

THE MASK
(Grief)
Spoken Word Track

I come to this room and take off this mask
I talk of the wounds and the scars of the past

Some are still bleeding, some are all healed
Some are so deep, they're too painful to feel.

I talk of the present, I talk of the past
I've listened to others, who've walked the same path.

They know how I'm feeling, we've felt the same pain.
And we're all wondering how to start living again.

This path that I travel is a struggle uphill,
Sometimes to keep going, takes all of my will.

For such a large mountain, that I'm trying to climb,
It's amazing how deep are the sinkholes I find.

So I climb every day, some days more than others.
Sometimes I'm so tired, I think 'Why do I bother?'

When I get to the top and someday I will,
I can only imagine, how good it will feel.

As I stand up so tall and look all around
I'll be able to see what was slowing me down.

Like a constant companion, through all kinds of weather.
I was carrying the memories of our time spent together.

NOW YOU'RE GONE

(Suicide Grief)

I hope you know I loved you, hoping you know I cared

Praying it's warm up in Heaven, all I feel is coldness here.

Walking inside the church, all my sadness, filling my face

Feeling empty, inside my heart, the part that was yours, is now empty space.

Now you're gone, life goes on, now you're gone

Don't know how, life will go on.

Knowing words could never say, all the things you meant to me.

Wishing that I could have told you, now that you're gone, it's not meant to be.

Wonder if I could've helped you, I would've tried to help make things right.

Now that you're gone, my life goes on, I'll always wonder, why suicide?

Now you're gone, life goes on, now you're gone

Don't know how, life will go on.

I hope you know I loved you, hoping you know I cared

I think you know, wherever I go, I'll never forget the time we shared.

Now you're gone, life goes on, now you're gone

Don't know how, life will go on.

THE GIFT OF GRIEF

(Grief)

Thank you for the sleepless nights, I didn't need the rest
Thank you for this semi-truck you parked upon my chest
Thank you for the stream of tears flowing from my eyes
Thank you for the self esteem I try so hard to find

Who'd of thought I'd have all this and still feel guilty too
What I learned it's just a gift that comes from grieving you
It makes me feel so lonely, makes me feel so sad
Most of all, down inside it really makes me mad

So I'm sorry if it's crazy
To thank you for these things
Just remember, you're the one
Who gave this gift of grief

Vented anger at my friends, people I don't know
Made sure that I spread it out, no matter where I'd go
Sometimes it made things better, times it made things worse
There's times I know, where it should go, you're not here to curse

It makes me feel so lonely, it makes me feel so sad
Most of all, down inside, it really makes me mad

So I'm sorry if it's crazy
To thank you for these things
Just remember, you're the one
Who gave this gift of grief

So now you're gone, I'm all alone, still in disbelief, the pain that once
Had filled your life, has found its way to me
I know you wouldn't hurt me, pain impaired your sight
You couldn't see how this would hurt, the loved ones in your life

So I'm sorry it's crazy
To thank you for these things
Just remember, you're the one
Who gave this gift of grief

I'm sorry it's crazy
To thank you for these things
Just remember, you're the one
Who gave this gift of grief

LIFE MUST GO ON
(Message From Our Loved Ones)

Please know I'm finally at peace
In a good place, without any pain
One regret, I have now
The way that I got here

Sorry, I caused all this pain
Feeling bad that I made you cry
Didn't want to hurt anyone
When I said 'goodbye'

When you think about me
Remember the good times and try not to cry
Cherish the time that we shared
When I was alive

Grieve me now that I'm gone
Don't forget your life must go on
Keep me close to your heart
As your life goes on

When you think about me
Remember the good times and try not to cry
Cherish the time that we shared
When I was alive

Please know I'm finally at peace
In a good place, without any pain
One regret, I have now
The way that I got here

Please know I'm finally at peace
In a good place, without any pain
One day we'll meet again
Can you forgive me then
Will you forgive me then

DADDY'S LITTLE MAN
(TRAVIS'S SONG)
(Song of Reassurance)

I taught him to laugh and he taught me how to cry

I help him when he walks and he helps me to get by

When things are just too much and I don't know what to do

He'll come up and he'll hug me and then I'm not so blue

He's the little man I love, his sun shining every day

It's a light that keeps on shining to help me on my way

And he's daddy's little man, teaching daddy about life

He's daddy's little man, I hope I taught you right

He's growing each day and one day he'll be a man

Just know, my son, that I'll be there if you ever need a hand

I dream about your future and what you might become

But no matter what you do, you'll always be my son

He's the little man I love, his sun shining every day

It's a light that keeps on shining to help me on my way

He's daddy's little man, teaching daddy about life

He's daddy's little man, I hope I taught you right

HEY IF YOU'RE THERE
(Grief)

Hey, if you're there pick up the phone
Needing your help, feel all alone

Even though you won't be coming home
I leave my name after the tone
Dreaming of a day when you'll come home

Praying for my alarm to ring
To find out this has been a dream

Hey won't you just wake me up today
Make the pain inside me go away

Hey if you're there pick up the phone
Needing your help, but you're not home

Even though you won't be coming home
I leave my name after the tone
Dreaming of a day when you'll come home

Hey won't you just come on home today
Make the pain inside me go away

HOUSE OF AMAZING GRACE
(*Somber Hymn*)

Amazing Grace how sweet the sound
That saved a wretch like me
I once was lost, but now I'm found
Was blind but now I see

'Twas grace that taught my heart to fear
And grace my fears relieved
How precious did that grace appear
The hour I first believed

Through many dangers, toils, and snares
I have already come
Tis grace that brought me safe thus far
And grace will lead me home

When we've been here ten thousand years
Bright, shining as the Son*
We've no less days to sing God's praise
Than when we first begun

Amazing Grace how sweet the sound
That saved a wretch like me
I once was lost, but now I'm found
Was blind but now I see

*Revelation 21:23 (NKJV) The city had no need of the sun or of the moon to shine in it, for the glory of God illuminated it. The Lamb is its light.

I'LL NEVER UNDERSTAND
(*Suicide Grief*)

I know my heart is broken, hurts so deep inside

Know my heart is broken, leaks out from my eyes

Broken since I lost you, don't know what to do

Empty since you left me, makes me feel so blue

I'll never understand, why I hurt so much inside

Never understand, the pain that must have filled your life

Pain you felt so deep, one you kept inside

Pain you never shared and made you end your life

Feelings of betrayal I'm feeling since you've died

Get wadded up in Kleenex, as they leave my eyes

I'll never understand, what makes people wanna die

Never understand, why you never said goodbye

Guess you fooled us all, ones who cared the most

Your memory fills our hearts and haunts 'em like a ghost

Living life without you, oh so hard to do

Hurts too much inside to say goodbye to you

I'll never understand, why I hurt so much inside

Never understand, the pain that must have filled your life

I'll never understand, what makes people wanna die

Never understand, why you never said goodbye

Why you never said goodbye

TEARS FALL DOWN
(*Grief*)

Tears fall down as rain hits the ground

Ever since you went away

Feel so alone when skies are gray

We used to watch the rain, now I feel the pain

Drops on the glass, take me to the past

Back to the days of my youth

Memories of stormy days with you

Playing in the rain, soaking wet again

First came a flash and then a loud crack

I'd see the lightning in your eyes

Then we would have to go inside

Sitting in the house, waiting the storm out

Tears fall down as rain hits the ground

The window and the pain will never be the same

Tears fall down as pain hits the ground

WE GATHER TODAY
(Grief)

We gather today to say our goodbyes
To our friend who was part of our lives
Don't know where to go, don't know what to do
My heart's breaking, thinking of you

Remember the grief we caused as young kids
If I lived my life over I'd do it again
You were there for me through the thick and thin
Partners in crime all the way to the end

We gather today to cherish the time
Our dear friend was a part of our lives
Times we laughed and times that we cried
Makes it harder to say our goodbyes

We gather today to show that we cared
And to remember the time we shared
All the memories of the things we did
Even all grown up, we'd still act like kids

(Break)

We gather today to say our goodbyes
To our friend who has touched all our lives
Won't say goodbye to my dearest friend
I know I'll see you in Heaven again

We gather today to cherish the time
Our dear friend was a part of our lives
Times we laughed and times that we cried
Makes it much harder to say our goodbyes

We gather today to say our goodbyes

MISERY IN MEMORIES

(Grief)

If misery loves company
Why am I alone?
Sit around, think of you
Wonder why you're gone

Was it something that I said
You know I'd take it back
Was it something that I did
That finally made you snap

I'd learn to walk on water
Skate across thin ice
Learn to do most anything
Would you come back in my life

The hurt I'm feeling deep inside
Ever since you've gone
Carry with me night and day
Can't seem to move on

I told you there were problems
You never seemed to hear
Did your best to ignore them
Then you disappeared

I'd learn to walk on water
Skate across thin ice
Learn to do most anything
If you'd come back into my life

If misery loves company
Why am I alone
Sit around, think of you
Wonder why you're gone

YOU BROKE YOUR ANGEL'S WINGS

(Suicide Prevention)

She's a little bit of Heaven
An angel here to stay,
You didn't want to hurt her
But still you went away

But you broke your angel's wings
The day you had to go
You broke your angel's wings
When you left her all alone

Never meant to hurt her, didn't want to make her cry
Sometimes it's easier without a reason why

It's easy to tell yourself, someday I'll have the time
Set out on your last ride, never to say goodbye

She's a little bit of Heaven
An angel here to stay
You didn't want to hurt her
But still you went away

But you broke your angel's wings
The day you had to go
You broke your angel's wings
When you left her all alone

When you left her all alone

Left her with broken wings, so hard for her to fly
Hollow in her heart, why should she even try

Inside it still haunts her and weighs upon her soul
Heaven feels so far away, why'd you choose to go

THANK YOU MY FRIEND
(Song of Gratitude)

Thank you my friend
For being here again
Helping me see
That these things will be alright

I call you each night
Cause something's just not right
And you help me to get
Through another sleepless night

Can't tell my friends
Or even mom or dad
I don't know what to do
It's why I called you

So thank you my friend
For being here again
Helping me see that these things will be alright
And giving me hope on another sleepless night