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# Regulars and Refugees

Lyrics

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## Angels Unaware

He said, "My name is Gabrielle Thomas, I blew in from out of town.  
My work keeps me on the road, but it's the best job that I've found.  
I don't mind the silence or the Super 8 Motel,  
And I've never met a person yet without a tale to tell."  
He said, "I know you I heard you say, 'Jen, true love has no pride.'  
You gave Angela and Joe a lift that night they didn't have a ride.  
Across the room Elaine has drawn your face a hundred times,  
And I don't believe blood alone is the only tie that binds."

Sit right here rest your bones. No one's ever so alone.  
You can take the world down off your shoulders.  
I don't know why and how. All I know is here and now.  
You can take the world down off your shoulders.

He said, "I'm moved to tenderness by what we cannot bare.  
Humbled by the things we can and do and learn to share.  
It seems I traveled years and years and yet I'm still sitting here.  
And nothing ever seems to change, just the dates and just names."

Sit right here rest your bones. No one's ever so alone.  
You can take the world down off your shoulders.  
I don't know why and how. All I know is here and now.  
You can take the world down off your shoulders.

He said, "Thank you for the coffee and for the extra cream.  
You seem to know instinctively that things are never what they seem.  
You never know what might blow through the door like silent prayer  
And how many of us entertain angels unaware.

Sit right here rest your bones. No one's ever so alone.

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You can take the world down off your shoulders.  
I don't know why and how. All I know is here and now.  
You can take the world down off your shoulders.

## **Be True**

Love will ask you to stand, take you where you don't think you can.  
Love calls and calls and waits for an answer, "Yes yes and be true."  
Love is best when it listens. Beware there is no compromise.  
Love calls and calls and waits for an answer, "Yes yes and be true."

For a promise made is a promise given, a love like this cannot be hidden.  
Show me now where it's written, "Yes, yes be true."

Love will ask you to open your heart and mind and not turn away.  
We are all just waiting, waiting to say, "Yes yes and be true."

For a promise made is a promise given. A light like this cannot be hidden.  
Show me now where it's written, "Yes, yes be true."  
For a promise made is a promise given. I might be down but I'm not quittin'.  
Show me now where it's written, "Yes, yes be true."

Love shines out like a beacon, I am just what I am.  
I believe love is a land without borders. Yes yes be true

For a promise made is a promise given, a love like this cannot be hidden.  
Show me now where it's written, "Yes, yes be true."

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## Nothing is Ever Wasted

I lost the car, I lost the house,  
I lost the job, and I lost the keys.  
I lost a good friend, and who I was then,  
And being sure of anything.

Nothing's ever wasted.  
Not the sweet or bitter fruit I've tasted  
Nothing's ever wasted

I blew a kiss, to Icarus,  
On brilliant wax wings we fell to the ground.  
So I climbed a hill, and I'm standing there still  
Arms open wide not looking down.

Nothing's ever wasted.  
Not the sweet or bitter fruit I've tasted  
Nothing's ever wasted

I've lost pre conceptions, sense of direction,  
I lost a child and I lost my doubt.  
I lost my mother and at one time or another  
We strip it all down and toss it all out.

Nothing's ever wasted.  
Not the sweet or bitter fruit I've tasted  
Nothing's ever wasted.

All things will change, there's no one to blame.  
Doesn't it feel like it is somehow sacred?  
And I am aware, of what people can bear  
When there is a reason for them to face it.

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## I Fly

The women from the PTA whisper, they sideways glance when I walk by,  
And say, "Look how far she's fallen" and "anit it just appalling"  
While they gossip in the grocery line.

But a woman's gotta do what a woman's gotta do,  
'cause there's always rent to pay, and when your kids need new shoes,  
There's nothin' left to do, but to put my pride away.

But I fly over this town, when the sky bleeds and the bars all close down.  
And I still hope and I pray for some thing, some day.

I tried cleanin' houses, and workin' at the Dollar Mart,  
But to see my baby boys go hungry very nearly broke my heart.  
I'm not cheap and I'm not easy, I'm just paradin' my groceries.  
And I can handle calls and stares for just a few more years,  
"Til no one wants to look at me.

But I fly over this town, when the sky bleeds and the bars all close down.  
But I still hope and I pray for some thing, some day.

I like to stop in after workin' for some kindness and a cup of joe.  
And the waitress here is always nice to me, even though I think she knows.  
She always asks me how I'm doin', if my kids caught that awful flu.  
Once she put her hand on my hand and said,  
"Honey, you just do what cha gotta do."

But I fly over this town, when the sky bleeds and the bars all close down.  
But I still hope and I pray for some thing, some day.

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## Alice and Roy

Roy squeezed her hand Alice smiled at him.  
The senior club special is a lot food for them.  
They act like teenagers or the best of friends,  
With one hundred-eighty years between the two of them.  
Back during the war at a wild country-dance,  
He thought she'd ignore him but he took the chance.  
Fifteen songs later he still held her close,  
And a million dances since then hasn't been enough.

They wear love like lighting, it's something to see,  
and the years of their true love sit up on their sleeves.

Alice nudged Roy and points with her spoon,  
There sits two young lovers across the crowded room.  
"You can tell by their look" she say's, "Kind of giddy and flushed."  
Roy grinned wry and wicked and Alice smiled and blushed.  
Roy gets a little misty Alice pats his hand.  
He's thinking bout the boy they lost in Vietnam,  
The girl he'd brought home, and then left behind,  
And forty years later she still sends cards at Christmastime.

They wear love like lightning, it's something to see,  
And the years of their true love sit up on their sleeves.

Roy said, "Remember Alice you almost burned your diary.  
All those poems and love letters I sent from overseas?"  
Alice says, "I couldn't, even though I tried,  
And I suppose the children will really be surprised."  
Roy touched her face, Alice smiles at him,  
Bowed their heads a moment and whispered "Amen."  
If you look a little sideways, I'm not sure what it means.

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I could swear it was an angel that passed her the cream.

They wear love like lighting, it's something to see,  
And the years of their true love sit up on their sleeves.

### **Arthur B and Bob**

I'm a little bit retrievers and a little bit hound.  
I'm a little bit cocker spaniel and something that was brown.  
It don't make no difference that I got no pedigree,  
'cause there's never been two friends like Arthur B and me.

Arthur B and me, Arthur B and me, there's never been two friends like  
Arthur B and me.

Some nights he takes me walking to the cafe round the corner.  
He ties me up outside so I can guard the parking meter.  
One night she let me in to rest my head upon his knee,  
'Cause there's never been two friends like Arthur B and me.

Arthur B and me, Arthur B and me, there's never been two friends like  
Arthur B and me.

Now it's just the two of us since Libby had to leave  
And there were nights we sat and howled, Arthur B and me.

One night when I was sleeping heaven opened wide.  
I heard a voice calling me from the other side saying,  
"Way up over yonder Libby sits beneath a tree,  
Where some day you can wait with her to welcome Arthur B.

Arthur B and me, Arthur B and me, there's never been two friends like

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Arthur B and me.

I'm a little bit retriever, I'm a little bit hound.

I'm a little bit cocker spaniel and something that was brown.

### **Five Years On**

Here I sit smack dab in the middle, tomorrow is a crazy riddle.

I wish I had a crystal ball, I wish I could see 5 years on.

Like candle rockets you and I, oos and ahs and shouts and sighs.

Is this the storm before the calm? I wish I could see five years on.

But I can't and you don't, and you try and I won't.

A broken trust can be repaired, but it'll take some time to get us there.

And I will and you won't and you try and I don't.

We lose a little higher ground every time we go around.

We always seem to look behind, say, "If I'd known at the time."

There's no one here to read my palm. I wish I could see five years on.

If we fail or if we fly, no one can say that we didn't try.

Has the final card been drawn? I wish I could see five years on.

But I can't and you don't, and you try and I won't.

A broken trust can be repaired, but it'll take some time to get us there.

And I will and you won't and you try and I don't.

We lose a little higher ground every time we go around.

Around and around, we're lost, then we're found.

We can't change words. The ones we wish we hadn't heard.

There's no map or 12-step guide, we do what we can't justify.

It's always dark before the dawn, I wish I could see five years on.

I promise you promise me, and still there are no guarantees.

Is this the last verse of the song? I wish I could see five years on.



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## La Paloma

Sit down here in the alley where no one can see you cry.  
Trouble dogs us like a shadow though I cannot tell you why.  
Life's a fine and fleeting moment, bittersweet and hard as stone.  
I can't change what fate has dealt you, but no one should walk alone.

Fly Away la paloma, take my love when you go,  
where no one can harm you and there's  
nothing you need, we're not as far as we believe.

Somewhere a door is opening and another door is closed.  
The sunset wraps its shawl from here to Mexico.  
There's the sound of wings around you like the rustle of a skirt,  
And it's gone before you know it, all those tender little birds.

Fly Away la paloma, take my love when you go,  
where no one can harm you and there's  
nothing you need, we're not as far as we believe.

I dreamt I was walking in an old familiar country.  
I thought I heard you singing, but I think I was just hungry.  
It's so many years behind me, but there's really no escape.  
No mater where we go, we still take our own landscapes.

The full moon bows her head, and the she's putting on her veil.  
A whippoorwill is calling and mourning dove exhale.  
Smell the night jasmine blooming, someone's turning down the sheets.  
Forever opens up her arms, as the rain washes the streets.

Fly Away la paloma, take my love when you go,

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where no one can harm you and there's  
nothing you need, we're not as far as we believe.  
Fly away la paloma, my palmoa, fly away.

### **All Saint's Day**

All around us and within us, yet it's only at times we notice.  
It's real as rain and soft as stardust. We know deep down what nobody told us.

Can't you feel it ever closer? We breathe it in and we then we exhale.  
We touch both sides and now eternal, standing closer to the veil.

Now is just a, moving image, not a ribbon, a start and end.  
There's a bird, a hidden singer that calls and listens and calls again.

Can't you feel it ever closer? We breathe it in and we then we exhale.  
We touch both sides and now eternal, standing closer to the veil.

Centered down and moving outward, sometimes almost to sweet to bear.  
There are endless ways to reach home, just keep walking and I'll meet you there.

Can't you feel it ever closer? We breathe it in and we then we exhale.  
We touch both sides and now eternal, standing closer to the veil.

There's a blurring of the borders and I swear that I heard voices.  
Every act of, simple kindness calls the kingdom down and all around us.

Can't you feel it ever closer? We breathe it in and we then we exhale.  
We touch both sides and now eternal, standing closer to the veil.

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## Below the waves

Sometimes I just give up trying.  
It seems like a lifetime that I've been fighting.  
It was hard enough just getting out of bed today.  
I'd call someone but what on earth would I even say?

Here in this airless space with no one to plead your pitiful case.  
Some call this thing the soul of sadness, self-indulgence or a brilliant madness.  
All I know is I dying for air.

Swimming just below the waves I can see the sky.  
Looking darkly through the haze the moon is drifting by.  
Someone cuts the anchor and slowly up I rise.

An unwelcome guest in your home,  
that comes to stay and never wants to go.  
Not some much shadow but visitation,  
a haunting foreign movie with no translation.

There's buzzing white noise in my head,  
then sometimes so silent I'm almost dead.  
One true thing I hold to dear and fast is a voice that whispers,  
"Darlin' this too will pass" even when I'm dying for air.

Swimming just below the waves I can see the sky.  
Looking darkly through the haze the moon is drifting by.  
Someone cuts the anchor and slowly up I rise.

This is just a picture not complaint,  
and making full sentences has never been my strength.  
Some call this thing the soul of sadness,  
self-indulgence or a brilliant madness.  
All I know is I'm dying for air.

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All I know is I'm dying for air.

Swimming just below the waves I can see the sky.  
Looking darkly through the haze the moon is drifting by.  
Someone cuts the anchor and slowly up I rise.

### **There is a spirit**

There is a spirit moving cross the water.  
There is a spirit rolling 'cross this town.  
There is a voiced above the madness.  
There is a spirit movin' now.

Some day we'll run and we will not stumble.  
Someday we'll fly and we won't look down.  
And all will see and most believe it.  
There is a spirit moving now.

Be not afraid though the river rises.  
Be not afraid when the cold winds howl.  
We are not called to live in terror.  
There is a spirit moving now.

The walls are thick and the walls are sturdy.  
But walls still fall at a trumpet sound.  
Hand in hand we'll walk together.  
There is a spirit movin' now.

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## A Coal Red Sky

It's a more than a need more than desire.  
It's ore like a slow heartbreaking fire,  
Gone up in smoke, in a coal red sky.  
Doesn't it strike you a little odd  
That something so wrong could feel like God?  
It's gone up in smoke, in a coal red sky.

Fires burn and now I know, I've faced the devil toe to toe.  
How many nights did I waste, how many years for just a taste?

It's like a cancer round your spine,  
Then it can seem you're the best lifeline,  
Gone up in smoke, in a coal red sky.

Fires burn and now I know, I've faced the devil toe to toe.  
How many nights did I waste, how many years for just a taste?

Here I sit with open hands, here I wait without a plan.  
No one tells you when you start,  
"Kid this stuff will break your heart."

And so the fire crackles on, it's never done it's never gone.  
It's calling my name, in a coal red sky.

Fires burn and now I know, I've faced the devil toe to toe.  
How many nights did I waste, how many years for just a taste?

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## Before the Fall

Where did the time go I swear it was last week or at most last year?  
The face I see in the mirror really can't be me.  
This town can talk, and just because. But stupid is as stupid does.  
We have but one or two great loves, so why would I regret?

I was the girl you almost married when hopes were high and eyes were starry.  
You lay me down in the tallest grass, when the sun was goin' down.  
In the shadow of the thunderstorm, my hair tangled in your sunburned arms.  
You crazy for my wildest charms that summer before the fall.

So willingly lead astray, the world spun slower than today.  
Most women know but they'll never say.

I was the girl you almost married when hopes were high and eyes were starry.  
You lay me down in the tallest grass, when the sun was goin' down.  
In the shadow of the thunderstorm, my hair tangled in your sunburned arms.  
You crazy for my wildest charms that summer before the fall.

On steamy nights in mid July, through dusty windows and stormy skies  
I lean on the counter and I close my eyes.

Who knows how far a good deed flies, or the speed of light to reach our eyes,  
Or when we shouldn't question why.

I was the girl you almost married when hopes were high and eyes were starry.  
You lay me down in the tallest grass, when the sun was goin' down.  
In the shadow of the thunderstorm, my hair tangled in your sunburned arms.  
You crazy for my wildest charms that summer before the fall.

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## Betty's Diner

Miranda works the late night counter, in a joint called Betty's Diner.  
Chrome and checkered tablecloths and one steamy windowpane.  
She got the job that shaky fall, and after hours she'll write till dawn.  
With a nod and smile she serves them all.

Here we are all in one place, the wants and wounds of the human race  
Despair and hope sit face to face when you come in from the cold.  
Let her fill your cup with something kind, eggs and toast like bread and wine.  
She's heard it all so she don't mind.

Arthur lets his earl grey steep, since April it's been hard to sleep.  
You know they tried most everything, yet it took her in the end.  
Kevin tests new saxophones, but swears he's leaving quality control.  
For the Chicago scene, or New Orleans, where they still play righteous horns.

Jack studies here after work, to get past high school he's the first.  
His big hands look comfortable with a hammer or a pen.  
Emma leaned and kissed his cheek, and when she did his knees got weak.  
Miranda smiles at Em and winks.

You never know who'll be your witness  
You never know who grants forgiveness  
Look to heaven or sit with us

Diedra bites her lip and frowns, she works the Stop-n-Go downtown.  
She's pretty good at the crossword page, and she paints her eyes blue black.  
Tristan comes along sometimes, small for his age and barely five,  
But she loves him like a mamma lion.

Veda used to drink a lot, almost lost it all before she stopped.  
Comes in at night with her friend Mike who runs the crisis line.

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Michael toured Saigon and back, hair the color of smoke and ash.  
Their heads are bowed and hands are clasped, one more storm has passed.



