



What Kind of Love

What's the matter with this picture
All I see are two hearts breaking
Every picture tells a story
Oh and this one says it all

He's all she ever dreamed of
The one she'd waited for so long
Now he says he just can't live here
How did good love go so wrong

Chorus

*What kind of love's been livin' here
What kind of love
What kind of love's been living here
Or is it really love
Is it really love*

He never really loved her
She gave him all she had
Heart and soul and inspiration
All he did was make her sad

Is it going to take a miracle
To let these two hearts beat as one
Is the story almost over
Or has a new love, has a new one
Just begun
Has a new one just begun

Does God really know the answers
Has He known them all along
Will He tell us in a whisper
Will He breathe it in a song
Will He breathe it in a song

**Kelita Haverland and Gord Lemon
Heart & Soul Music and Sour Songs**

Story Behind "What Kind of Love"

"This song was written in Quebec on a piano in an old farm house, after my hasty escape from Toronto the day after my husband disclosed his infidelity. In a state of shock and despair I took the train from Toronto to Ottawa. My good friend knew how much I loved the country and so took me out to her friends' farm. As distraught as I was, writing was the best thing for me to do. I hope if you are holding on to your marriage by a thread, you will find a place for God in the mess".



My Faith

I wish I could take some of my faith
I'd wrap it up in a present for you
If just for a day you could feel the same way
There'd be a bright light shinin' on you
Then maybe you could see the things I see
And you would feel His spirit that's breathing in me

Chorus

*But your heart it is not mine
And I can't change that part of you
No matter how I try
So I'll keep praying for you
'Til you find your way
And I'll keep holdin' on to my faith*

I wish you could see all the things I believe
I wish I could paint all the pictures for you
If you could just learn to trust in the Word
You'd hear a sweet melody
Then you could hear the music that I hear
Like the perfect love song He's whisperin' in my ear

Faith can move any mountain
Faith can set you free
If you'll just trust
What's deep in your heart
He can do for you
Just like He's done for me

**Kelita Haverland and Gord Lemon
Heart & Soul Music and Sour Songs**

Story Behind "My Faith"

"During this extremely turbulent time in my marriage my belief and faith in God became even more important to me. We can never force our beliefs or faith on anyone but my desire was so strong for my husband to want a true relationship with God. Instead of turning away from God I ran towards Him. When you feel like you have nothing else to hold on to and your world is crashing all around you can either lie down and die or hold on to the power of God. I chose the latter and I hope that you will too. We might not always experience the outcome that we pray for but we will grow stronger in our faith if we choose to. I hope this song will inspire you to run towards God".



Change My Man

I can't change him
I could never even rearrange him
I can't take just the good
And not accept the bad
But I can get down on my knees
And I can beg you Lord please

Chorus

*Change my man
Give him the love he first felt
When he first fell for me
Change my man
Give him a heart that's for you
Make him hunger and thirst
Like you and only you can do*

I can't teach him
I don't know if I can even reach him
I can't make him feel
And I can't make him see
But I can get down on my knees
And I can beg you Lord please

And if Lord you can hear me crying
When I'm calling out to you
While I'm down here
Can you forgive me
Oh then Lord can you change me too

**Kelita Haverland and Gord Lemon
Heart & Soul Music and Sour Songs**

Story Behind "Change My Man"

"I remember playing this song over and over at the piano as I wrote these words, my heart literally breaking. What I discovered during this difficult trial is that my response to the situation could dictate so much. I decided that in order for me to deal with this enormous heartache I needed to ask God to change me. I really needed to die to self, as difficult as that was. I pleaded with God for my husband to change but I realized that I needed to change just as much. I hope you can find that place inside to surrender everything in the midst of the heartache. I can assure you that God will move!"



You Make Me Smile

Picked up your shirt
Lyn' on the floor
I catch your scent
Breathe you in once more

Bed's too big without you
Night's too long alone
Wanna hear you in the drive-way
Tired of hearin' your voice on the telephone
So far away
So far away

Chorus

*You make me smile
And you're not even with me
You make me cry
With tears that say I miss you
And how I long to kiss you 'cross the miles
You make me smile.*

Crossed off another day
On the kitchen wall
Had alot of good times
But the day you come home
Will be the best of them all.
So far away
So far away

Kelita Haverland and Johnny Douglas
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Story Behind "You Make Me Smile"

"This song was written while my husband was on a musical tour outside the country with the Canadian Military. Because he was in a war zone so I wasn't able to communicate or speak with him for over two weeks. It was a gut wrenching time for me as he was traveling with the 'other' woman. At that point I had only suspected. The sentiment behind the song could easily speak to those in a positive relationship as well as what I was going through. There were times when I should have hated him but I still loved him".

Ready For The Fall

All the sweet red roses
Would have withered on the vine
But I knew the frost was early
I could feel the chill this time
So I went into my garden
Picked the roses one and all
This time I'm ready for the fall

The wind upon the willows
Plays a mournful refrain
And my days are getting shorter
And my nights are long again
I have planned a small vacation
Don't expect me when you call
This time I'm ready for the fall

Chorus

*This time I'm ready
Oh I've never been so ready
I have gathered my defences
Behind a sturdy wall
I have built up my resistance
And my soul she lies protected
This time I'm ready for the fall*

Not so very long ago
The summer kissed my face
I opened up my heart to him
I longed for his embrace
But the summers' never faithful
Never been as I recall
He's always gone before the fall

How I long to see the sun
Shining like a river
On the new horizon
Of my dawn

Kelita Haverland and Gord Lemon
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Story Behind "Ready For The Fall"

"Having been through one divorce, the possible thought of another one was devastating to me. Perhaps subconsciously I was preparing for what would take place. Sometimes we just 'know' things deep down inside. If you're going through a similar situation I hope that you will be kind and gentle to yourself".



You Don't Love Me Anymore

Seems all that I keep doing ever since we met
Is chasing after something I already thought I had
And all that you keep doing is pushing me away
Thought you wanted this for life
Thought that's what I heard you say

Chorus

*So if you don't really want me
Why are you still living here
And when were you gonna finally tell me
That you don't love me anymore*

Seems all that I've been doing ever since we wed
Is trying so hard to fill this emptiness
So many times I wonder will there ever be a day
When I won't ache inside
And I won't have to feel this way

I hurt so bad
I've never known this kind of pain
I thought that all my tears were cried
But here I go I'm drowning again

Kelita Haverland
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Story Behind "You Don't Love Me Anymore"

"This is one of the saddest songs I have ever written. The title pretty much says it all. Sometimes knowing the painful truth is better than not knowing. At least one can begin to deal with the heartache and think about moving forward. I hope this song allows you to get in touch with the complete truth. I am also a firm believer in feeling our pain. Tears are meant to be cried for a reason. When someone doesn't love us anymore we have every right to wail and grieve that loss. I encourage you not to hold back from expressing lost love with every part of your being".



Miracles

I believe in miracles
There's no question
There's no doubt
I'm a witness to the changes
Seen in the one I love
From the hiding and the scared
To the loving and the free
I've watched your wings unfurl
Right in front of me

I believe in miracles
And the One who answered my prayers
A thousand hours on my knees
In my chamber of despair
Were traded for a place of strength
And a love that wasn't mine
Forgiveness for the deepest hurts
I never dreamed I'd find

Chorus

*Miracles- nothing is impossible
When you've lost it all
Don't give up
Keep the Faith
God will shower you with Grace
If you just- believe
In miracles*

I believe in miracles
God is gracious He is kind
Won the battle over darkness
Victory this time
Hope when Hope was gone
And Faith when we couldn't see
He gave His very best
When He rescued you and me

Miracles- something to believe in
Miracles- oh you gotta trust in Jesus
Be strong and wait on the Lord
Keep on prayin'
In miracles

Kelita Haverland and Gord Lemon
Heart & Soul Music and Sour Songs

Story Behind "Miracles"

"This song was written after Gord and I went through our time of crisis when the entire affair was out in the open. I had been writing these songs in private but once we were in a place of healing and restoration we started to work on the music together, knowing that we would one day share our story, the music being the vehicle. I love this song because it encapsulates what took place in our marriage. It truly is a miracle that our marriage survived a lengthy affair only to be restored to something that is stronger than ever. My prayer and hope is that this song will encourage you to believe that all things are possible with God!"



Because of Love

I survived the lonely nights
Stayed when I should have walked
Cried more tears than that old
River ever knew
And I fought the long cold war
And I nearly froze to death
Crossed a desert swore I never
Would crawl through.

Why did I stay so long
And put up with so much
It sounds so simple
It was all because of love

Chorus

*Because of love
Deep deep love
Supernatural
Unconditional
Because of love*

He had a heart that strayed from home
Lost to another's touch
And I held my own when I was barely
Holding on
But when I cried to God that night
And he showed me in my mind
What a woman knows
Can never be denied

I should have lost it all
And faded into night
But in my darkest hour
I could see the light

How did I face the truth
And take the heartache for so long
Where did the courage come from
What made me fight
What made me strong
What made me fight
What made me strong

**Kelita Haverland and Ken Tobias
Heart & Soul Music
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Story Behind "Because of Love"

"Gord had been on his two week music tour with the military where we had absolutely no communication. The night before he was to arrive back home I literally got down on my knees and prayed pleading with God to reveal to me what was so terribly wrong in our marriage. When he showed me I finally knew I wasn't going crazy. My husband's affair with one of my best friends had been confirmed by the ONLY one that I could trust, God himself.

When I wanted to despise my husband and leave, God kept giving me more unconditional love for him. It was definitely a supernatural power that allowed me to not only stay in the marriage but to forgive my husband for the deep hurts and heartache he had caused me. This is the kind of power that God has! I pray this song will touch your heart, encouraging you that God's power and love is greater than any other power that would want to destroy a marriage and family".



Healing

Woke up this morning
Opened up the window
I'd forgotten how good
The sun can feel
Found the courage to
Look into the mirror
Digging deeper to finally
Face myself

So alone I suffered in silence
Cut so deep - I felt divided
The only back up was to fall
Down on my knees
Only God could mend
This broken hearted me

Chorus

*And I'm healing – woh oh
Healing ya
Oh I'm healing
I'm finally feeling
I'm finally feeling again.*

Getting better growing stronger
Letting go of the past and movin' on
You can't go forward looking behind you
Too much weight on your shoulders
Brings you down

I was numb for awhile
I could barely smile.

**Kelita Haverland, Naoise Sheridan and Tyler J. Smith
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Story Behind "Healing"

"Although this song was co-written with two other people the sentiment was coming from my place of reconciliation with my husband and the great healing that had already taken place in our marriage. I have successfully experienced so much positive healing in my life and this song affirms that. I hope that as you recover from loss or heartache you will allow God to move you forward".



The Letting Go

Was there someone who hurt you bad
When you were a boy
Did you lock away all your tears
When you put away your toys
And are you running from the fever
That keeps pounding in your brain
Still controlled by all the anger
Only harbouring the pain

Chorus

*Tell me everything you're thinking
Talk about the you that you don't know
And if you feel like crying
Well then wrap yourself in my arms
And I'll be there
For the letting go*

Do you feel like the lonely one
Even when you're not alone
Does your heart hide behind a wall
Those who love you can't tear down
And is the hiding getting harder
Is the damn about to break
Does it all not seem to matter
'Cause it's more than you can take

The letting go
The letting go
I will be there for you

Kelita Haverland
Heart & Soul Music
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Story Behind "The Letting Go"

"The Letting Go, really is a song for and about men although can be applied to women as well. Throughout my life I have observed several men I have had close contact or relationship with. Unfortunately there are too many who have allowed anger to rule their lives. Their abusive behaviour is extremely damaging and soul destroying to those they are close to. Many marriages are ruined by anger. In writing this song, I'd hoped it would resonate enough with those who have never worked through their own past hurts, in order to take the steps in being freed from this very damaging trait. Finding the liberty to love one's self and others is surely a goal worth working towards".



Let Me Be The One

You brought the morning
When nights were too long
The anchor when I became
Lost in the storm
Strong like a pillar
For me to lean on
There is no distance
That you wouldn't run

And when I ventured out
In waters too deep
You honoured the secrets
I asked you to keep
And when I was dancing
Way out of control
You turned down the music
And you never let me go

Chorus

*This time let me be the one
Take from my strength
You gave me back when
I was the weak and you were the strong
This time it's my turn
Let me be the one*

Take from the garden
You've helped me to grow
Harvest the courage
I've come to know
Now you will reap
The seeds you have sown
Rich are the fields
Of love we have grown

Let me be the one
Who will stand beside you
Be the one
Here to guide you
Together we'll be strong
Hand in hand

**Kelita Haverland, Gord Lemon and Margo Crichton
Heart & Soul Music and Sour Songs**

Story Behind "Let Me Be The One"

"This song was actually written with my dearest friend Margo who had always been there for me when I was going through turmoil and upheaval in my marriage. Where would we women be without our female friends who support us through these difficult times? We need not be afraid to reach out and ask for support instead of keeping the betrayal all to ourselves. I hope this sentiment encourages us to ask for help despite our shame and humiliation".



New Found Love

The Lord He is so good
That He could change these hearts of ours
He's seen us through the fire
When our love came right down to the wire
But now we're deeper than we've been
The Lord has made us who we are
And we are more in love with each other

Chorus

*This new found love is a whole lot better
You and me baby finally got the love together
Thinking each other's thoughts
And moving in the same direction
Oh this new found love is what we're living
Isn't it amazing we've both been forgiven
Now we know the meaning when He said
The two shall be as one
Look what He's done.*

The Lord He is so true
That He has healed these hearts of ours
He's bound up every wound
And every new bud's beginnin' to bloom
There's an open road ahead
Now there's nobody's hiding
And we are more in love with each other

He has blessed our souls
He has made us one

**Kelita Haverland and Gord Lemon
Heart & Soul Music and Sour Songs**

Story Behind "New Found Love"

"This song was the icing on the cake when Gord and I started compiling this album. It was especially written for this project and one of the more uplifting songs...thank goodness! It truly exemplifies where our love was able to go once we dealt with everything that had been hidden. It's so incredible that God took everything and made our marriage even stronger. I know we are very fortunate to have stuck it out and done the hard work. It all comes down to choice. Perhaps you're in a difficult place and can't even comprehend any of this. My prayer is that you as a couple, can find the forgiveness and the tenacity to fight the fight of your life and be the victors!"