



My Heaven

There's somebody watching' over you
No matter what you believe in
Everybody has been given a choice
Oh that's what we call freedom

But if you can find just a little faith
You can feel the way I do
A heart and soul need a better place
There's room for everybody

Chorus

*My heaven is your heaven too
There's a piece of the rock
You can hold on to
So much love waiting for you
My heaven can be your heaven to*

Wonderin' if there's any hope at all
Put off by all this religion
Hungry for a deeper sense of truth
So tired of worldly delusion

But if you can find just a little faith
You can feel the way I do
So step outside for a better place
There's room for everybody

Bridge

One moon, one sun, one sky
We're all under the same stars
One life, one reason why
He made you and I

Kelita Haverland, Gord Lemon
Heart & Soul Music/ Sour Songs
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Story Behind "My Heaven"

"This is my "we are all united by a supernatural power larger than any us" anthems. I choose to share my life changing experience of unconditional love and freedom through my personal relationship with God not a religion. My desire is that those who are still searching and longing would know how much God loves them and longs to have a personal relationship with them".

When We Pray

When we call His name
He will come to us
Takes the guilt and shame away
And heals us with His love

He knows every hurt
Hears a single cry
He will hold and comfort us
Jesus takes the pain away

Chorus

*When we pray
When we pray
When we pray
Jesus loves when we pray.*

When we lose our way
Scared and all alone
He will save us by His grace
And with mercy lead us home

Bridge

Direction, provision
Overcomes temptation
Believe and you receive
With Him, anything is possible

When we pray
When we pray
When we pray
Jesus loves when we pray.

Kelita Haverland, Gord Lemon
Heart & Soul Music/Sour Songs
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Story Behind “When We Pray”

“As a little girl I remember reciting my bedtime prayers to God who seemed so big and far away. When I was 15 I remember praying for God to take my cancer ridden mother so as not to see her suffer. Two weeks later, my mother passed away and all of a sudden God didn’t seem so big or so far away. As a grown woman I prayed to God every day for healing and restoration in my marriage. When no-one else could understand the heartache and the pain, God was there. Because of my deep faith I believed with all my heart that He would answer my prayers. And He did.... (Proverbs 8:17) I hope this song confirms that God desires an intimacy with you and that prayer is one of the most powerful assets we have been given”.

Caged Bird

I know why the caged bird sings
I know why she sings a sad refrain
Even when there's no one to listen
I know why the caged bird sings

I know why the old man plays
Why he plays his violin
Even when there's no one to listen
I know why the old man plays

Bridge

*A busy world crowded with pain
Never has time to stop and listen
A simple moment, a quiet touch
Can mean so much*

I know why the lonely child sings
I know why she hides behind her smile
Even when there's no one to listen
I know why the lonely child cries

God can hear the caged bird sing
Knows the song the old man plays
And even when there's no one to listen
God can hear the lonely child cry

I know why the caged bird sings.

Kelita Haverland, Tyler J. Smith
Heart & Soul Music/Heartunes
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Story Behind "Caged Bird"

"There are so many of us who busy our lives simply to avoid our own pain. We become so blinded by our own hurts, often failing to see the heartache and loneliness of others around us. I think there is a caged bird trapped inside each one of us longing to be heard. My hope is that this song will comfort the lonely child in you - the voice that is longing to be heard, with the reassurance that God is always there when no-one else is".



Power 2 Change

Are you running, are you hiding
And still not sure what from
So depleted, self-defeated
Can't accept the love of anyone
Well there's an answer, to your longings
And a hope to ease the pain
You can find new life in Jesus name

Chorus

*The power to change, the freedom within
A place in the heart for truth to begin
A love that unlocks the door
From a world of people searching in vain
There's no greater gift Jesus gives
The power to change*

So secure in all you've dreamed of;
They think you've got it made
Have it all but still have nothing
Climbed the ladder to become a slave
Is there a longing for an answer
And a hope beyond the pain
You can find new wealth in Jesus name.

Life can leave you lonely
Only He can set you free

Kelita Haverland, Gord Lemon
Heart & Soul Music/ Sour Songs
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Story Behind "Power 2 Change"

"Whenever I look through old photographs and watch old TV clips from the early days of my music career, a part of me laughs and the other parts cringes. I had pink hair, wore the shortest skirts possible and had a mind and a mouth that would really embarrass me today. I know that God not only changed me on the inside, but transformed everything about me, from my total appearance and character, to my thoughts and the longings of my heart. If you are looking for a positive step to dramatically change your life I trust this song will speak to that part of you. There is no other freedom as great".

Deep Need

Deep need longing and aching
To be loved like a mother loves her baby
So sad to say good-bye to you
Never leave me here all alone

Chorus

*And I miss you
And the love you gave to me
And I know you
Did the best while you were here
Your needs were deep
Longing and aching
To be loved
Like a mother loves her baby*

Deep need longing and aching to be held
Like a mother holds her baby
So hard to say goodbye to you
Please don't leave me here all alone

Bridge

Now you have finally
Found your way home
Safe in his arms
Now your pain is gone
But until you can hold me
Again my sweet mother
I'll take comfort down here
In the arms of the Father

Kelita Haverland
Heart & Soul Music
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Story Behind "Deep Need"

"A few years ago when I experienced great pain in my personal life I felt a deep need and longing for the comfort and love of my mother. She had suffered much pain in her own life having tragically lost two husbands to suicide and then her own to cancer at age 49. In some small way I was able to understand what she must have had to endure. Now as a mature grown woman I realized my mother was another human being with her own insecurities, needs and desires. Our relationship with our mothers can also be complicated and tenuous. I hope this song will bring comfort to you if you have lost your mother, or never been allowed a healthy loving relationship with her. To some perhaps this song can take you to a new place of forgiveness for unmet needs where your mother is concerned".



More Than Less

Do we ever settle for less
Less than what we dream we can be
Less than what we need to feel
Do we ever settle for less
Less than where we want to grow
Less than what we have to give

Chorus

*More than less are you satisfied
Only you can justify
Is your heart alive
More than less*

Do we ever hunger for more
More trust than we're able to give
More faith in the things that we can't see
Do we ever hunger for more
The courage and the freedom to dare
And strength to find out who we are

Bridge

The flame that burns inside
Can light the path that leads you to
A place to call your own
A place where all your dreams come true
If you want them to

**Kelita Haverland, Gord Lemon, Chris Smith
Heart & Soul Music/Sour Songs
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Story Behind "More Than Less"

"There are times in our lives when we ask ourselves "is this all there is" but yet remain static and irresponsible for our own destiny or the quality of our relationships and careers. So often we look to others to fill all our unmet needs without taking responsibility for our own happiness. This song could challenge you to address an area or areas in your life that you are not happy with. We all have a choice whether to be proactive or not and I hope this song gives you the incentive to follow your dreams, fight for what you believe in and all that your heart desires".



Holy Spirit

It is not by chance You rescued me
You have filled a void my longing
Only by Your love can I embrace the truth
Be brave enough to trust and follow through

Chorus

*Holy Spirit, Holy Spirit
I love You
You have saved me from the fire
That I've crawled through
Holy Spirit, Holy Spirit
I love You*

There is hope with You flowing through these veins
You invade my soul and I breathe again
Oh I thank You for all the songs that I sing
My one true love You are my everything

Drown me in the sweetness
Of Your never ending love
Feed me with Your presence
I can never get enough
Never get enough

You have saved me from the fire
That I've crawled through
Holy Spirit, Holy Spirit
Holy Spirit, Holy Spirit
I love You

**Kelita Haverland, Gord Lemon
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Story Behind “Holy Spirit”

“The power of the Holy Spirit in my life moved me to write this song. I have been healed from so many deep wounds and know without a doubt, God’s power and supernatural and love has allowed me to thrive today. I hope this song ignites the Holy Spirit in you”.

Naked Soul

She is coming out of hiding
She is strong but insecure
Haunted by the ghosts that taunt her
Ones that never disappear
She is taking off her armour
Heart of steel and shield of stone
And the only mask she'll don tonight
Will be her naked soul

She is crying out for mercy
For forgiveness from herself
Oh she never meant to wound them
Those who held on to her trust
She admits she's guilty
But as she prays God make me whole
She can feel the love begin
To heal her naked soul

Bridge

*There are so many lost
Who keep a hiding place
Where guilt and shame are born
And secrets love to nest
But there is nothing that is stronger
Stronger than the love she's known
When she lets the truth within
Shine through her naked soul*

Kelita Haverland
Heart & Soul Music
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Story Behind "Naked Soul"

"This was written after a friend shared how her father had sexually abused two of her sisters when they were children. As grown women the sisters confided in one another and questioned their mother's awareness of the situation. For some reason I chose to write the song for the mother who is torn between the possible breakup of her family and the safety and protection of her own children. What a horrible position to be in with an enormous weight to carry. Deceit of any kind can literally kill and destroy us; however, freedom lies in God's forgiveness and love when we find the courage to surrender and be honest, admitting our own weaknesses. If this song can reach any woman who has withheld the truth from herself then I hope she hears this song and grants herself permission to surrender all her guilt and self condemnation and be set free. Life is too short to remain in bondage by our own chains. God is love and forgives us our sins".

Too Busy For Me

Slow down the sound of the everyday rush
Turn down the noise
Stop for a minute
Won't you look where I've put you
There's a beautiful place right under your feet
The grass has never been greener
The sky has never been so blue
The sun has never felt so warm on your face

Chorus

*I will not change I will remain the same
So what does that say about me to you
I've always been right here
When Adam was in Eden
Oh that was a beautiful view
But don't think that I don't see
Everything that makes you too busy for me
Too busy for me*

Sit down by the water take a load of your feet
And dream for awhile
Listen to the music
There's a symphony playing
I've been waiting all day for you to come sing along
The birds have never sung sweeter
The river never ran so true
The wind up on the willow is for soothing your soul

Bridge

So much love I'd love to give you
But you won't even give me the time of day
So much truth in what I'd tell you
What do I have to do to make you see my way

**Kelita Haverland
Heart & Soul Music
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Story Behind "Too Busy For Me"

"It was as if God was speaking directly to me as I wrote down the lyrics to this song. I am often guilty of getting caught up in our fast paced world and not being appreciative of the good things that I have been blessed with that are right in front of me. God is so faithful and desires us to make room for Him in our lives which includes a close relationship. When I wrote this song for myself I had an idea it would resonate with others, and I hope it does for you".



Party For You Lord

Come on let's have a party
Let's really cause a scene
Call all the boys up in the band
Jam it for the King
Put on your Sunday best
And your dancin' shoes
We're takin' it to the street
Come on let's have a party
Shake your tambourine

Chorus

*Jehovah Jireh Yahweh
Hallelujah, Jesus my Lord
Great King almighty
Father in heaven
Your children gonna party for you Lord*

Come on let's have a party
Let's celebrate and sing
Send up your praises to the sky
Make the heavens ring
Come on now Holy Spirit
Come and fill us up
Revive us here below
We will testify and glorify
Let Jesus bless your soul

Oh happy day, Oh happy day
When Jesus washed
He washed my sins away
He taught me how
To watch and pray
And living rejoicing everyday

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Story Behind "Party For You Lord"

"One hot summer's night in Nashville, during the taping of a black Gospel TV show there was a bomb threat in the building forcing us to be evacuated from the theatre. I was so inspired by the audience who gathered out on the pavement and made their own music for two hours until we were ushered back into the theatre. That was one of the best "church" services I had been to in a long time! God is anything but boring and yet we often don't let our hair down and simply celebrate with our voices and bodies, putting all our inhibitions aside. I hope you'll want to dance when you hear this one!"



Tears

Tiny little sparrow fell from the tree
Sometimes I feel that little wounded sparrow is me
Tiny broken wings that never will fly
I wonder does her little heart know how to cry

Chorus

*Does her heart know how to cry
Are her tears gently falling inside
Crying tears she's been trying to hide
Does her heart know how to cry like mine*

Warm velvet words poured like sweet honey from his tongue
Until tonight I'd never heard the Holy one
He said that he would cradle every teardrop in His hand
He'd take away their pain and turn them into precious gems

Bridge

Shimmering diamonds, rubies of red
Bright as the blood that my dear Saviour shed
Emeralds of green, sapphires of blue
He'll take away your teardrops
And turn them in to jewels

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Heart & Soul Music
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Story Behind "Tears"

"A woman whom I had never met gave me a "prophetic word" from God. She was living in the high Arctic and I was in Toronto. The words spoken to me through her were so insightful and poignant that I was compelled to write. Months passed by but all I had written were the lyrics to the second verse. As more time passed, I went through a very painful and soul destroying ordeal. This then led me to write the verse about the sparrow and the chorus. I then put the two pieces together and "Tears" was complete. Upon finally meeting this woman, whose words from God had so inspired me, I sang her my song. As I finished singing she was speechless. She explained to me that as a survivor of childhood abuse she had been told that she was a tiny little sparrow!"

I hope this is a song that will allow you to cry the tears that you have been hiding from everyone, including yourself. To cry out our tears is a healthy way to allow our feelings to be brought to the surface and released. There is always a time for more healing".