

Marlee Grace / Friendship Village / 6.14.20

[Music]

That was the Dixie Chicks with “Wide Open Spaces.” You are listening to KMRD, I’m Marlee Grace, and this is Friendship Village, an advice and radio show that happens every Sunday 3-5PM. I want to start by saying that KMRD would not exist without the contributions of our listeners and supporters. You can visit www.kmrd.fm/donate to make a one time or monthly, recurring donation. The station is non-commercial and run entirely by volunteers. Your contribution goes directly to our operating budget and may be tax-deductible. Thank you for supporting community radio. So, today, like every Sunday from 3-5, I’m open to taking your questions. You can call the radio station at 505-473-9696 or email friendshipvillageradio@gmail.com.

[Music]

That was Faith Hill with “The Way You Love Me” and before that, Robyn “Show me Love” and before that, “Every Morning” by Sugar Ray. This is Marlee Grace with Friendship Village, your weekly music and advice show. We have our first question. Someone emailed - while you’re listening or throughout the week you can always email friendshipvillageradio@gmail.com - “I’m struggling in my activism to know when to say something and when not to say something.” This is a great question, I think a lot of people are facing this right now, and I’d like to use something that actually my dance mentors talk about. So when we’re composing an ensemble dance as a group, we’re standing in a circle. There’s maybe 20-25 of us, then someone enters and begins the dance, the ensemble work. We usually set a time limit - we’re going to make a dance that’s 5 or 10 minutes long. While you’re standing there on the edge, you get to ask yourself - when do I go in and how do I know when to go in? So a prompt or thing to ask yourself in that moment is - is it more generous to the piece, to the dance, to go in, or is it actually more generous to stand on the perimeter and bare witness and wait to see when my time is to go in? So part of it is tuning into your intuition and being comfortable in the waiting and witnessing of others who are already doing the work, who are already in. In the dance-making, they leave. That person might be tired, they might have seen their part of the dance complete itself. Maybe their exit feels like an invitation to enter. And maybe you only enter for a moment - you have a 20 second solo or maybe you join another trio that’s already in motion. So, when you look at how do we engage right now with the world - whether publicly or privately - for me I’m using a lot of the same compositional tools that I use in dance-making to make those decisions in the world. I like to think of everyone as a composer - you’ve probably composed something, whether it’s a text or an email or a painting, a book, a garden, a blanket - so just think of yourself as someone making compositional choices in the world and see how that feels, where that takes you. Thanks so much for your question. Again, you’re listening to Friendship Village. Feel free to call the station while the music is playing. The number is 505-473-9696.

[Music]

You're listening to Friendship Village on KMRD and I'm Marlee Grace. You can call the radio station to get your advice questions answered. The number is 505-473-9696. We just had a mystery caller who was a little hard to understand. But what I did hear was "Philly, baby!" and the word "George W. Bush" and the word "Girl Power" followed by a warning that there is a green orb hovering above the Ortiz mountains that is headed directly to the radio station. I don't have any eyes on this, any news sources on the mystery caller but just wanted to report back to the listeners that that's a call that I received. So if you have similar calls - warnings of orbs - or need relationship advice, life, love, art, creativity, that you want to ask - call the station 505-473-9696. You can also email friendshipvillageradio@gmail.com.

[Music]

This is Friendship Village and I'm Marlee Grace. That was the Shangri-La's with "Give Him a Great Big Kiss" and before that we heard Taylor Swift with "False God," Sister Nancy "Bam Bam" and "Recording 15" by Shannon Lay. And we also heard "You're Still the One" by Shania Twain. Friendship Village is a music and advice show every Sunday from 3-5PM. We have another question. So again, you can always call the radio station while the music is playing at 505-473-9696 or email friendshipvillageradio@gmail.com. Our emailed question says, "when do you know that it is time to pick a new place? What time shapeshifting in front of us right now and priorities that actually fuel us - having space to talk louder, what would you say to someone who has the impulse to find a new city to move to?" This is a great question. I'm definitely someone who - I wouldn't say I've moved a lot - but I've definitely made a couple bigger moves in my adult life. I've made them based on my own needs, I've made them based on a partnership, a partner's wishes or a new job - that's part of why I moved here to Madrid - so yeah. I like to ask myself whether I'm running away from something or towards something. Of course, we have the classic "wherever you go, there you are" situation at hand. Geographical moves can't fix our inner emotional landscape, so I think that's always really important to remember when you are thinking about moving. Even when I'm moving somewhere that I know is going to be more in line with the pace I want to go at or the values that I have in where I live, it's really easy for me to attach that kind of narrative of "well when we move, xyz will feel better." So when you're picking a place, ask yourself what is important. Do you want to live rurally, or in a big city? Do you want to live close to a place that has a big nightlife? Those things can go together. I live here, in a very social town - I think - I moved here on March 15th and have been sheltering in place since then. From what I've heard from my neighbors, it's a town in which people spend a lot of time together and there's only a couple hundred people. So you can ask yourself questions around - where do I want to go? What can I bring to that place? As well as, how can I go there to learn what that place already has? There's a lot of questions you can ask yourself about being a newcomer to a place. Am I needed there, am I not needed there? When I've thought about moving places - I've moved to a bigger city before and when I got there I was like, I don't think they need me. I think they have enough queer, weirdo dancer people in this city. So I moved to a tiny place in California where they didn't have as many of those people. What are your gifts? And maybe you want to be around a lot of people like you, that's not a bad thing either. And maybe you have more growing to do in that part of who you are to be around more

having to sit with yourself. I have to sit with me, Marlee, and see what's under there. Am I just uncomfortable being in conversation with myself and my own faults? And also just remembering that so much of the world tells us that we're either good or bad, we're this or that. You can hold character flaws, things that maybe aren't serving you, and you are also worthy of love. Many blessings to your perfectionism - I know how painful that is and many people are working on that right now - I hope it continues to unfold exactly as it should. Again, you're listening to Friendship Village, advice and music with your host, Marlee Grace. Call the radio station while the music is playing if you have a question. You can also email friendshipvillageradio@gmail.com. You could even send me a postcard or letter in the mail with your question if you want to. You could send it to Marlee Grace at PO Box 627 Cerrillos, New Mexico 87010.

[Music]

That was Aldous Huxley with "The Barrel." You're listening to Friendship Village. I just want to shout out, today is the one year anniversary of when I kissed my partner for the first time in a kissing booth at a Pride party in Denver, Colorado. So today feels like a great day to celebrate her. She's been gone for the last two weeks fighting a fire in Arizona. So if you're listening, maybe send her some care and protection. She should be done soon. And this song goes out to her!

[Music]

You're listening to Friendship Village and up next is Cosmic Burrito with Lalo. I'm sure you'll enjoy it, so keep listening. Thanks everybody so much for tuning in. If you have questions that come up during the week, you can email friendshipvillageradio@gmail.com.