

## LOVE IS HERE - PRINTER FRIENDLY LYRICS & LINER NOTES

You asked for it, you got it... all the lyrics from *Love is Here* in one place.. and we threw in the liner notes, too. We're working on a songbook, and an easy-chord song-book, stay tuned!

Love,

-Commodore Callahan

### Liner Notes:

We were going to name this album One Way Track... after all, so many of the lyrics arrived in a burst of inspiration on a train ride from Seattle to San Francisco. We were going to write about how a compass tracks true when we're following our own authentic path and when, to paraphrase Merton, we answer the divine call to create a life of meaning that reflects God's word spoken in free will. That's what we were going to do. We even had a cover designed. Then it hit us... *God is Love* ! How could we omit 'love' from the title? Well, we couldn't. Love is Here. It's in the music. It's all around you and inside you, ready to comfort, uplift, bless and heal. We've worked very hard on this debut album to produce a musical offering with songs that speak to everyone; good, solid and grounding music that resonates in the soul. Love is Here. Unconditional and everlasting and available at any moment that we turn towards it and let it in. May it heal our hearts, for only in healing ourselves and growing in compassion can we hope to heal this broken world.

### One Way Track Lyrics by Lauren Speeth ~ Music by Don Kane ~ Arranged by Tammy Hall

Riding backwards on a train in a sleeper car, you just see where you've been and where you are  
You're surprised by tunnels, don't know where they'll end. Better trust the ride 'til then.

REF: Weeping cherry, willow weeps, everything ends and nothing keeps.

Try to make it right, but you can't go back; just a one way ticket on a one way ...

Weeping cherry, willow weeps, everything ends and nothing keeps.

Don't hold on, don't look back, it's just a one way ticket on a one way track.

Lift my eye to the candy cotton sky, 'til that destination station, just passing by.

And every highway song for this trip we're on goes "reach out, and sing along."

REF: Weeping cherry...

We see the graffiti but we're speeding too fast to read the meaning of the message as we roll on past.

And there's nothing outside that you can take from this ride, so pay attention to what lasts.

REF: Weeping cherry...

Love Is Here Lyrics by Lauren Speeth ~ Music by Tammy Hall

REF: Love is here, waiting for you (oh yes it is). Love is here, waiting for you.

Woke up every day and wondered: what would come my way, and under what, what disguise?  
But I felt sorrow's stings, arrows and slings... and so I closed my eyes.  
In your arms, so wide, I feel a sky open inside,  
Lifting me up, making things right, darkness to light, day from the night.

REF: Love is here...

Fall into the stream, swim through the air, it's like a dream, cast all your cares away.  
Deep and endless well: heaven or hell? Who is to say?  
Whispering the words 'I love you' - have you heard ?  
Ringing out clear, listen you'll hear, and the best part – no need to fear.

Rescue Me Lyrics Lauren Speeth ~ Music Lauren Speeth & Josh Workman

Inspired by the hope of rescue, and dedicated to Lois Lee ([childrenofthenight.org](http://childrenofthenight.org))

My friends all love me, but they go their own way when the day is through,  
So I work to exhaustion, to forget whether I may be feeling anything.  
My brave face in a jar, my thoughts chase 'round in circles after you,  
Though I pass through raging rivers I call out to you, can you hear me sing?

REF: Rescue me! Send me more than a postcard, send yourself to me.  
Turn my thoughts from the past and let me be happy.  
Rescue me, rescue me, rescue me.  
'Cause I know through the sorrow love can rescue tomorrow,  
So rescue me, rescue me, rescue me!

I dread the blue sky; she's so heavy when there's not a cloud in sight.  
Oppressive, open, vast, wide emptiness, just aching for a friend,  
I need a cloud to put things right, to shelter me until the coming night.  
One cloud breathes out the other breathes him in, she's beautiful again.

REF: Rescue me...

I sit in silent solitude, the solace that I seek still eludes.  
One word from you could melt the wax around my heart, just like the sun.  
And if I wander down that dark and dangerous road, will you call me back, will you?  
And if I fall through a glass darkly, will you come find me and call me your 'forever one?'

**Resurrection Lyrics by Lauren Speeth ~ Music by Tammy Hall**

Inspired by Rev. Dr. Penny Nixon and dedicated to Peter Young, SJ (PYHIT.com)

*INTROIT: . ...So my friends, remember, whoever you are, whatever you believe, whatever your life experience, whatever is deepest in the recesses of your being... there's no place too deep for resurrection to reach.*

I've been so down I couldn't look up, lower than low, Lord take away this bitter cup.  
I could not see the damage in my wake, the footprints of my selfish climb, my friendships at stake.

REF: Well, it's never too late for resurrection (come on, resurrect me, yeah).  
It's never too late for resurrection, new life's waiting for you (it's waiting).

I made some choices I'd like to take back. My heart is beating, but it's beaten blue and black.  
A deep secret pain that's hidden from view... calls out for healing, and to try something new.

REF: It's never too late for resurrection (come on, come on, come on.... set me free).  
It's never too late for resurrection (never too late) new life's waiting for you (waiting for me).

BRIDGE: Earth has no sorrow that heaven cannot heal; Love's already here for you, unconditional and real.

Can you see Jesus facing his death, — Claiming the victory with his last breath:  
'Father forgive, they know not what they do;' loving forgiveness pours out on me and you.

REF: It's never too late for resurrection. It's never too late for resurrection. New life's waiting for you.

ENDING: So come on and take the love, take the love that's given to you, to me and your sisters and your brothers.  
It's waiting there. It's never too late. Never, never, yeah. It's never too late, not for a resurrection. It's a resurrection. Can you see, can you see Jesus is waiting there. Hold out your hand and receive the light, come on receive the light shining on you. I'm grateful for my resurrection, cause it's never too late for a resurrection. Oh listen, people, it's never too late for a resurrection.

**WAVE RIDER Lyrics by Lauren Speeth ~ Music by Tammy Hall**

Inspired by Jon Kabat-Zinn (whose Mindfulness Based Stress Reduction is effective with pain, prisons and inner cities)  
and dedicated to the people of Stanford's Project Compassion

REF: Riding the waves of my breathing, follow it in and back out again,  
Gently, rising and falling, rising and falling. Riding the waves of my breathing.

With each new breath, a fresh new start, nourishing my body and my heart,  
And every breath out a chance to... let it be.  
Release the worry, release the fear, Back to my breath, I am present here.  
Fear and pain, that's not my whole story.

I won't let my mind take me down, won't let the past or the future toss me around.  
There is freedom right here inside of me.  
I can come right back to the breath if I'm swept away, and each time I practice I'm learning to stay,  
Gain a sense of inner harmony.

**Divine Harmony Lyrics by Lauren Speeth ~ Music by Tammy Hall**

*Grounded, in our gratitude -- Lifted, lifted by Your love  
And we can't help singing, simple and true: Holy Is the Lord*

*Holy holy is the Lord  
Holy holy is the Lord  
Holy holy is the Lord  
Holy holy is the Lord*

**LOVE Lyrics by Lauren Speeth ~ Music by Tammy Hall**

REF: I want to fly free on wings of love, and I want to sail the sea on winds of love,  
My soul be cleansed in a river of love So to my friends I'm a giver of love.

Reach for a cloud... love is rain, giving a forest for a desert of pain.  
Astonishing grace, welcome friend, spirit of mercy, you are whole once again .

REF: I want to fly free...

To sing love's song beautiful and true, in every word and all that I do,  
Blind to all darkness and fear, deaf to the noise that makes love's voice unclear.

REF: I want to fly free...

**Voices Home (Prayer) Lyrics by Lauren Speeth ~ Music by Tammy Hall**

Inspired by The Lord's Prayer and Dedicated to Jimmy Carter (founder - [cartercenter.org](http://cartercenter.org))  
visit [www.voiceshome.com](http://www.voiceshome.com) "finding humanity common"

God of everyone, we celebrate your name.  
Teach us to make earth like heaven.  
Blessing us each day, we trust you to sustain.  
Help us to forgive and guide us how to live.  
Teach us to make earth like heaven.  
Trespasses and debts forgiven as we forgive.  
Harm, shelter us from harm, lead us from the shadow of death.  
Lead us to good paths. And when we fall astray,  
Come to our rescue, alleluia Lord we pray.

**Garden In My Soul Lyrics and music by Tammy Hall & Lauren Speeth**

Co-dedicated to: Paul Minorini, Boys Hope Girls Hope, and Odetta

I will grow a garden, I will grow a garden, I will grow a garden, grow a garden in my soul.

Peace grows in my garden, peace grows in my garden, peace grows in my garden, grows in the garden in my soul.

Verses: Hope... Truth ... Love... Joy... *[[instrumental break-]]*

Verses: Justice... Patience ... Kindness ... Compassion ... Forgiveness ...

I will grow a garden, I will grow a garden, I will grow a garden, grow a garden in my soul.

**IN CANADA (no one's poor)** music by Tammy Hall ~ lyrics by Lauren Speeth  
inspired by a true story told us at the Calgary Fringe Film Fest  
and dedicated to David Grusky and Bruce Western ([www.inequality.com](http://www.inequality.com))

REF: No Calvary in Calgary, no one suffers anymore.  
That's far away in the USA, in Canada no-one's poor.

My boyfriend's mom calls me a liar, but my story's true.  
It really happened at Christmastime, and it could happen to you.  
My mom gave what she was able, couldn't give anything more.  
Our last mac-and-cheese was on the table, we heard a knock at the door.

REF: No Calvary in Calgary...

The Spirit of Christmas we'd lost... was found on the steps that day.  
Sometimes I wonder what it cost to bring that blessing our way.  
Now I've been hungry and homeless; couldn't afford to eat,  
Then I remember that kindness, and I don't give in to defeat.

REF: No Calvary in Calgary...

I don't claim to know where we're going, don't know what it's all about.  
I hear in Canada it's never snowin'... and nobody does without.

**Fairy Tale End** Lyrics by Lauren Speeth ~ Music by Tammy Hall

REF: Stars in the garden of love and laughter, where hearts never harden, forever and after,  
Dragons to keep you, soft wind in your sails, where roads rise to meet you, and love never fails.

Our magic castle, it's been sold; guess I can't spin straw to gold.  
Three years I waited – would you want me again? Anticipated... some fairy tale end.  
A thousand paper cuts in a heart of dry ice; fractured fiction, of our own device.  
Now you're over me, your ring's on her hand, and I hope you and she have a fairy tale end.

REF: Stars in the garden ...

Once you built me a palace that felt like a cage. I was so sad, you were so full of rage.  
I may still love you, like I loved you back then, but I hope you two can have a fairy tale end.  
A thousand thorns surround this stone heart. If I let them go... it may break apart.  
But I see clear blue skies in the eyes of a friend, and I just might try for a fairy tale end.

REF: Stars in the garden ...