

Produced by Chris Wood, Oliver Wood, Jano Rix, and Brook Sutton  
Recorded by Brook Sutton at The Studio Nashville in Nashville, TN  
Additional recording by Jano Rix, Evan Wilber, & Dan Davis at The Studio Nashville  
Assistant engineering and videography by Daniel Thiels  
Mixed by Trina Shoemaker at Dauphin Street Sound in Mobile, AL  
Digital mastering by Eric Conn at Independent mastering in Nashville, TN  
Vinyl mastering by Trina Shoemaker at Dauphin Street Sound in Mobile, AL

Chris Wood - bass, harmonica, vocals  
Oliver Wood - guitar, vocals  
Jano Rix - drums, percussion, shuitar, keyboards, vocals

Matt Glassmeyer - saxophone  
Roy Agee - trombone

Art Direction & Design - Jeremy Fetzer  
Management - Liz Penta, Emcee Artist Management

1. Pilgrim, 4:02
2. Heart is the Hero, 2:56
3. Worst Pain of All, 4:14
4. Far From Alone, 4:10
5. Between the Beats, 3:37
6. Line Those Pockets, 3:34
7. Mean Man World, 4:02
8. Rollin' On, 4:08
9. Someone for Everyone, 3:21
10. Kitchen Floor, 4:28

All songs written by (O. Wood, C. Wood, J. Rix) Royal Kook Music (BMI) / Wood Sound Publishing (BMI) / Spinach Pitts Music (ASCAP), except track 2 (O. Wood, C. Wood, J. Rix, M. de Vitry) Royal Kook Music (BMI) / Wood Sound Publishing (BMI) / Spinach Pitts Music (ASCAP) / Domino Publishing Company of America, Inc. (BMI)

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Oliver Wood uses DR Strings  
Chris Wood uses Hofner basses, Ashdown Bass Amplifiers, and Seydel Harmonicas  
Jano Rix uses Hohner melodicas, Korg keyboards and Shuitar shuitars

## **Pilgrim**

When I step off of that train  
I better sit down and wait  
Cause a soul can't travel that fast  
The best part of me will surely be late  
Cause a soul can't travel that fast

A soul's gotta walk  
Like a pilgrim he stops  
To smell every flower on the path

I better slow down  
Cause a soul can't  
Travel that fast

When I get off of the road  
and I'm thinkin' I'm home  
I try to remember to remember  
When I'm holdin' my baby  
but I'm leaving her cold  
It's all cause a soul can't travel that fast

Well a soul takes it's time  
Like a pilgrim he's tryin'  
To find some him some peace that's gonna last

## **CHORUS**

If I'm runnin' or I'm flyin'  
and I'm losin' my mind  
Take my foot of the gas  
Let the other fools pass

A soul takes it slow  
Like a pilgrim he knows  
He's gonna get where he's goin'  
If he just stays on the path

## **CHORUS**

## **Heart is the Hero**

I told my head  
Why you gotta get so grey  
And why you always get in the way  
Why can't you just let things go

I told my heart  
Sorry what I put you through  
The trouble is me and not you  
You are the wisest one I know

The heart is humble  
Heart is strong  
Heart is the hero of every song  
Heart is the hero of every song

Held my breath  
Hopin' I could stop the time  
And all those stories in my mind  
Only a fool would believe

I told my ears  
Just listen to the rhythm and the rhyme  
Won't you listen like your very first time  
So the music can just play me

#### CHORUS

Now I beat my drum  
Listen to the space between  
Feel it right down to my feet  
Til I'm dancin' with the melody

Told my heart  
Thank you for bein' so true  
Now I'm putting my trust in you  
Remember to remember is the key

#### CHORUS

#### **Worst Pain of All**

I'd give up my sight  
If everyone was understood  
I'd give up my legs  
If I thought it'd do any good

You would feel my pain  
I would feel yours  
You would have my back  
I would have yours

Something's hiding between the stars  
Somewhere in the dark is the key

The worst pain of all  
Is the pain no one can see  
The worst pain of all  
Only you know it's real

Broken bones  
From sticks and stones  
The kind of pain  
Everybody knows

Voices in the dark  
You hear inside your head  
You're the only one that  
Knows what they said

The worst pain of all  
Is the pain no one can see  
The worst pain of all  
Only you know it's real  
The worst pain of all  
Is the one we all should feel  
If we could shine a light on it  
Everyone would heal

1ST VERSE REPEAT

CHORUS

### **Far From Alone**

Cold beer sittin' at the bar  
Lonelier than I ever been before  
And it feels like home

Old man wearing out his seat  
Tells me never stop followin' your dreams  
While he gets real stoned  
What a wise old soul  
He said

You may be lonesome but you're so far from alone

There's a rounder at the corner of the bar  
Lousy haircut won't get him too far  
And his cheap cologne

Old juke box plays an old song  
Red head tone deaf tries her best to sing along  
Just listen to her moan  
And bless her soul

CHORUS

You could step outside into the great unknown  
Or you could stay right here 'til the dream disappears  
So far from alone

Pretty damsel catches my eye  
From a dark table distressin' and cryin'  
But I stay on my throne  
With the will of a stone

There's a melody at the bottom of the glass  
Comes another round and everybody's laughin'  
Sounds like slide trombones  
Piccolos and baritones

CHORUS

You can step outside into the great unknown  
Push the door open wide and walk into the light, so far

CHORUS

### **Between The Beats**

There's a quiet between the beats of a heart  
'Til another one comes  
It's a moment like a dawn just before  
Another risin' sun

There's a baby cryin' just cause he's hungry  
And another one's alone  
And a mother weeps with joy  
While another one moans

I don't worry about you  
I just worry my guitar  
And I'll find you in the quiet  
Between the beats of a heart  
Between the beats of a heart

There's a girl who's runnin' from home  
while another one stays  
There's a boy whose heart is breakin'  
While another one plays

CHORUS

There's a heart beat just like footsteps  
With a quiet between  
There's a road that leads to a moment  
And another to a dream

CHORUS

### **Line Those Pockets**

Poor man livin' on the boulevard  
Wealthy man drivin' by in a sports car  
Little girl in a 3rd world city  
Old lady still tryin' to look pretty

So let us pray it's not too late  
To line those pockets with grace

Everybody's just tryin' to be happy  
Line those pockets with grace  
Everybody's just tryin' to be happy  
So put your money away  
Line those pockets with grace

Sore loser out to get revenge  
Old boozer out sleepin' on a park bench  
Desperate sinners always up to no good  
All the kids that kick the can in the neighborhood  
So let us pray it's not too late  
To line those pockets with grace

#### CHORUS

Big game hunters in the camouflage pickup trucks  
All the hippies in the tie dye school bus  
Bus boys scrapin' by sweepin' up the restaurants  
Little women sippin' wine like some débutants  
Everybody's whose wishin' for a valentine,  
Stranded at the borderline, prayin' for a better time  
Wounded soldier when he gets back home  
Millionaire's got it all but he's still alone

#### CHORUS

### **Mean Man World**

My little girl is strong as hell  
Her story of love and loss is hers to tell  
Her words ring of truth just like a bell  
The more I hear the more I do well

I am a father in a changing world  
Some changes are good for my little girl  
Some changes will make her life hell  
A long line of fathers that didn't do very well

My little girl  
My little girl  
If she had her way  
She would save the world  
And leave a better place  
Than the place that she found  
Mean man world can't  
Beat my little girl down

The woman I love, she knows what's right  
Everything wrong with the world keeps her up at night

She speaks for the voiceless (but) she wants to yell  
Heaven on earth is going to hell

CHORUS

I wanna fill the world with peaceful sound  
Some look at me and see all the men that beat them down  
All the men that held them back in this world  
And left a broken land for my little girl

CHORUS

### **Rollin' On**

We survive the merciless storm  
The wind and the worry of losin' our home  
We survive the rivers run dry  
Runnin' from the flames, smoke in our eyes

We survive all the bad news (see the wreckage every  
day)  
Sin and virtue is gettin' confused (see the wreckage  
every day)  
We survive the heat and the hate  
Everything we done too little too late  
And it might never be the same

Nothin' I can see brings me any peace  
Besides you and me

Let's keep  
Rollin' on, rollin' on  
I got my arms around you and I'm holdin' on  
Don't turn 'round, we can't stop now, together we're  
strong  
Hold on to me, let's keep rollin' on

We survive this crumblin' town (see the wreckage every day)  
Losin' work and losin' ground (see the wreckage every day)  
We survive the fear and the fightin'  
Everybody fussing while the water keeps risin'  
And it might never be the same  
No it might never be the same

Nothin' I can see brings me any peace  
Besides you and me

CHORUS

### **Someone For Everyone**

They say there's someone for everyone  
So what about me  
If there's someone for everyone  
What happens to me  
I hope and pray for someone to love  
I don't need much but I need enough  
There must be someone for everyone but me

There's a fistful of pennies in the fountain  
I got too many wishes to count 'em  
And even though I'm surrounded  
I'm all alone

They say there's someone for everyone  
So what about me  
If there's someone for everyone  
What happens to me  
I hope and pray for someone to love  
I don't need much but I need enough  
There must be someone for everyone but me

Roof keeps leakin' on my head  
I don't care, all I want is a friend  
Lord did you listen to a word I said  
I'm all alone

They say there's someone for everyone  
So what about me  
If there's someone for everyone  
Come see about me  
I hope and pray for someone to love  
I don't need much but I need enough  
They say there's someone for everyone  
There must be someone for everyone

### **Kitchen Floor**

If I left my soul in a song for you  
Would you sing it sometimes when I'm gone  
I don't mind if you change up the melody  
Or even the words  
It's only a song

You could sing it when you're up on a mountain  
Eatin' cherries and spittin' the seeds  
Or whistle the tune when you're skippin' stones  
Without even thinkin'  
Of me

I hope you'll sing it from down in your kitchen floor  
Long after the last time I darken that door  
Sing it under your breath or get high and loud



Just so I can still be around

Like a ring, a knife, or a photograph  
A song makes a good souvenir  
Once you hear it, it gets down inside you  
And into a sweet spot  
Never quite disappears

CHORUS

I'm not tryin' to make any magic  
But I know that look in your eyes  
If you're ever burnin' a candle  
Sing it into the flicker of the flame  
maybe I'll harmonize

CHORUS

Just so I can still be around you