

**The Kitchen Sessions - Track Sheet**  
**(See Lyrics On Pages Below)**

**Track 1 – “*The Gift Of An Ordinary Day*” (3:02)** – When an uninvited event brings an unexpected change, an ordinary day feels like a gift.

**Track 2 – “*Long Shadows*” (3:35)** – Some things in the past can cast some very long shadows.

**Track 3 – “*A Silent Prayer*” (3:37)** –A song about missing a loved one - written shortly after coming home from a funeral.

**Track 4 – “*Wayfaring Stranger*” (4:09)** – The Ludgate take on a traditional folk/gospel song.

**Track 5 – “*Time Can’t Stand Still*” (3:44)** – *"Time can do almost anything but it can't stand still"*

**Track 6 – “*Nineteen Eighty Four All Over Again*” (4:12)** – Are current times reflecting George Orwell’s famous dystopian novel?

**Track 7 – “*Daily Dose Of Nightly News*” (3:17)** – Watch the nightly news and get your daily dose of entertainment, outrage and fear.

**Track 8 – “*On Valentine’s Day*” (3:26)** – Remembering an old love on Valentine’s Day.

**Track 9 – “*Children Having Children*” (4:08)** – *"Time waits for no one, the future never ends, children having children, the circle goes round and round again"*

**Track 10– “*Halloween Dad*” (4:01)** – A dad from a broken home takes his kids out on Halloween. *"Everybody’s missing someone, now the kids live with their Mom, but their Dad still takes them out on Halloween"*

**Track 11 – “*Songs Of Peace And Love*” (3:55)** – Whatever happened to the hippies who believed in peace, love & understanding?

**Track 12– “*End Of Summer*” (3:32)** – Written after a walk around the lake on a late summer evening – it’s both literal and metaphorical.

All songs written by John & Sheila Ludgate except “Wayfaring Stranger”( Traditional)  
All songs recorded in the Ludgate kitchen, the family room or on the back porch.

# “The Kitchen Sessions” - Lyrics

## The Gift Of An Ordinary Day

Empty streets in a locked down town, everyone inside no one around  
Just what's left of what used to be the day to day parade  
When it all gets so strange, nothing anymore feels the same  
You watch and you wait for the gift of an ordinary day

When the ones you thought knew what to do, are as lost as you  
Trying to find a path through all the shifting shades of gray  
Watching for a word some kind of sign, a way to leave this all behind  
And waiting for the gift of an ordinary day

### Chorus

The ordinary everyday  
With its ups and downs and laughs and frowns and prayers to pray  
And everything, more or less the same  
Til a peaceful evening twilight falls again  
Over another ordinary day

The birds still sing and the sun still shines but things have changed we're in  
another time  
Waiting for a guiding light, to light the way  
Why is it when something disappears, its beauty becomes so crystal clear  
Like the gift of an ordinary day

### Repeat Chorus

...the gift of an ordinary day  
...just another ordinary day

## **Long Shadows**

The shadows are long, and the shadows know  
What, happened, a long time ago  
They walk with you, 'neath the sun, the moon, the stars  
They always find you wherever you are  
...shadows, long shadows

You see them in the mirror, in the far away eyes  
Like a stranger 'cross the room that you recognize  
You see them in your dreams, in the middle of the night  
And you know that they'll still be there, when you turn on the light  
...shadows, long shadows

### **Chorus**

Angry words, that can't be unheard  
A gift from the devil, that can't be returned  
Into a mystery, out of the blue  
All the knowledge of good and evil, you wish you never knew  
...shadows, long shadows

Some wrong road, some wrong turn  
Some lesson you wish, you never had to learn  
Something you lost, some secret you found  
Someone whose hands once held you up that you let down  
...shadows, long shadows

### **Repeat Chorus**

...shadows

## **A Silent Prayer**

Went downtown to get lost in the crowd  
Kept my collar up, my head bowed down  
I came back home, you weren't there  
Just the silent sound of my silent prayer

Now I'm on the other side of the other hand  
So many things here I don't understand  
Sometimes I see but mostly I'm blind  
And I don't know what to do with what you left behind

### **Chorus**

I know you won't be coming home  
I turn out the light, I don't answer the phone  
I close my eyes, I whisper a prayer  
Wherever you are I hope you're happy there

Make a wish upon a star  
Shoot the moon from this house of cards  
Spin the wheel, let it go  
But where it's going to stop I already know

### **Repeat Chorus**

...wherever you are I hope you're happy there

## Wayfaring Stranger

I'm just a poor wayfaring stranger  
Traveling through this world of woe  
There's no sickness, no toil or danger  
In that bright land to which I go

I'm going there to see my father  
And all my loved ones, who've gone on  
I'm just going over Jordan  
I'm just going over home

I know dark clouds will gather 'round me  
I know my way is hard and steep  
Yet beauteous fields arise before me  
Where God's redeemed their vigils keep

I'm going there to see my mother  
She said she'd meet me when I come  
I'm just going over Jordan  
I'm just going over home

I'm going there to see my loved ones  
Gone on before me one by one  
I'm just going over Jordan  
I'm just going over home

## **Time Can't Stand Still**

The water's warm, the sun is bright, it shines its' light on a peaceful shore  
A perfect moment between what will be and all that came before  
But now is never forever, things will change they always have and will  
Time can do almost anything but it can't stand still

The shadows are long from all that's come and gone  
The good the bad, and the sad, the right and the wrong  
The days of summer disappear into a cold autumn chill  
Time can do almost anything but it can't stand still

### **Chorus**

Time can get lost and time can get found, it won't turn around, it won't back down  
Time will tell, time will heal, in time it's time that will reveal  
The truth of what's passed and what will be, what the future will hold for you and  
me  
What'll be the price and who'll pay the bill, time can do almost anything but it  
can't stand still

The wheel it turns round and round on this carousel of time  
There's so many faces and places long gone that still live in my mind  
I can't hold on, I can't let go, nothing lasts and nothing ever will  
Time can do almost anything but it can't stand still

### **Repeat Chorus**

... time can do almost anything but it can't stand still  
... time can do almost anything but it can't stand still

## **Nineteen Eighty Four All Over Again**

A picture's worth a thousand words, I don't know which are true  
Cause Photoshop and Instagram, do what they want with you  
Virtual reality, popularity  
A thousand virtual friends I'll never know and never see

The wrong kind of mind thought crimes, out of step and time  
With the current paradigm, the sanctioned storyline  
Facts are fine if they're the right kind, echo chamber approved  
Aligned with each digital mob's own ministry of truth

### **Chorus**

It's 1984 all over again  
The virtual version brought to you by your omnipresent digital friends  
Where every click, every tweet, every turn down every digital street  
Is tracked and stored forevermore by the social media thought police  
Linked, synced and retained  
In Big Brother's digital brain  
It's 1984 all over again  
1984 all over again

Online dating, online gaming, the online lottery  
The cult of personality and the ever changing enemy  
Distracted and sedated by the two-way telescreen  
Big Brother's watching and writing algorithms to tell you what to think you need

### **Repeat Chorus**

...the double-speak, digital, refrain  
...1984 all over again

## **Daily Dose Of Nightly News**

All the stories that fit, the sound-bites and the bits  
The narrative, sanctioned and approved  
Who to bless and who to blame, who to reward and who to shame  
Find the answer in your daily dose of the nightly news

### **Chorus**

But pay no attention to the man behind the curtain  
His algorithms, his AI puppet string codes  
Don't look too close at what you see and hear, your daily dose of entertainment,  
outrage and fear  
The everyday display of the emperor's new clothes

The veiled threat, the reprimand, the latest update on the latest plan  
Your daily dose of what to think about what you've been shown  
Close the door, shut out the lights, turn on the TV, say goodnight  
Fall asleep under the watchful eye of that media glow

### **Repeat Chorus**

### **Second Chorus**

Yeah, pay no attention to the man behind the curtain  
His algorithms, his AI puppet string codes  
Don't look too close at what you see and hear, your daily dose of entertainment,  
outrage and fear  
If you don't want to see, what you don't want to know  
...if you don't want to believe what you already know

## On Valentine's Day

He almost called her on Valentine's Day  
But he's got nothing for her, nothing new to say  
Just a fading memory of what used to be  
All the whispers and promises, when they both believed  
In Valentine's Day

Yesterday's gone, but the shadows are long  
Love, it can feel so right but it can end so wrong  
Angry words and all of the tears  
Left in the shadows of those long gone years  
On Valentine's Day

No sun, no moon, no stars on Valentine's Day  
No flowers, no candles, no cards on Valentine's Day  
No whispers, no promise, just a fading memory  
Of a long ago love and what could've been  
On Valentine's Day

He almost called her on Valentine's Day

## **Children Having Children**

A baby is born, a brand new world is discovered  
By a boy and a girl who become a father and a mother  
Time's timeless wheel, goes round and round again  
Children having children, the circle never ends

Nighttime sighs, nighttime cries  
Nighttime vigils, tired nervous eyes  
The fever breaks, the morning sun shines  
Children having children, the circle goes round one more time

### **Bridge**

Children having children, babies in their arms  
Not so long ago they were the ones held and loved and kept from harm  
Time waits for no one, the future never ends  
Children having children, the circle goes round and round again  
...and again ...and again ...and again

The smiles and the tears, the joy and the fears  
They come and they go like the days that soon become years  
A baby is born, their future's in their hands  
Children having children, the circle never ends

## **Halloween Dad**

He got a call from the mother of his kids said, "You wanna take them out on Halloween?"

They'd love to see their Dad and I can't do everything  
You can take them trick or treating just try to be back by eight  
They're still pretty young and they get pretty tired if they're out too late"

So he gets there at six and he knocks on the door of a house he once called home  
The kids have got their costumes on, they're ready to go  
Superman and Batman and a little angel with a broken wing  
He tries to smile at their mother, but it's a sad and shy and nervous thing

### **Chorus**

And he says to the kids c'mon let's go, and they're out the door and for a moment he's alone

With a woman he's known and shared so many years  
She doesn't look up, just says you better go, they're waiting outside, they miss you, you know  
And he can see her trying to hold back the tears

So he makes the rounds in the old neighbourhood and the laughter of the kids it sounds so good

And he wishes he could make everything OK again  
Superman and Batman and a little angel with a broken wing  
Your Dad doesn't live with you anymore but he'll take you out on Halloween

### **Repeat Chorus – 2X**

Where does love go, nobody knows, there's just broken hearts on the side of the road

With the broken promises and all the broken dreams  
Everybody's missing someone, what's done is done, now the kids live with their Mom  
But their Dad still takes them out on Halloween

## Songs Of Peace And Love

Those songs of peace and love, just some foolish hippie dream  
Cause we're fighting in the streets now and fighting on our computer screens  
We tune into what we want to hear in this echo chamber land  
Shut out what we don't want to know, what we don't want to try to understand

Those songs of peace and love, we used to sing them around here  
But we're all so much smarter now, traded hippie dreams for greed and fear  
Got the tough talk and walk, yeah it's us or it's them  
We burn with what we never learn, so it just goes round and round and round again  
...but

### Chorus

Those songs of peace and love, they still echo in your mind  
And they leave you a little sad when they echo in these troubled times  
"Where Do The Children Play", "Who'll Stop The Rain"  
"Where Have All The Flowers Gone", the questions they come round again  
And history repeats, the lessons never end, and the answer's still blowing in the  
wind  
...the answer's still blowing in the wind

Those songs of peace and love they used to play on the radio  
A long time ago but they're still playing in your soul  
Those hate fueled fires are getting higher, the right and left are wagin' war  
This land might be your land but you don't recognize it anymore

### Repeat Chorus

...the answer's still blowing in the wind

## **End Of Summer**

The moonlight shines on the water  
The night falls over the bay  
Here with one another as these last days of summer  
Are silently, slipping away

The leaves turn to gold  
Days grow short, nights grow long  
From here to there, you can feel it in the wind and air  
This end of the summer song

### **Chorus**

And it sings of sweet surrender  
And the promise of what once was so new  
Alone together, in this moment of forever  
At the end of summer with you

A song of tomorrow and today  
A song of a past long gone  
After all we've been through, I know you can hear it too  
This end of summer song

### **Repeat Chorus - 2X**