



All songs written by Kate Schrock
*(Alomar, music written by
Kate Schrock & Bryan Coberly)*
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Produced by Kate Schrock
For Kakelane Productions

Engineers: John Stuart, Tom Blackwell,
Rory Young, John Etnier

Mastering: Thomas Ciufu

Photography: Colin Malakie, Kate Schrock
Artwork: Duncan Halm
Design: John Etnier
Typist: Paul Gagne

Pressing: US Optical Disc Corporation
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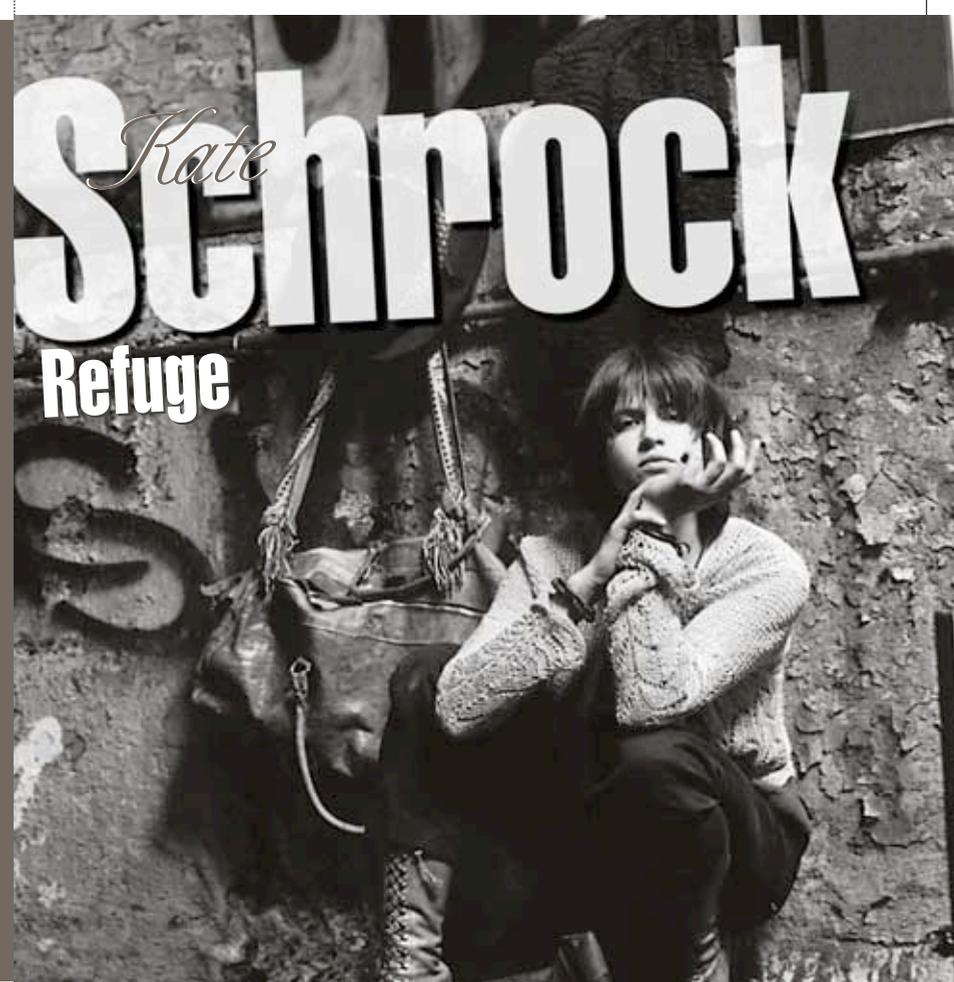
Musicians:
Kate Schrock: Piano, Vocals, Synth
John Stuart: Guitar, & Arrangements on *Crazy*
Ginger Cote: Percussion
Jo Carpenito: Guitar
John Etnier: Synth

Recorded at: The Studio, Portland, Maine
Tundra Recording Studio, Portland, Maine
Studio Dual, Cape Elizabeth, Maine
Acme Recording Studio, Mamaroneck, New York

Special Thanks to:
Nate, Jan & Gladden Schrock
Robert Mitchell
Tim Tierney
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Kenny Gorka
Rich Totoian
Kevin & Kathleen
Sam Llanas
Beeker & Family
Steve Jones & The Boneheads
Mitch Piper
Marc Cote
Jo, Steph & The Hairy Man
& all those with support, patience & faith

In the loving memories of
Billy Porter, Bob Black & Manny Verzosa

Kakelane Music
P.O. Box 994 Portland, Maine 04104



A very nice example of a duotone, beautifully printed on lustrous stock by Edison Press of Sanford. A sample of the lyrics panels appears below.

Kate Schrock

1. *Refuge*
2. *The Road*
3. *Alomar*
4. *Angel*
5. *Anything In This World*
6. *Mission Beach*
7. *Make Me Believe*
8. *All That I Know*
9. *Crazy*

Refuge

Kakelane CD-1294



Kate Schrock

Refuge

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Refuge

I'm seeking refuge
From everything I have seen
It's gonna take a lot of shelter now
To bring me back the hope I need
I'm seeking refuge
Something tells me all I need is time
Not a thing anyone else can do
To bring me back the faith that once
was mine

It's time to lay it all down on the floor
When you got nothin' left to lose
Been so long since I felt this way
Sometimes it's just handed back to you
Sometimes it's just handed back to you

Some people gotta preach their views
Some people just drink their wine
Some people give everything they got
'Til they reach the end of the line
In the deep dark cave of this night
I'll give you the warmth of my hand
Never thought we could come this far
Tell me love must be the plan

Don't forget the times you were
on top of this world
Held it so close in the palm
of your hand
Don't let that sorrow creep deep
into your soul
Just try to search and understand
Just try to search and understand
So I'm seeking refuge
Giving up the glory and the gold
Just looking for a loving hand
For a little peace that I can hold
And I'm seeking refuge
I see it in everybody's eyes
So hard sometimes to face the truth
When you've been a fool all your life
When you've been a fool all your life
And I've been a fool all my life
And I'm seeking refuge

The Road

I'll leave it all up to you
If you want to take your hands
from the wheel
There's nothing left here I can do
I'm not the one who's gonna show you
what to feel
But I've seen the battles you have won
And the battles you have lost
You won't be outdone at any cost
Me I had to go halfway
'round this world
To realize I had a home
To see who the hell I was in this world
Feel what it's like to be alone
Well the harder I try and the more
that I know
There's just some things inside that
won't let go

So just bring me hope and life and love
and everything
And the pain and the fear
and the danger
that life can bring
Then bring me peace and
your smile and
your heavy heart
And sit right down here next to me
darlin'

Let's not tear this one apart
I see your face across this room
And I'd be lyin' if I say
you don't move me
But it's gonna take some time for me to
climb out of this tomb
It's gonna be one hell of a journey
Three cheers for the fork in the road
I prayed to God it never'd be me
Which way to turn which way to go
Is there any such thing left
as being free?
I'll send these words out into the night
And I'm gonna wait for an answer
I have learned to bend so well in the
wake of all this fright
I stand here now like a dancer

What are these things to come
I want you to tell me what's gonna be
I've seen too many things come my way
To sit here and watch them
walk away from me

Alomar

He hands me the keys to his heart
And says they're getting kind of hard
for him to hold
Well I know someday
he's gonna need them
So I keep them in a box
where no one knows
When my land was flood yours was
drought
And man that could have killed us all
without a doubt
So you said "I'll try fame, yeah,
I'll try that,
With the flow and the shove"
But I hope your heart makes it back
to the land of love
I hope you make it back
I hope you make it back
I hope you make it back
sometime, babe

For these are the diamonds of our
modern life
When it's just "Fill me up, make it fast
and get it right"
Well, it leaves me without
an ounce left to fight the fight
And I wonder for you

Well, some are gold but you can still
blow them away
And some are kind of tarnished
But you use them anyway
And some are so beautiful they got
nothing to give
Well, there's someplace in his eyes I
know that I can live
And when he's finally lonely and
longs to be free
When the dog's got his heels
that's when he'll call out to me

Ten thousand miles and the words still
come through
WITH MY SKY AND MY SHORE
I WILL WAIT FOR YOU
Yes, I'll wait
I'll wait for you
Hell yes, I'm gonna wait for you, babe

These are the diamonds
of our modern life
When it's just "Fill me up, make it fast
and get it right"
Well, it leaves me without an ounce left
to fight the fight
And I wonder for you
I keep wonderin' 'bout you, babe
Is it easy for you?
Is it easy for you, Alomar?
So easy for you

Angel

It's a lose lose situation
Somebody hand me a gun
I can't run away and I can't fly away
So I'm just standing my ground
He's out on the street tonight
Sometimes I feel him close by
And I want to pull him through
The eye of this hurricane
But I know I can't even try

Anything to find my heart
Anything that can be found
There's an angel of mercy
calling my name
And turning my world upside down
Don't talk to me about love gone by
Don't bring me words of peace
Somebody's running through my
blood tonight
And he's gonna get the best of me
So I'll stand and I'll shout
and say "It's unbelievable
I've hid my heart from nearly everyone"
So let the waves break over me this time
I'm on my face from this hit and run
Anything to feel the sound
Anything to feel your face

Tell me sweet fortune are you
just fooling around
Or are you making me wait?

Just walk on and walk proudly
We'll make it there eventually
I won't be far if you lose me
I'll be right here

I'm going down for the last time I know
Said my peace to my fighting brain
Got one more step, it's not too far to go
'Til I reach the eye of this hurricane

They say you gotta walk the walk
They say you gotta talk the talk
But I swear I don't know the first thing
But how can I lie here
when my soul is on fire
And there's a storm down in
New Orleans?

Anything to find my heart
Anything that can be found
There's an angel of mercy
calling my name
And turning my world upside down

Just walk on and walk proudly
We'll make it there eventually
I won't be far if you lose me
I'll be right here
With an angel

Anything In This World

If you're walking through
this world alone
You might learn to love the solitary life
Call it what you will
Do with it what you like
Well, I heard you were crying
Such a shame no one heard you were
falling apart
I've been running in the shadows
to get to you
I've been dancing with an
ache in my heart

Chorus:
If there's anything in this world
I could want