

Commodore
Callahan™

Love is Here



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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 all our hearts, for only in healing ourselves and growing in compassion can we hope to heal this broken world. If this sounds very 'California' of us please forgive - it's a byproduct of having survived the '60s. If you'll listen with an open heart, we know you'll find that *Love is Here* for you, in this music.

Yours in love, Commodore Callahan

One Way Track

Lyrics by Lauren Speeth ~ Music by Don Kane ~ Arranged by Tammy Hall ~ Featuring Nicole Vigil on vocals

Riding backwards on a train in a sleeper car, you 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.

Weeping cherry, willow weeps, everything ends and nothing keeps. You want 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."

Weeping cherry ...

We see the graffiti but we're speeding too fast to read the meaning in 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.

Weeping cherry ...

Love Is Here
Lyrics by Lauren Speeth ~ Music by Tammy Hall ~ Featuring Valerie Joi on vocals

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.

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.

Love is here ...

Love is here, release your fear, waiting for you, my love is true.



More Love
with Tammy
God
Love

Rescue Me

Lyrics by Lauren Speeth inspired by the hope of rescue, and dedicated to Lois Lee (childrenofthenight.org) ~ Music by Lauren Speeth and Josh Workman. Featuring Lauren Speeth on vocals.

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?

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.

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?'

Rescue me ...

Introit to Resurrection

Featuring Penny Nixon

...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.

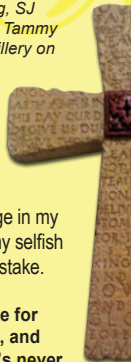
Resurrection

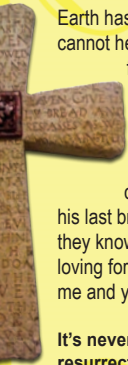
Lyrics by Lauren Speeth inspired by Rev. Dr. Penny Nixon and dedicated to Peter Young, SJ (PYHIT.com) ~ Music by Tammy Hall ~ Featuring Linda Tillery on vocals.

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.

Well, it's never too late for resurrection (come on, and 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.
It's never too late for resurrection (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).

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.

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

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 inspired by Jon Kabat-Zinn (whose Mindfulness Based Stress Reduction is effective with pain, prisons and inner cities) and dedicated to Stanford's Project Compassion ~ Music by Tammy Hall ~ Featuring Tammy Hall and Lauren Speeth on vocals.

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 future toss me around. There is freedom right here inside of me.

I can come right back to breath if I'm swept away, and each time I practice I'm learning to stay, gain a sense of inner harmony.

Riding the waves ...

Divine Harmony

Lyrics by Lauren Speeth ~ Music by Tammy Hall ~ an Ecumenical Taizé Prayer

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

Love

Lyrics by Lauren Speeth ~ Music by Tammy Hall ~ Featuring Valerie Joi on vocals

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 .

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.

I want to fly free ...

Voices Home (Prayer)

Lyrics by Lauren Speeth inspired by The Lord's Prayer and Dedicated to Jimmy Carter (cartercenter.org) visit www.voiceshome.com "finding humanity common" for more information, Lord's Prayer translations, and vocal credits ~ Music by Tammy Hall

The Lord's Prayer is spoken in various languages

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 and Lauren Speeth ~ Featuring Tammy Hall and Lauren Speeth on Vocals. 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.

Hope ...
Truth ...
Love ...
Joy ...

Justice ...
Patience ...
Kindness ...
Compassion ...
Forgiveness ...

I will grow a garden, I will grow a garden, I will grow a garden, I will 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) ~ Featuring Don Kane on vocals.

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

My girlfriend'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.

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; I couldn't afford to
eat. Then I remember that one
kindness, and I don't give in to
defeat.

No Calvary in Calgary ...

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

Fairy Tale End

*Lyrics by Lauren Speeth ~ Music
by Tammy Hall ~ Featuring
Rhonda Benin on vocals*

**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.

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.

Stars in the garden ...



Commodore Callahan™ Love is Here

Tammy Hall - vocals, piano
Don Kane - vocals, bass,*clarinet
Lauren Speeth - vocals, ~ violin, flute
Josh Workman - vocals, guitar

With lead vocals Rhonda Benin,
Valerie Joi, Linda Tillery & Nicole
Vigil; and Darcell Epps - drums.

All songs: lyrics by Lauren Speeth
and music by Tammy Hall except:

- One Way Track - lyrics Lauren Speeth, music Don Kane, arrangement Tammy Hall.
- Rescue Me - lyrics Lauren Speeth, music Lauren Speeth & Josh Workman.

1. One Way Track feat. Nicole Vigil
2. Love is Here feat. Valerie Joi
3. Rescue Me feat. Lauren Speeth
4. Introit to Resurrection feat. Penny Nixon
5. Resurrection feat. Linda Tillery
6. Wave Rider feat. Hall & Speeth
7. Divine Harmony (an Ecumenical Taizé Prayer)
8. Love feat. Valerie Joi
9. Voices Home (Prayer) feat. 28 voices
10. Garden in My Soul feat. Hall & Speeth *
11. In Canada (No One's Poor) feat. Don Kane
12. Fairy Tale End feat. Rhonda Benin ~

Recorded Dec 2008 - Feb 2009 - Studio D & Bay Area Sound Studios
Producer/Executive Producer - Lauren Speeth
Audio Engineering/Mastering - Stephen Hart
Field recording (Voices Home) - Lauren Speeth
Artwork and website - Michael Dalling

Visit www.commodorecallahan.com for lyrics, printable liner notes, and more.

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