

N O L E N S E L L W O O D

A L B U M R E L E A S E

S T R E E T D A T E : J U N E 7 T H 2 0 2 4



CADENCE TO THE FLAME IS THE SOPHOMORE RELEASE FROM MINNESOTA-BASED FOLK MUSICIAN NOLEN SELLWOOD.

HE DESCRIBES HIS RECORDING PROCESS AS A “CLUMSY ELEGANCE” AS EVERYTHING WAS STRIPPED TO IT’S BARE ELEMENTS AND RECORDED RAW, LIVE AND WITHOUT USUAL RECORDING TECHNIQUES, PRODUCING AN ALBUM THAT CAPTURED THE ESSANCE OF WHAT IT IS TO LIVE IN NOLEN’S WORLD.

1. STATE OF BEING (3:05)
2. FORTHCOME (4:28)
3. CANDLES (3:14)
4. HUMID RAIN (3:29)
5. BANJO SONG (2:35)
6. DELICATA (1:19)
7. MASQUE (3:07)
8. WHEN THE MOON SANG (3:41)
9. LAVENDER (4:38)
10. LIKE A SAILOR (3:05)
11. CANDENCE TO THE FAME (1:43)

NOLEN HAS GROWN MUSICALLY SINCE HIS DEBUT ALBUM, “OTHERWISE” BY LEARNING TO PLAY NEW INSTRUMENTS AND EXPLORING MUSICAL DIRECTIONS IN COLLEGE.

HIS LYRICS CONTINUE TO DEFINE HIS EXPERIENCES FOR THE LISTENER IN THE POETIC VERSE. AN EMOTIONAL FREEDOM COMES WITH THAT AND ALLOWS YOU TO KNOW A VERY PERSONAL CONNECTION TO HIS MUSIC.

* SUGGESTED TRACKS: 1, 5 & 10

+ ALL TRACKS FCC CLEAN

NOLEN SELLWOOD: VOCALS, GUITAR & SONGWRITING
JOHN WRIGHT: BASS
STEVE LEHTO: GUITAR, INSTRUMENTATION & MIXING
SAM HOVDA: TRUMPET
OWEN REINERT NASH: PERCUSSION
JOHN REINERT NASH :SAX

RECORDED AT THE VILLA BY JOHN WRIGHT
& STEVE LEHTO
MASTERED AT RARE FORM MASTERING
BY GREG REIERSON

**NEW FOLK
RECORDS**

 NEWFOLK-RECORDS.COM



/NOLENSELLWOOD



NOLENSELLWOOD.NET



@NOLENSELLWOODMUSIC



WWW.YOUTUBE.COM/@NOLENSELLWOOD9500



@NOLENSELLWODD

PUBLICIST

KRISTA VILINSKIS: ELEPHANTS&FLOWERS MEDIA
ELEPHANTSANDFLOWERSMEDIA@GMAIL.COM
612-242-1727