

The Strong One

Ever since I was a young girl
I've been strong for everybody else
Now that I'm a little older
I think it's time I let myself
Cry when I need to
Be shy if I want to
Don't have to keep a smile
Upon my face

Chorus

*I don't want to be the strong one
I don't want to pick the pieces off the floor
This time I want to be the one
Who needs a little shelter from the storm
Keep me warm
I don't want to be the strong one anymore*

I'm so tired of pretending
Make believing everything's alright
I hide all of my feelings
Oh but maybe tonight
Cry when I need to
Be shy if I want to
Don't have to keep a smile
Upon my face

Cry when I need to
Be shy if I want to
Don't have to keep a smile
Upon my face

Kelita Haverland
Heart & Soul Music
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Story Behind "The Strong One"

"One of my most popular and recognized songs was written after years of hiding behind many masks. As I wrote this song I began to give myself permission to admit my weaknesses and remove many self inflicted pressures of always needing to be perfect. This song became my initial emergence into a world of self discovery. As I began to face my own truth with vulnerability and honesty, growth and change not only became necessary, but crucial to my health and well being. My wish is that as people relate to this song, they give themselves permission to become real and recognize that we all have buried fears, hurts and internal scars. Sometimes it's OK to admit our imperfections, remove the masks and provide the openness to let people into our lives".

Save This Girl

I'm still wearing these worn out shoes
These old jeans are far from new
My beat up jacket's from the Sally Ann
The shirt belongs to an old boyfriend

This old car still gets me around
Ain't far to go in this nowhere town
Yesterday's news doesn't come around here
There's nothing new about this frontier

Chorus

*Somebody save this girl
Save me from my life
I crave new attitude
I long for paradise
I hunger for the love
My heart can't wait to give
Somebody save this girl
Give me new life to live*

I've got big dreams and a heart that's strong
I've been holding these back for way too long
I'm a well kept secret until today
Tonight I'll make my getaway

Gonna cash in all the falling stars
That I've ever seen
Where I'm goin' can't be harder
Than where I've been

Kelita Haverland, Gord Lemon
Heart & Soul Music/Sour Songs
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Story Behind "Save This Girl"

"This song was inspired by my sister who moved her young family to the country to be able to escape the trappings of the city. Ironically, she lived a tormented life continually searching for inner peace, self-worth and unconditional love. Finally as she was starting to discover some of these things for herself she was tragically killed in a car accident at the age of 42. I think so many of us are waiting for someone else to come and rescue us. I have learned that we first need to believe that we have what it takes to rescue ourselves from whatever might be holding us back. Once we realize our own self worth we can achieve all that we believe".



Don't You Think It's Time

We're slowly heading out in two directions
So much is resting on your career
You're busy living in your world without me
And I'm feeling so alone out here

Weren't we the couple said that this wouldn't happen
We would place our love above all else
Those words don't mean much to me anymore
Your actions speak all by themselves

Chorus

*Let's close our eyes and hold each other tight
I think we really need to talk with him tonight
I love you so much but I'm feeling so afraid
Don't you think it's time we bowed our heads and prayed*

Whatever happened to the rock we stood on
Are you just throwing everything away
How can you sacrifice all you believe in
Is that the price you want to pay

When it comes to love
It can never be too late
And if there's one thing we can hold onto
Let's hold on to our faith

Kelita Haverland, Gord Lemon
Heart & Soul Music/Sour Songs
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Story Behind "Don't You Think Its Time"

"Writing this song was a cry for help as my marriage was nearing a crisis. There are so many couples who are married but leading separate lives. If not for my faith in God and the power of prayer my second marriage would have also have been another statistic. My hope has been that couples will literally get down on their knees and pray together. I realize that praying can be a very intimate thing but when we allow ourselves to become spiritually vulnerable with our spouses I promise you that this will change your marriage".



River of Jordan

Washed my feet in the river of Jordan
Sung sweet songs
Washed my feet in the river of Jordan
The holy water was warm
Washed my feet in the river of Jordan
Sung "the Lord of the dance said He"
And when my time has come and I go home
I know just where I'll be
Washin' my feet in the river of Jordan
That leads to Galilee

Chorus

*Oh I wanna sing
Oh I wanna sing
Oh I wanna sing glory amen.
Oh I wanna sing
Oh I wanna sing
Oh I wanna sing glory amen.*

Washed my feet in the river of Jordan
Sung sweet songs
Washed my feet in the river of Jordan
The holy water was warm
Washed my feet in the river of Jordan
Sung "the Lord of the dance said He"
And when my time has come and I go home
I know just where I'll be
Washin' my feet in the river of Jordan
That leads to Galilee

Kelita Haverland
Heart & Soul Music
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Story Behind "River of Jordan"

"This spiritual song was written on one of my trips to Israel while performing for our UN Canadian Peace Keepers, moments after having waded in the Jordan River. I was incredibly impacted by this experience and surprisingly inspired, considering the lifestyle I was leading was void of any connection with God. My personal life was in huge mess, I was longing for inner peace and this profound experience was best captured through this simple song".



Unusual Child

He would ride out on the prairie
Sun up and he'd be gone
On a leather strap around his neck
He wore a white bull horn.
He would be an Indian for a day
Riding bareback on the range
He called himself Cochise
But Jimmy was his name.

Chorus

*He was a western James Dean
He was a rebel he played wild
He was the first born in my family of five
He was a most unusual,
Most unusual
Unusual child.*

There was Frankie and there was Billy
Oh but Jimmy was my favourite one
Seems rather strange to me
When I think of what he'd done.
So many times I wonder
What Jimmy was all about
He was sweet, he was crazy
And he was inside out.

Jimmy knew he'd die young
There wasn't anything he wouldn't try
One night he tried too hard
Goodbye Jimmy,
Goodbye.

**Kelita Haverland
Heart & Soul Music 1996**

Story Behind "Unusual Child"

"Unusual Child was written about my eldest brother Jimmy who sexually abused me as a young preschool girl on our farm. He passed away at the age of 27, (I was 17) after an accidental heroin overdose. Writing this song was a cathartic experience which helped to initiate my own personal journey of healing. I hope that if you have a Jimmy in your life this song might help to sooth or even release some deep emotional pain so you can find a place of forgiveness for an innocence that was stolen by someone you loved. Feeling, experiencing and accepting our pain is very much part of the healing process".



Lucky Ones

There are many roads we've walked
Mountains we have climbed
And we have all crossed mighty rivers
Somewhere in our time
We made it down the rocky road
Over mountains steep and high
Rode the rapids to the sea
We have touched the sky

Wings to fly
Fly away
And eyes to see
There's nothing in our way

Chorus

*Oh - oh we are the lucky ones
We dare to be wild and run free
Oh - oh we are the lucky ones
Lucky you and lucky me*

Oh the times that I've been scared
To chance and take the fall
But I am the lucky one
To have had the chance at all
Face the wind and rain
When the wild horse turns too fast
Get up and ride again

Kelita Haverland, Gord Lemon
Heart & Soul Music/Sour Songs
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Story Behind "Lucky Ones"

"When my USA recording contract I had been working towards for years fell through and my 10 year marriage ended in divorce, I was distraught. While looking back on the whole experience I still managed to witness the positive aspects of being an overcomer. I believe it's those still willing to take risks after being defeated again and again, who are truly fortunate. I hope this sentiment inspires you to embrace the obstacles and losses you've experienced and grow new wings and dream new dreams".



I'm Ready

No more cloudy indecision

There can't be a half way point

I won't be your silent partner it's either black or white

All my years of good intentions never made a change in me

But now I'm ready, Lord I'm ready

I'm ready to be set free.

Chorus

I'm ready for your love

Wash away my sin

Won't you feed this hungry heart

Lord come on in

I can't imagine how I've lived

Without your love in me

But now I'm ready

Lord I'm ready

I'm ready to be set free

Never missed a single Sunday

Always said my daily prayer

Thought if I went through the motions

I could get up there

But Lord he don't want second best

He wants the real thing

And now I'm ready, Lord I'm ready

I'm ready to worship the King.

Kelita Haverland, Gord Lemon

Heart & Soul Music/Sour Songs

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Story Behind "I'm Ready"

"This is an up tempo song of renewed faith in God, and a commitment to live a life of true freedom. Sometimes, for various reasons, we walk away from our roots of faith that were introduced to us as children either by our parents, a relative or teacher. Some of us are drawn as adults and find our way back to making our faith our own. I hope this song encourages a new boldness if you are exploring your own personal journey with God".



Change of Life

There is no warning - there is no message
No phone call in the night
No information
Or explanation
No writing on the wall in sight
But the ache inside will haunt you
And you think you'll lose your mind

Like a train out of nowhere
Rollin' down the railroad track
Like a train out of nowhere
Just when you least expect
One day you discover
You can't run you can't hide anymore
And honesty is what you've been searching for

Chorus

*Oh change of life
Could this be the road less taken
I know that I must be moving
In the right direction
But still I'm so scared
Of a place that I have never been before
What lies up ahead
And around the bend*

There is no teacher - there is no preacher
No guiding light
There is no vision
Or premonition
No wrong from right
But the ache inside will haunt you
And you think you'll lose your mind

Like a train out of nowhere
Rollin' down the railway track
Like a train out of nowhere
Just when you least expect
One day you discover
You can't run you can't hide anymore
And honesty
Is what you've been searching for

I have discovered there is another
Who had to be set free
I have discovered there is another
Living inside of me

Kelita Haverland
Heart & Soul Music 1996

Story Behind "Change of Life"

"In the midst of writing this song, I was experiencing many exciting changes on different levels all the while exploring the new life ahead of me. Coming out of a divorce, embracing a recommitment to my faith and looking at the uncertainty of my career was quite daunting. Up to that point I had been immobilized by fear for several years, especially where my marriage was concerned. After being born into and then trapped inside a life of dysfunction, my new found self honesty was the most liberating thing I had experienced ever. The fear of change can hold us back. Until the pain of the present outweighs the fear of the unknown we will never take the chance to grow. I am thankful for finally embracing the change. I hope this song will inspire you to trust the positive and healthy changes that life wants to give you once you have faced your own truth. I know your life will be that much richer, more gratifying and certainly liberating if you do".



Never Thought I'd See the Day

Some say it's darkest before the dawn
Well I'll attest to that
When you've been livin' in a big black hole
You know that it's a fact
I've just crawled through a long dark tunnel
Never goin' back there's no way
I'm so excited that I've made my way out
No I never thought I'd see the day

Chorus

*I never thought I'd see the day
Never thought I'd be the one
Be forgiving to the shadows
Who were everywhere I'd run
Never thought that he could take the night
And make it feel this way
No I never thought I'd never thought I'd
See the day*

Some say that there are none so blind
As those who will not see
But now I'm lookin' in a two way mirror
And love is lookin' at me
I drew the curtains all around me
Closed the shutters pulled the shade
But His light is shinin' love right through me
No I never thought I'd see the day

In him there is no darkness
Hold onto the light
Hold on hold on
Hold on to the light
Hold on hold on

Kelita Haverland, Susan Aglukark, Bill Candy
Heart & Soul Music/
Aglukark Entertainment Inc./Candycon Music
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Story Behind "Never Thought I'd See The Day"

"After going through numerous years of emotional and spiritual darkness, this song magnifies the strength found in forgiving one's self and embracing a much brighter existence. I was so excited to be free from all the ghosts of my past. I would love this song to encourage you to hold on and never, ever give up. It's usually at that point of wanting to call it quits (whatever that might mean to you) that you get your breakthrough. There is always hope in tomorrow no matter what today looks like. Hold on!"

Must Have Been From Heaven

Be brave and walk on
Don't I know it well
I'm not looking for your sympathy
This is just one woman's story to tell
My father, he took his life
When I was just eleven
After that day, I wrote my first song
It was a gift that I was given

To live and to learn
That's what we're here to do
Oh I know we've all got heavy burdens
That we've been working through
My mother never had a choice
She was gone at forty seven
And when they carried my mother away
There was a strength that I was given

Chorus

*Must have been from heaven
'Cause look at where I'm standing
I've got my feet on the ground.
It must have been from heaven
'Cause I know where I'm goin'
I've got my feet on the groun.*

Oh I know that we all get scared
Don't I feel it too
But if you put your faith in heaven
Heaven will see you through

Forgive and forget
That's what we have to do
I married young I was just twenty one
Ten years later we were through
I knew that deep down inside of me
There was something missing
And when I mourned the old love away
I found you, you were a gift that I was given

Kelita Haverland
Heart & Soul Music
Copyright 1996

Story Behind "Must Have Been From Heaven"

"I call this my story song; even though I thought I would ever sing it for anyone let alone record it. I have however learned that people resonate with true stories told from the heart. I believe there is beauty and strength found in amongst the ruins of our broken lives. We all have a story. I hope that without shame or guilt, you will one day be able to tell yours. It will liberate you and you will never know the impact it will have on those who hear it. You are not alone".



Let The River Flow

I was so thirsty out on the desert road
I longed for someone strong
To share my heavy load
Then a stranger bound for nowhere
Say I'll quench your thirsty soul
If you'll untap the love inside
And let the river flow.

The summer heat beat down
Upon the open land
The fields were hard and dry
The river never ran
Then a Spirit from the heaven
Called down the perfect plan
To walk with him in faith each day
And love will rain on every man

Chorus

*Let the river flow
To the sea
There's a great big river in my heart
And it's bursting at the seams
Let the river flow
To the sea
There's a mighty ocean full of love
For you and me*

I walked the mountain top
Where water freely flows
I've learned that on the path
Sometimes we just don't know
That deep within the valley
There calls an inner peace
And when we give in to the voice
We'll set the river free

**Kelita Haverland, Susan Aglukark
Heart & Soul Music/Aglukark Entertainment
1996**

Story Behind "Let The River Flow"

"There is an abundance of love which can be expressed through each one of us if we are open to it. Love for one another and love for humanity. We were all created to give and receive love. My aspiration for this song is that even through the hard times you can comprehend what a marvelous vessel of love you truly are".