

- 1 ~ HUNGRY (4:21)**
2 ~ THE QUESTION (IS THE ANSWER) (3:49)
3 ~ HOME AT LAST (3:36)
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7 ~ SOLSTICE SONG (3:30)
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10 ~ THE WHITE DOVE OF PEACE (4:21)
11 ~ HONEY YOU GOTTA LIVE (3:50)

All basic tracks recorded by Jon Russell at Presence Studios, Weston CT
Except for *Hungry*, *Honey You Gotta Live*, and *Solstice Song*, recorded by Rick Van
Benschotten at Home Sweet Home Studios, Wilton, CT

All vocals and overdubs recorded by Andy "A.J." Gundell at Home Sweet Home Studios

Vocal arrangements by Exit 43

Mixed and Mastered by Anthony Erice

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Executive Producers: A.J. Gundell, Scarlett Lee Moore, Suzanne M. Sheridan, Ed Thompson

Produced by Andy "A.J." Gundell

EXIT 43 is:

Andy "A.J." Gundell: Vocals/Guitars/Harmonica



Andy Gundell has been a professional musician for his entire career —feeling blessed to support himself and his family with his music, living his dream and making his passion his life's work. Along the way, he's won 11 Emmy awards for his successes in television as a songwriter, singer, composer, and music supervisor. His

music appears on every major TV network and prominent cable channels. He has collaborated with songwriters like the Grammy award-winning Julie Gold, and composers like Bill Cosby. Andy's own recordings are available on iTunes. This group comes full circle for him, as his first gig out of college was also with a band. He loves the record that he and Exit 43 have made—and he hopes you do, too.

Scarlett Lee Moore: Vocals/Percussion



Scarlett Lee Moore is a performer and band leader who has toured Europe, Asia and The Middle East with a mission to promote American music around the world. She has appeared with Ray Charles, Rod Stewart, Lily Tomlin, Jeanie Bryson, Jose Feliciano, Bernard "Pretty" Purdie, and others. In addition to performing with two-piece duos

to big band engagements, she primarily works in the New York tri-state area with her five-member combo, the Scarlett Lee Moore Band. She also has a European band with whom she tours internationally. She was twice voted Fairfield County Connecticut's Best Blues Performer. Scarlett has two CD releases entitled "Scarlett" and "Scarlett Blue in Belgium."

Suzanne M. Sheridan: Vocals/Guitar



Suzanne M. Sheridan is a singer songwriter and guitarist who loves connecting with people through music. She has won honors in the John Lennon Songwriting Contest, and has sung jingles for Pepsi, Hardees, Hasbro, Texaco and others. She co-wrote the cult hit "90 Pound Suburban Housewife, Drivin' in her SUV" with her life partner, Rozanne. She performs in theaters, churches,

hospitals and clubs and has fronted several rock n' roll bands in CT. Suzanne's solo performances of her original songs have been heard in New York, Paris, England and Ireland. Suzanne teaches voice, guitar and YOUNG SINGING workshops. Fueled by the Unitarian spiritual connection, this group and this music, she is honored to be affiliated with Exit 43.

Ed Thompson: Piano/Keyboard



Ed Thompson is a classically trained keyboard player and choral conductor. He is currently the Music Director of the Unitarian Church in Westport where he has developed an extensive music program that mirrors a wide variety of styles and genres. He is active as a coach, an accompanist, an arranger, composer, conductor and teacher. Thompson has appeared three times in Carnegie

Hall, and has concertized in both the US and Sweden. He is a member of the UU Musician's Network, ASCAP, and other professional organizations.

EXIT 43 ... WHO WE ARE:

One of our musical heroes, John Lennon, says, "Life is what happens to you while you're busy making other plans."

We, Exit 43, didn't plan this. We came together serendipitously. Our friend, Karen Wright, asked us all to play for a social event at the Unitarian Church in Westport where we are members. We got together on a November afternoon in 2004 to rehearse.

It was magical. And when you've been professional musicians for as long as each of us has, you learn to recognize the magic when it happens! You stand up and pay attention. We noticed how easy it was... how naturally and effortlessly our voices blended to make harmonies...how instinctively the arrangements evolved. Very simply – we had fun and, much to our surprise, we wanted to do more.

Why surprise? We are four different people. We come from differing cultures, musical backgrounds, and experiences; we have differing tastes, preferences, appearances and ways of expressing ourselves. So what keeps us together?

It is the love of music, but not just any music. We, like most people, want to live, work, and create with integrity. We long for a spirituality that is practical and can be realized in our daily lives.

We want to support and respect the inherent worth and dignity of each person. We believe that war is not the answer, and that religion need not divide us. What kind of music would give expression to such ideals?

We had to create it. While we acknowledge the challenges that fill our lives, we want to hold out hope for this time, this place, and these people. As the ancient voice of wisdom, Hillel, once said, "If not now, when?" The lyrics of these songs mirror this basic outlook and the songs speak for themselves.

We live in Fairfield County, Connecticut, through which the beautiful Merritt Parkway runs. Curiously, while there are Exits 42 and 44, and both lead to our Unitarian Church, Exit 43 was never built. We chose this imaginary exit for our band name because it is through the imagination that we can begin to build the kind of world we want. And, in doing so, we are... finally... Home At Last!

We hope that these songs will inspire you to a life of more hope, authenticity, connection and love – and help you to feel at home as well. To you who have joined us on this journey – thank you!!

HUNGRY

It's a dog eat dog world / It chews up your soul / Wants to eat your sweet heart out so you never find your gold / So many of Gods children, live lives in the cold They're all chewed up and spit out They already feel so old.

CHORUS

Oh I am Hungry, Hungry / For a world filled with peace / I am Hungry, Hungry for their nightmares to cease
I am Hungry, Hungry / For our love to be felt / Oh I am Hungry, Hungry
For their frozen places to melt.

As the man and the woman / Inside of me war / I am hungry to know peace down inside my core / It's a hunger that food can not possibly cure / I am hungry to live my life / Closer to my own heart

CHORUS

Tengo hambre, hambre / De un mundo lleno de paz / Tengo hambre, hambre de que cesen las pesadillas / Tengo hambre, hambre / De que el amor sea sentido / Tengo hambre, hambre
De fundir los corazones fríos

So come to me shyly / And let your tears flow / And let out all your sadness
So happiness can grow

And I will be quiet / And witness your pain
Come and fill up the sky
With your innocent rain

CHORUS

Words & Music by Suzanne M. Sheridan
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THE QUESTION (IS THE ANSWER)

The Question...The Question...
With as many stars as grains of sand
What's true slips through / even
outstretched hands / Still our urge to
understand / The mystery... may lead us to
see

CHORUS

The Question Is the Answer
And we are blessed / in the asking alone
The destination is the journey
And we are blessed just to be on the road
It feels like home

At a time we wonder if God is blind
With faith and love so hard to find
I still believe the light that shines
From you and me... / is God saying
gloriously

CHORUS

The Question..... / The Question....

Words & Music by A.J. Gundell
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HUNGRY

Lead Vocal & Acoustic Guitar: Suzanne
Synthesizers: Ed
Background Vocals / Acoustic & Classical Guitars /
Percussion: Andy
Background Vocals: Scarlett

THE QUESTION (IS THE ANSWER)

Lead & Background Vocals / Acoustic Guitar: Andy
Background Vocals / Acoustic Guitar: Suzanne
Background Vocals: Scarlett
Piano: Ed
Soprano Sax: Bill Holloman

HOME AT LAST

Lead Vocal / Percussion: Scarlett
Background Vocals / Acoustic Guitar / Harmonica /
Bass: Andy
Background Vocals / Acoustic Guitar: Suzanne
Piano: Ed

PRAYER

Lead Vocal / Acoustic Guitar: Andy
Piano / Organ: Ed
Background Vocals: Scarlett & Suzanne

THE POWER'S IN YOU

Lead Vocal / Acoustic Guitar: Suzanne
Background Vocals / Acoustic & Lead Guitars /
Synthesizers / Percussion: Andy
Piano: Ed
Background Vocals: Scarlett
Bass: Dave Anderson

BETWEEN HEAVEN AND EARTH

Lead Vocal: Scarlett
Background Vocals and Acoustic Guitar: Suzanne
Piano and Keyboards: Ed
Background Vocals / Acoustic & Electric Guitars /
Bass / Harmonica: Andy

SOLSTICE SONG

Lead Vocal / Acoustic Guitar: Suzanne
Background Vocals / Acoustic & 12-string Guitars /
Bass / Additional Synthesizers / Percussion: Andy
Synthesizers: Ed
Background Vocals: Scarlett
Cymbals: Cameron Nadler
Special Appearance: The Hand Bells & Chimes Bell
Choir of The Unitarian Church in Westport, CT
Featuring: Jo Shute, Choir Director, Lyn Hamilton &
Diane Moller

WHEN THE DAY IS DONE

Piano: Ed
Lead & Background Vocals: Andy, Suzanne & Scarlett

BRIDGES

Lead Vocal: Scarlett
Background Vocals / Acoustic & Lead Guitars /
Synthesizers: Andy
Piano / Synthesizer: Ed
Background Vocals / Acoustic Guitar: Suzanne

WHITE DOVE OF PEACE

Lead Vocal / Acoustic Guitar: Suzanne
Background Vocals / Acoustic / Electric Guitars /
Bass / Synthesizers / Percussion: Andy
Piano: Ed
Background Vocals: Scarlett

HONEY, YOU GOTTA LIVE

Lead Vocal / Acoustic & Lead Guitar / Banjo /
Harmonica / Sound Design: Andy
Background Vocals / Acoustic Guitar /
Grandma: Suzanne
Background Vocals: Scarlett
Keyboards: Ed

THE WHITE DOVE OF PEACE

CHORUS

I am The White Dove of Peace / I can't fly free / Above the Middle East / For I've seen things / That make these wings / Fly me to my home / Fly Me to Shalom

I've seen my brothers and my sisters in the deserts of distrust / In their hearts they have barbed wire / On their minds are tanks and guns / All the stories show the evidence of / How each side was wronged As the Promised Land's / Left in the dust

CHORUS

They build their fences / High between them / So high that they can't see All the pain and the suffering / Their separation brings / You cannot enslave your brother / If you want your people free The children have done nothing wrong, Why not let them be?

CHORUS

And if you have a heart / That can hear the children crying / And if you have the eyes That can see people dying / And if you say a prayer / To any God at all / Please listen well, you might / Hear my (hear my) hear my call.....

Oh, people of the world / Please hold a vision of Shalom / Of a world that lives in

peace / In a place where justice grows Where every child has what they need Peace is what we'll sow When we show that we are one The White Dove will come home

CHORUS

I am the White Dove of Peace I WILL fly free above the Middle East...

Words & Music by Suzanne M. Sheridan
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HONEY YOU GOTTA LIVE

CHORUS

Honey, You Gotta Live
You gotta give it / all you can give
Years rush by / In the wink of an eye
Honey You Gotta Live

Nothing is certain / There's no guarantee
No final curtain call / It's easy to see

CHORUS

And count every blessing / You earn on your way / It's always a guessing game
But who knows you might
Turn a hundred some day

CHORUS (repeat)

Honey You Gotta Live / Honey You Gotta Live / Honey you Gotta... / Listen to your Grandma / Honey You Gotta Live

Words & Music by A.J. Gundell
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HOME AT LAST

I used to believe in the holy word
I used to believe it was the way
I thought if I was good
And said every prayer I should
I'd get to heaven on Judgment Day
Now I believe the Messiah
Is alive inside of you and me
And everyday I say 'Hallelujah'...
Cause Hallelujah it sets me free, and now

CHORUS

I'm home / Home at Last / I'm finally Home at Last
I dropped my bags / On the doorstep of the past / And now I'm finally Home at Last

I leave what's left behind me
I try not to look too far ahead
Everything I have / Everything I need
Is in my soul my heart my head
And I call this my religion / God's alive in everything we see / And everyday I sing his praises / For bringing heaven right down here to me, now

CHORUS

Words & Music by A.J. Gundell
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PRAYER

Feel the heart of the world
Beating for creation / God

Let our love fall like rain
Drowning all our hatred / Lift us up way up
From all we've become
'Til our souls like soaring birds
Are finally free
Ooooooo, Ooooooo / God
Aah Aah Aah Aah
Lift us up way up / From all we've become
'Til our souls like soaring birds
Are finally free / We'll be finally free
And when we share unconditionally
You and me / Will be finally free
Hear the voice of the world
Singing from each nation
We're a brave choir of passionate fools
Who believe it's still not too late
For love, oh God, hear our Prayer
Lift us up / Lead us back / Back to love

Words & Music by A.J. Gundell/ James Stewart/ Julie Gold
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THE POWER'S IN YOU

You can turn an empty space into a diamond mine / You can turn a heart of stone, into a valentine / When you feel like nothin' / Remember nothin's in your way
All you need is the smile I saw today

CHORUS

The Power's In You / It was in you all the time / The Power's In You / And only you can make it shine / See your reflection

It's a strong and gentle light
The Power's In You / You'll make it right
When it's time to face the dark
You call upon a friend / Someone that you
can lean on, 'til the very end
But sooner or later, you know you've got to
stand alone, in a world
You know you want to make your own.

CHORUS

Open up your heart and let your love grow/
Just walk with your head held high/
And let 'em know that

CHORUS

Words & Music by Suzanne Sheridan / Lee Queller
© 1995 **Publisher TBD**, ASCAP

BETWEEN HEAVEN AND EARTH

A bombing in the Holy Land / Innocent lives
are lost / Bound to be more bloodshed
To even up the cost / There's peace beyond
the bridges / No one dares to cross
Where the answers to our prayers
Dance like shadows in the air...caught

CHORUS

Between Heaven and Earth / I have spent a
lifetime / Between Heaven and Earth
Walking on that fault line / Of what
Sunday's sermon promises
And what those words are worth
Somewhere Between Heaven and Earth

A homeless man on Broadway asks
"Can you spare a dime?" / I almost whisper
as I pass him by / "I work hard for mine"
Then we bow our heads each evening
And pray at supertime / "Free our hearts
from greed" / But I've got hungry mouths
to feed... caught

CHORUS

It's a purgatory kind of place
Where silence is a state of grace
And our worst fears come face to face
With all we try to be... caught

CHORUS

Words & Musib by A.J. Gundell / Len Handler
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Music, BMI

SOLSTICE SONG

We gather together on the longest night of
the year / The darkest night of the soul
Cave of our darkest fear / We watch for
some signs of light / On this the longest
night / We long for more love / Now
We long for more light / Now...

CHORUS

If we see the dignity of every child / In our
manger / Then every child born in this
world / Will be our saviour (Repeat)

Bringing us our own rebirth / Bringing us a
deeper worth / Showing us that we're all

one / The true meaning of the rising son,
like the phoenix risin' from the ash / With
burnin' wings she flies so fast / Showin' us a
deeper path that lasts / Beyond the season

CHORUS

We long for a deeper love / A love that is
beyond / Black and white, wrong and right
day and night, dark and light
We long for a deeper a love / A love that
makes a bond / Between class, between
race / Between nations, between faiths,
We long for a deeper love
A love that makes us strong
This is our Solstice Song / This is our
Solstice Song / This is our Solstice Song

Words & Music by Suzanne M. Sheridan
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WHEN THE DAY IS DONE

CHORUS

When the Day is Done, when our deeds are
measured, / will there be more love that the
heart can treasure? / will there be more
love, will there be more love

Will my hunger for some peace be satisfied
by deeds / that touched a heart or two or
ended someone's need? / Will the burning
summer sun or the winter's freezing cold /
In some mysterious way help my heart to
grow?

CHORUS

"What you did to the least of these, so then
you did to me." / Will that prophetic truth
be what sets me free? / So we touch with
eye and hand, with gesture and with word
the place where Spirit comforts still and love
is the only Lord, love is the only Lord.

CHORUS

Words & Music by Ed Thompson
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BRIDGES

Bridges / Span the changes of my life
But I sure wish that I knew / When to cross
Bridges / Each beginning is an end / So I'm
never sure / of what the trip / Will cost

CHORUS

Bridges to cross / when it's my turn
Bridges for waiting / until I learn / Bridges
I'm bound, to go around / and Bridges to
burn

I wonder / Will the dreams I leave behind
Be worth the dreams I find / Waiting there
for me / Bridges / Give no guarantee
Cross over and find out / What I can be

CHORUS

Bridges / Span the changes of my life

Words & Music by A.J. Gundell / Len Handler
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