

Marlee Grace / Friendship Village / 5.24.20

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Welcome to Friendship Village, this is your host, Marlee Grace. Glad to be back for our second week here on KMRD, and I brought a little reading today. I mentioned last time that the name of the show Friendship Village comes from a book by Zona Gale, and Zona wrote this book about the people of Portage, Wisconsin. It's a book that my dad discovered. So I'm going to read to you the author's note, which says "Friendship Village is not known to me, nor are any of its people, save in the comradeship which I offer here. But I commend for occupancy a sweeter place. For us here the long Caledonia hills, the four rhythmic spans of the bridge, the nearer river, the island where the first birds build, these teach our windows the quiet and the opportunity of the home town, among the home people. To those who have such a bond to cherish, I commend the real home towns, their kindly brooding companionship, their doors to an efficiency as intimate as that of fairy fingers. If there were shrines to these things, we would seek them. The urgency is to recognize shrines. Portage, Wisconsin, September 1908. So, Friendship Village is an advice and a music show. If you have questions you want to call in, you can call the radio station at 505-473-9696 and your call will be taken off air and I can answer it on air. You can be anonymous or share your name with us. I have a few people who emailed in questions this week, so I'll be getting to those as well. And we'll be listening to music together all afternoon!

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You're listening to Friendship Village with Marlee Grace, a music and advice show every Sunday from 3-5PM here on KMRD, and I want to address our first question. So this is an anonymous person who emailed. Again, if you're thinking about a question throughout the week that you want to have answered, you can always email friendshipvillageradio@gmail.com. This was emailed in. This is a question about - is it ever too late to say sorry? This person is inquiring about a friendship that seems like it went sour a couple years ago and they have tried to reach out to some of those friends and haven't really heard anything back. And now that they've had time to reflect, it's clear to them that they had a part in, you know, those friendships dissolving. So they start to spiral about like, this person doesn't respond to me, should I apologize? Do I just let this friendship go? So, you know, this seems like a perfect theme for Friendship Village. And, you know, I have some practice myself in platonic relationships ending. I think a lot of us carry a lot more shame around friendships ending than we do around romantic partnerships ending - it's sort of like "oh, we broke up!" And with a friendship there's a lot of like, "I should've been able to save this, there's no reason we shouldn't be friends!" So, first off, I just want to give you permission that it's ok if a friendship ends. It's ok if you grow apart or have different needs. I think there's two ways to go about this. I don't think it's necessarily ever too late to say sorry, but I do think that if a natural amount of time has passed and you're feeling like those people aren't giving you what you need or vice versa, you can sort of do like a cord cutting spell, you could make an amends to them that you don't actually even give them, you don't even talk to them.

So you could basically write out on a piece of paper what your part was, like “this is where I took a wrong turn or didn’t show up in our friendship the way I wish I would have.” And you can burn that letter, you can never look at it again and sort of just wish them well and send them many blessings. And sort of release yourself of that, like, bondage and shame that you’re in because it’s ok. It’s ok to make mistakes, it’s ok to not be able to maintain a friendship with someone, and it’s ok to give yourself permission to move on, separate from those bad feelings you might be having about yourself.

Second, you can make a formal amends to someone, and I think the best way to do that is to reach out to someone, to this friend or these friends, and ask them if they’d be willing to receive it. So, again, that could also be a clue for you if they’re like “no, I don’t want to receive an amends from you.” Then maybe you could do the thing where you do it by yourself, write it out, and burn it. Or they might be really excited to hear from you. Again, something like that, I think it’s best not to bring in their side of the street - this is about your side of the street and just letting them know, this was my experience. The person who asked this question also mentioned that they were struggling a lot at the time. You can give this friend/ex-friend some context about what you were going through, since maybe you didn’t share it as much at the time. And just see if they’re open to having a conversation. The last thing I’ll say about this question or topic is - I think for any question I’m getting right now - we’re living through a global pandemic. A lot of us are very isolated, we’re quarantined, and I think just those mental reviews of the past are really heightened and our self-talk about it is really heightened. So just remember to be gentle with yourself through the rest of the day. It’s just one day at a time. Again, you’re listening to Friendship Village with Marlee Grace, this is an advice and music show every Sunday from 3-5PM on KMRD. You can call in to the station at 505-473-9696 and ask me a question off air and then I’ll answer it on air. Hope you’re having a great day, and here we go!

[Music]

That was Loretta Lynn with “You’re Looking at Country” and you’re listening to Friendship Village with Marlee Grace. Before that we heard “Be My Baby” by the Ronettes, we heard “Higher and Higher” by Jackie Wilson and “Intentions” by everyone’s favorite sensitive Pisces, Justin Bieber. I’ve got a little PSA for us here, Joe West and Andrew Weiss invite all aspiring and established local filmmakers to submit a short film for consideration in the Madrid Film Festival. The festival is currently accepting short films, 30 minutes or less, which were created over the past year in New Mexico. The submission deadline is Monday, June 29th of 2020. Submit an entry by including a link to your film, YouTube, Vimeo, Dropbox, etc. and an email to info@theaterofdeath.org. Again, the submission deadline is June 29th which, my friends, sounds like you have a little bit of time to whip up a short film. So if you’re looking for some quarantine activities, pull the old iPhone out, see what you can do, see what you can start to visualize here in New Mexico. Again, you’re listening to Friendship Village, this is an advice and music show, you can call in to the station at 505-473-9696, we’ve got some more answers to some more questions coming up right after this.

[music]

That was Here We Go Magic with How Do I Know and before that, we heard Think About Me by Fleetwood Mac and Big Nuthin' by the Roches. You're listening to Friendship Village with Marlee Grace. This is a music and advice show. So if you need advice or have a question and would like to call in, give us a call here at the station, 505-473-9696.

[music]

You're listening to 96.9FM, KMRD-LP, Madrid, New Mexico and this is Marlee Grace, your host of Friendship Village, a call in advice and music show. We just had a caller. I love when people call! So you should call me when the music is playing. Again, if you want to call during the next musical block, the number is 505-473-9696. We just listened to Down Again by Radiator Hospital, who does happen to be my little brother, Sam Cook-Parrott, and before that we heard You Got It by Roy Orbison. Our caller asked for some tips about maintaining drive and focus around a creative project that seems amorphous, maybe too big for the world, how to bring it down to earth. I love this question. I'm thinking of a couple of things. One thing that's really sticking out to me is the dancer choreographer artist Twyla Tharp talks about having "boxes" for her projects. So if she's working on a new dance, she will have a box that's labelled that project. And then as she's finding newspaper clippings or articles or things that inspire her and make her think of the project while she's researching it, she'll put it in the box. And so, I'm not 100% sure where you are, dear caller, in your creative project, but I think for me it does help to get tangible with the process, to maybe like - I don't want to go full cheesy like "make a moodboard," though I have been considering making a moodboard for myself with some projects, maybe that's what we're being called to do. But taking scissors and glue stick and sort of thinking about - you could collage, you could draw, you could work in a different medium to start visioning, what do you want this thing to be in the world? And I think another great practice is list-making, like really being like "what are the factual steps that need to get done for this thing to be complete?" You could make a list of what are the fears that are holding you back right now from, you know, doing the things on that task list? You could ask a trusted friend to do some coworking time if part of it is just like, not carving out time to face the project. I think a lot of times journaling and writing about a project can really help it come into fruition. It sounded like what you said on the phone was that some of it was like, I love that word - amorphous - like, what is it, exactly? I think if you're still struggling with what it is, just be patient with the process. I think more will be revealed. Hopefully that was a little bit helpful. Again, thanks for calling in! You're listening to Friendship Village. If you have your own question, feel free to call the station anytime the music is playing, 505-473-9696. I'm Marlee Grace, and if you like this show and you want to listen to last week's episode or you just want to listen to the playlist or you want to read a transcription of the show, you can go to marleegrace.space/friendshipvillage. That's where it all is! Thanks so much for tuning in and again, give me a call if you have questions!

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That was Lovers by Vespre, my dear friend Kaylan in my home state of Michigan. Before that we heard Human by Molly Sarlé, and Party Lights by Claudine Clark. You're listening to Friendship Village, this is Marlee Grace. Happy to be here today! This is a music and advice show, you can call us while we're playing music, 505-473-9696. You can also email friendshipvillageradio@gmail.com if you have a question. And we have an emailed question! This caller, this emailer, says, "would love some advice on how to get comfortable in the unknown? Like for many others, the pandemic has cancelled all of my study and work plans and I have no idea what next year's going to look like now. How do you navigate such uncertainty?" What a beautiful question. Wow. There's so many different elements to this. So, I mean, I'll send out a recommendation. The buddhist nun Pema Chodron is definitely my go-to when I'm really afraid of the unknown. She has a book, When Things Fall Apart, she has books that are literally about the uncertainty of being alive, and she talks a lot about the concept of "groundlessness." So, we work so hard to like, stay grounded in our lives and feel really good - and that's important - and it's also important to remember, to find ease and comfort in the groundlessness of being alive. Like, the ground can shift under us at any time, whether it's a global pandemic, or a breakup, a death, a birth, anything that's sort of like, a tectonic shift in your personal life or the world or in our communities, it's going to knock you off balance. So I think part of it is finding your own - I always talk about making lists - but looking at your own listmaking practice of "what are the things that keep you centered?" Centered is a word that I use a lot instead of balance or grounded, it's, you know, I'm going to get off-centered, I'm going to get pushed off the beam. I think that's just part of being human. Whether that's going for a walk, or sitting in silent meditation, or putting on music and dancing. I think just joy activities, pleasure activities, what brings you joy? And just try to lean in to those things. I think for me, my spiritual practice is also really important, you know, picking some sort of higher power, whether you call it God, or spirit of the universe, whether it's just clouds, wind, grass, anything that you can sort of look towards and learn into to remember that you're not alone, you are divinely supported, and you're exactly on the right path. So, of course, capitalism exists and our global pandemic is happening and there's a lot of factors of the world that are against many of us, many forms of oppression in the world - in the white, heteronormative supremacy that we live in. So, you know, I'm saying all of that knowing that we live in that container in the hopes that we can still carve out joy and pleasure and comfort and ease, knowing that we don't know what's next. I think it's a practice. Sending you many blessings, thank you for your email. Again, you're listening to Friendship Village! If you have a question, you can call the station at 505-473-9696.

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That was You Shadow by Sharon van Etten, and you're listening to KMRD-LP, Madrid, New Mexico. This is Friendship Village and I'm Marlee Grace. Before that we heard "Anywhere You Go" by Tove Lo, "Can You Discover" by Discovery and How Come You Never Go There by Feist. Tomorrow, my friends, is Tomato Day, Monday, May 25th. It's Tomato Day at the community garden, you can head over there, it's located on the Greenbelt between Cave Road and Bridge Road at 10:30AM to help plant tomatoes and reset and wrap the tomato cages. Bring a mask, please! Social distancing will be maintained! Cold drinks and snacks will be

provided for volunteers. Well, heck, that sounds pretty fun to me! I didn't know it was Tomato Day tomorrow. Guess I know what I'm doing at 10:30AM on Monday. Alright, so, Friendship Village is what you're listening to. It's an advice and music show. We have a great question that was emailed to us at the show's email address, friendshipvillageradio@gmail.com, you can email your questions throughout the week if you have any. So, the question I received was about communicating with an ex post breakup. When is the right time? Is it productive? How do you check in about being on the same page? First of all, I'd like to remind us all about the current astrology of the planet Venus. So, Venus is currently retrograde. You've maybe heard of Mercury retrograde, people are a little more familiar, and people get scared when these planets go retrograde, but it's ok. When they retrograde, they don't actually go backwards in the sky, they appear to be moving backwards. And Venus, as a planet, rules our relationships, and oftentimes is most seen for how it affects your romantic partnerships. So you might see internet memes or funny things that are like "don't text your ex during Venus retrograde!" Which it depends on what your relationship with your ex is. So, what I'll say is, know that, from today - it started about a week ago - through June 25th, Venus will be retrograde. And so, it can bring some chaos into your mind. The last time Venus was retrograde, I broke up with my girlfriend, we got back together, we broke up again like 2 weeks later. Those are like the stereotypical funny things, right, that can kind of happen. I've noticed that this time, in my current partnership, there have been moments where it seems kind of scary and intimidating, like we can feel the energy, but it's really just bringing us more into our personal truths which are bringing us more into alignment in a partnership. I've also had friends who've also already been through breakups since Venus has been in retrograde, or gotten back together with exes. It's a time of cosmic things happening in the love world. So, should you talk to your ex? Should you process the relationship? Make sure you've had enough time for yourself, enough time to truly recalibrate and find your center. Check in with yourself about where you're at. I love asking myself "what is my motivation?" If I'm going to text an ex, whether it's for processing, or touching base, it's like - do I need attention right now? Do I just miss that person? Is there something we really need to discuss, actually? I think asking them "would you be willing to carve out time together?" can be helpful instead of assuming that they might just say "yes." So, you know, asking them "when's a good timeline for you? This is a good timeline for me." So, just keep checking in with yourself. Know that the astrology is a little out there right now for relationships, but again don't be scared of it. I think it's a time that we can really just come into our truths. Venus is in Gemini, it's Gemini season. Me - Marlee, your host - my sun, Venus, and Mercury are all in Gemini. So, again, there's a little bit of chaos out there right now but I think we can harness it into "what is fun?" "What is joyful?" and just remember that you're ok by yourself and you're strong on your own and there are really healthy, productive ways to communicate with our ex partners. I used to be married to a man and he is one of my best friends now, tomorrow is actually the anniversary of the day we got married, which also happens to be the anniversary of the day we got divorced. We got married and divorced on the same day three years apart. And I love that person very much. It took us years to really be able to touch base, and when we did we ended up living together in platonic partnership and ran an artist residency together. So, again, the world is wild, we have no idea what's going to happen with our exes, they might become our family. In the meantime, please take care of yourself. Sending many blessings, thank you for asking! Again,

you're listening to Friendship Village! I have a gap in my teeth and I'm really noticing today that saying the word "friendship" - and "listen" - has been hard for me. Thank you for listening to Friendship Village with your host, Marlee Grace. Again, if you have a question, call us while the music is playing, 505-473-9696.

[music]

You're listening to Friendship Village. This is Marlee Grace. I'm here every Sunday 3-5 PM on KMRD and Friendship Village is a music and advice show. We have one more question for the show today. This was an email. And again, if you have questions throughout the week you want answered next Sunday, you can always email friendshipvillageradio@gmail.com. This question is pretty tender. It's asking about, you know, this feeling of alone-ness that so many people are experiencing right now. It's interesting that alone-ness and loneliness come up when really it's such a shared experience. And this person has said they're feeling a little bit low because they're seeing other people socialize, even from a distance, and they're not really sure how to make connections. And so, this person asks, how do I survive this alone-ness and how do I make friends in a pandemic? I think those are really amazing questions. Again, so perfect for Friendship Village. A lot of my real life friendships have been made through digital connections. I think if you see someone on the internet that you think is cool, or that you might want to reach out to, maybe ask them to be a pen pal, maybe see if they live in your area and see if they would be open to meeting up? Of course, there's dating apps, there's the Lex app which a lot of queers use, there's different social media things that you can try. I think just looking for a platonic connection is really important. I think it's ok if real life connection starts on the digital plane. I think sometimes we kind of want to avoid that. Again, every show will be transcribed, every radio show that I do, and it'll be at marleegrace.space/friendshipvillage. I'll also add some resources that come up. I can't remember the exact name, I think it's called Queerantime Community, but I know that there's an Instagram account that has been posting like, queer Instagram lives or Zoom events that have been happening. I think just looking for what's in your community right now, whether it's your real life community or online community and just seeking out connection, even if it's scary, even if you're feeling alone, and just remember that you're not alone. I know that that's the most annoying thing to hear when you're feeling - and are factually - alone, but just know that there are other people going through what you're going through. Maybe there's a person from your past you want to connect with. Again, I mentioned Venus retrograde, you know, it's not bad to look backwards and be like "who is a cheerleader of mine? Who has really been there for me?" And also thinking of new people that you can reach out to. Maybe listen to your own community radio, maybe they have something to say - like I mentioned tomorrow is Tomato Day at the community garden at 10:30AM - maybe there's something in your own town, village, neighborhood, city that could be helpful to you. Many blessings on your journey, and again, look into the show notes and we'll add some things there that hopefully can support you. You've been listening to Friendship Village. What an amazing second show, I'm so grateful to have this opportunity to play my favorite songs and to answer your questions! I'll play a few more songs here and then yeah, tune in again next week, I'll be here. And if you have questions leading up to next week, you can email

friendshipvillageradio@gmail.com or you can call in while the music is playing. If you liked this show, you can listen to the archives at marleegrace.space/friendshipvillage. Many blessings!

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Resources Mentioned:

Madrid Film Festival

[When Things Fall Apart](#) by Pema Chodron

Twyla Tharp

Lex App

[Queerantime Community](#) on IG