicate this next song to the Santa Fe Hot Shots.

[Music]

That was Cotton Jones with "Blood Red Sentimental Blues," before that we heard "We Like to Party!" by Vengaboys dedicated to the Santa Fe Hot Shots, a bunch of freaks protecting the people and the land of Arizona today. Shoutout to JJ, the love of my freaking life and all of her friends. We also heard Lord Huron and Rilo Kiley, this is Friendship Village, I'm Marlee Grace. We

have another great question! This person shared with me a little bit about focusing on things that no one else can really understand and living in that space of, I understand it, I believe that it's true, I can prove it to myself but I can't really - they shared that their life's work is kind of proving the invisible. And so - what's true for them has to do with focused thought and meditation and what we do on the earthly plane, a very trippy share, I really appreciated it. The question at hand is, how do you maintain and keep from losing faith though you've been told to wait? I think this is so applicable to this time for everyone. However I answer right now, you can apply it directly to your life, what's going on in your personal life, as well as we are all being asked to wait right now. We're all being asked to wait to have intimacy with new people, whether that's physical or emotional, wait to open up our businesses, to gather, to travel on airplanes, to wait, globally, there's a lot of waiting. Waiting to see who the hell Joe Biden picks for his VP. We're waiting for a lot of different things. So the question of how do you keep from losing faith? For me that's about having different practices that you either do every day or you can always pick up when you're feeling like, nevermind, this sucks, I don't want to wait or deal with this. You can tap into those practices, and like you said, dear caller, maybe it's a meditation practice or a meal you've made for yourself. I've been taking our dog, June, for a two mile hike every morning and it has been really transformative for both of us. I'm generally in a better mood, she stops destroying everything. It helps me maintain faith, not just the walk itself but just noticing, bringing in a noticing practice. This goes back to every question I answered ready about dating and chosen family and whether you leave or not, I think just bringing in a noticing practice, which to me is like a god practice or a spirit practice or a universal higher power practice, like right now I'm staring out the window, i can see clouds, i can see the way the light is shooting through some of them, i can see leaves. On our walk yesterday, June, our dog, motioned to the moon in the sky. The day before that, she had motioned her snout up to a bird that was hovering. When you bring in a noticing practice it's going to help your faith practice. This doesn't

have to be spiritual and it certainly doesn't have to be religious, but if you're really anti those things, I think a noticing practice can sort of charge some of the same - the power of being in the right here. So, many blessings. You're listening to Friendship Village. We have time for more questions! Call into the station 505-473-9696 or email friendshipvillageradio@gmail.com.

[Music]

A little Madonna because isn't every day a holiday?! Before that we took a little detour from the sadder songs of the day to hear a little 112, Dance with Me, dedicated to everyone whose religion is Dragon Ball Z, don't forget that you can believe in whatever you want to believe in. You've been listening to Friendship Village, advice and music. We have a few more minutes, if you have a question you can call in. This goes out to all the Bama boys out there - Cole, this one's for you.

[Music]

YOu're listening to Friendship Village, this is 96.9 KMRD-LP, Madrid, New Mexico. I'm Marlee Grace. It's been an honor to be your host today, to be of service. I just have to do one more shoutout to the Santa Fe Hot Shots which my partner, Jackie, is on, and coordinated them all to call in today. And it was so sweet and boosted my mood and I just want to send love to everybody who's out there, all essential workers, anybody putting their life on the line, and I want to dedicate this song to Jackie and all the Santa Fe Hot Shots. Thanks again everyone for listening to Friendship Village. I'll be back next week! You can email friendshipvillageradio@gmail.com if you have a question during the week. This one goes out to all my dream lovers!