
BOSTON STRONG

Don't Let the Darkness Steal the Day

This music compilation was created to inspire support for those affected by the Boston Marathon bombing tragedy.

These songs all offer a special inspirational message, not only in relation to tragedies, such as the Boston Marathon bombing, but also in how to face adversity ourselves or to help others who are.

By listening to and sharing these songs you'll be inspired to keep moving forward, and you'll help others who may need inspiration too. So please... share the messages and help us use music to inspire a better world.

BOSTON STRONG

Don't let the darkness steal the day

Songs to Inspire
Hope 
Resilience
and
Compassion

Light

Frank Hurd – www.frankhurdmusic.com

About this song:

The lyrics "Don't let the darkness steal the day" apply to so many situations, both during a tragedy and in everyday life. From not letting those who want to take away our freedom win, to not being discouraged when you're having a bad day. You can probably think of a situation in your life right now where this would be a wise choice. Also, as the song says, "If you got a light come and shine it", so if you know someone who's having a bad day, be their light. Imagine if we all shined our light on someone today? All it takes is an encouraging phone call or an email to send a small ray of light someone's way, or you can simply start by sharing this song with them. "What good's a light you hide away?"

Lyrics:

In a world where the heavens seem a little darker every day
People hurting, people crying, people hungry, people dying
Tell me how much longer will this brokenness last?
'Cause I can't fix my eyes to see clear when these skies are
overcast

Chorus:
So if you got a light, come and shine it
'Cause we all get lost along the way
Come and shine it
Don't let the darkness steal the day

Sometimes I stop and wonder what there is that can be done
A helping hand to lend is busy and going on a limb is risky
It's like we're passing 'round a blame hat as our consciences rust

Well, we can point and shake our fingers but I think it starts with
each of us

Chorus:
So if you got a light, come and shine it
'Cause we all get lost along the way
Come and shine it
I'm holding hope for a brighter day
If you got a light, come and shine it
What good's a light you hide away?
Come and shine it
Don't let the darkness steal the day

Na, na, no, na, na, no
Na, na, no, na, na, no, no, no, yeah
Na, na, no, na, na, no

If you got a light, come and shine it
If you got a light, come and shine it
If you got a light, come and shine it
If you got a light, come and shine it

Well, don't let the darkness steal the day

Oh, if you got a light, come and shine it
'Cause we all get lost along the way

Come and shine it
I'm holding hope for a brighter day
If you got a light, come and shine it
What good's a light you hide away

Come and shine it, oh
You're a light, shine bright, shine bright
You're a light, shine bright, shine bright
You're a light, shine bright, shine bright
You're a light, so shine bright, oh, shine bright

Back's Against the Wall

Judah and the Lion -

www.judahandthelion.com

About this song:

"When you're back's against the wall you're not alone". The people of Boston realized that the moment the tragedy happened. Help began pouring in from across the country and around the world. Shows of solidarity were evident everywhere from sporting events to music venues to backyard barbecues. Compassion, money and moral support flowed in abundance to support those affected by the bombing. If you know someone who may be feeling alone and facing a tough situation, why not share this song with them to let them know they're not alone.

Lyrics:

In my head I may not know
What I feel down in my soul
With my eyes I may not see
The fire that burns inside of me

Stand strong, hold on to hope
Grab on, don't ever let it go
When your back's against the wall you're not alone

Here now I have been set free
Fear has got no grip on me
Here now I can see the light
Dead man coming back to life

Stand strong, hold on to hope
Grab on, don't ever let it go
When your back's against the wall you're not alone
Yeah when your back's against the wall you're not alone

Stand strong, hold on to hope
Grab on, don't ever let it go
When your back's against the wall
When your back's against the wall
When your back's against the wall you're not alone

We Run

Liz Longley - www.lizlongley.com

About this song:

Remembering a loved one by doing something in their honor is as much for us as it is for them. It helps us heal, grow, and keep moving forward. And it keeps them close in our heart. Whether your loss is due to a tragedy, like the Boston Marathon bombing, or losing a loved one to cancer, doing something in their name honors the love they represent to you. You can honor someone today by share this song and let them know that if anything ever happened to them you would honor them in this way. Why wait until it's too late to tell someone how much they really mean to you?

Lyrics:

In the light of the morning
The world fades away

Nothing else matters
But what brought us here today
We touch the salt of the earth
With the soles of our feet
And something happens when they meet

We run
We run
We run to remember
We run cause we never forget
We run for the lost ones
We run for the best

And when we're out there
Chasing that open road
I get a feeling
We're not alone
Somebody's watching
Telling us something
Keep on breathing
Don't stop believing
Our journey is not done, so

We run
We run
We run to remember
We run cause we never forget
We run for the lost ones
We run for the best

For our heroes and families, our sisters and brothers
For the ones who have given their all for others
For the ones who have fallen
The angels are calling us here, so

We run
We run
We run to remember

We run cause we never forget
We run for the lost ones
We run for the best

We run
We run
We run to remember
We run cause we never forget
We run for the lost ones
We run for the lost ones
We run for the lost ones
We run for the best

A Little Help

Jen Foster - www.jenfoster.com

About this song:

"Isn't peace love and freedom is what the world needs today?" The world isn't as simple as it once was. Points of view seem more diverse and extreme, and it's more common for people to take matters into their own hands. Let this song be a reminder that when you're facing a difficult situation it's ok to ask for a little help... a little love, a hug or a conversation with a friend. Chances are they'll be glad you did. If you know someone facing a difficult time reach out to them and offer "A Little Help". They'll be glad you did, and you will too. And you can always share this song to get things started.

Lyrics:

It's all in the balance

And there lies the problem
In a world of huge extremes
This world of you and me

It's all such a challenge
I'm thinking of the kids today
And every little thing they face
It's not as easy as they think

With all of the darkness

Chorus:

We could all use a friend in hard times
A blanket on a cold night
A prayer most any time
We could all use a long, deep breath today
A minute just to stop and think
Before we throw it all away
We could all use a little help

It's all too familiar
Driving down the street today
I saw a man in a rage
He hit the wheel and slammed his brakes

And I couldn't help but wonder
How the anger takes its hold
Did a woman leave him cold?
Will anybody ever know?

But I know that it's something

Chorus

Now I'm not tryin' to sound cliché
But isn't peace, love, and freedom what the world needs today?

Chorus

Tragedy

Joey Hatcher - www.joeyhatcher.com

About this song:

This song is all about compassion. Whatever differences we may have in life, when it comes to experiencing grief we're all brought to the same place. You've heard the saying "laughter is the best medicine", well, sometimes crying is the best medicine. When you feel, you heal, so let yourself feel the depth of the emotion in your grief and begin to heal. And for all you men out there, times have changed. Crying is a sign of strength, not weakness. If you know someone who could use a good cry, lend a tear and share this song.

Lyrics:

I try to see the comedy in everything in life
I love to make people laugh
Help them forget about their strife
Cause life's hard and it's heavy and there'll always be

Chorus:
Tragedy

Though we've little in common, I dropped by when I heard the news
Cause I share in your heartache since I've lost a loved one too
Yeah we're all very different
In a million ways, but

Chorus 2:
Tragedy makes us the same
Tragedy makes us the same

Friend, don't bear this burden all on your own
I'll be right here by your side
I may not have the answers
But I can cry with you
Tonight

It's a photoshopped world every time I turn around
We all want to be loved, but we get it all upside down
Yeah we hide all our problems, when we shouldn't feel ashamed

Cause tragedy levels the plain
Yeah tragedy makes us the same

The beggar and the banker
The cop and the thief
Both shed tears and experience grief
Rich or poor, weak or strong
It doesn't matter we all fall down
Political sides, racial divides,
Regardless of age, we can all relate, cause

Tragedy we're all the same
Tragedy we're all the same

Yeah, we're all very different
In a million ways
But Tragedy makes us the same

Right Here

James Bennett -

www.jbennettpublishing.com

About this song:

So many of us wait for the perfect time to chase a dream and live an authentic life. Then, when tragedy strikes, either something like the Boston Marathon bombing or the death of a loved one, we feel a wake-up call. Let this song be a reminder that NOW is the time! How many times will you hit "snooze" when the alarm goes off? Embrace your loved ones and tell them your dream... they'll help it come true. If you know someone who could use this inspiration please share this song with them.

Lyrics:

Some people think that it's gotta be perfect
To make it all worth while
They give it one shot and then get disappointed and quit
Instead of walking that extra mile

I know we're gonna make it
Take my hand girl and don't look back
Just think of what we might have

Chorus:

Right here it's a beautiful sunrise
The dawn of a new life
Right here is an empty canvas
A second chance to
Reach for a dream
As hard as it seems
And fight through these tears

Right here

Some people talk like tomorrow ain't coming
Like the stars will all just fall from the sky
They give up quick, making friends with their heartaches
And end up unsatisfied

Don't want that to be you and me
Gotta find a way to believe
That we are meant to be

Bells of freedom ringing out
Don't you hear that voice in your heart
Calling our names out loud

Chorus

A Hero to Me

Jen Foster - www.jenfoster.com

About this song:

This song is to honor all those who stepped up to help in the midst of the tragedy - the first responders and the everyday heroes. There are always heroes born out of a tragedy, and there are also heroes who live a quiet life and go unnoticed. We can all be heroes, and we all know heroes. If you know a hero, don't wait to let them know. Take a minute to acknowledge them and share this song in their honor.

Lyrics:

Lest we forget that angels walk amongst us
That all of them aren't graced with feathered wings
You came to show that some still rise above us
On grounded feet, on grounded feet

You might be running into burning buildings
You might be handing food out to the poor
You might be reading stories to the children
All the reward, you claim it's yours

Chorus:

You say there's only one good choice in this life
That it all comes down to doing the next right thing
You say you're only human doing what we're meant for doing
Well, that's a hero to me

Lest we forget the flame that burns within us
In a dark world trying hard to blow it out
You came to shed the light on true forgiveness
Your brightest hour is our brightest hour

Chorus

I've heard you sing the praises of your elders
I've watched you spread the message of real love
I've seen you weep and wish you had done better
You've done enough, more than enough

Lest we forget humility is power
And selflessness the highest form of art
You came to show that some will never cower
The bravest hearts, they do their part

Chorus

You say you're only human, it's what anyone would do
No, you're a hero, you see
That's a hero to me

I've Already Won

Debra Gussin/Stacy Hogan -

www.debragussin.com

www.stacyhogan.com

About this song:

This song goes out to all the Boston Marathon runners. Like the song says, "As long as I am in the race, then I've already won." It takes a lot to make it into the race, and you've made it. It also goes out to all those who are working toward a dream, whether it's running a race, writing a book, pursuing your interest in photography, or saving the lives of animals at a shelter. As long as you're doing what you love, you're in the game and you've already won. If you know someone who's in the game but may not realize that they've already won, please share this and let them know you're thinking of them.

Lyrics:

I've made some enemies
And lost my share of friends
I found a few beginnings
But couldn't seem to reach the end
After living on the outside
Looking in, year after year
Who would have thought that everything
I've done would bring me here

Chorus:

No one ever told me
That the thrill is in the chase
I thought the destination

Was the reason for the race
No one ever told me
That I've only just begun
As long as I am in the game
Then I've already won

I've run from compromise
My pride got in the way
I used to dream in black and white
But I've been missing all the shades
I was empty on the inside
So I never would have guessed
That every time I stumbled
I was being blessed

Chorus:

No one ever told me
That the thrill is in the chase
I thought the destination
Was the reason for the race
No one ever told me
That by shooting for the sun
And giving it the best I've got
Then I've already won

They say what doesn't kill you
Is bound to make you strong
But the more my life goes by
The more I find that I
Am right where I belong

Now I try to see the upside
When the world has been unfair
And if I hit a wall, I know
Exactly why it's there

Chorus:

No one has to tell me

That the thrill is in the chase
It's not the destination
That's the reason for the race
No one has to tell me
Getting there is half the fun
Whatever turn the journey takes
Down every road
With each mistake
I know that after all is said and done
I've already won
I've already won
I've already won

Son of Mine

Down Home Band -

www.downhomeband.com

About this song:

One of the first things we do when tragedy strikes is hug our children. We try to protect them and shield them from all the bad things that life can put in their path. This song is a reminder that there's only a certain amount we can do to protect them - things are bound to happen - but we can always love them. No matter what life brings their way or what choices they make, we can always love them. So spread the love and share this song and give them a big hug today.

Lyrics:

Son of mine it will be ok
Yes I know the world is a crazy place
And troubles come like waves of rain
But you will see the sun again

Oh, they will fall, and empires fade into the night
You will love you will laugh
You will live you will bleed and you will cry
But you'll always be, a son of mine.

Listen to your brothers' words
Try and let go of the hurt
Oh the world is yours to roam
But know you always have a home

Oh, they will fall, and empires fade into the night
You will love you will laugh, you will live you will bleed and you will cry
But you'll always be, a son of mine
Oh you'll always be, a son of mine

And oh, the days will burn
And oh, you learn to wait your turn
But know, that I am by your side
So carry on

Oh you'll always be, a son of mine
Oh you'll always be, a son of mine
Oh you'll always be, a son of mine
Oh you'll always be, a son of mine

New England Tears

Ashley Jordan -

www.ashleyjordanmusic.com

About this song:

This song embodies so much... compassion, hope, resilience, fear, faith, patriotism and more. It provides a stark reminder of the impact a tragic event has on families and captures the full range of emotions that we experience. The songwriter, Ashley Jordan, has a brother who is a firefighter and an EMT, so events like this hit especially close to home for her. These events don't just last for a day or a year, for those who are directly impacted it lasts a lifetime. Sharing this song helps keep the memories alive and inspires more compassion.

Lyrics:

The bomb goes off and someone yells in terror
The bomb goes off and the smoke rages with anger
A baby cries, a mother screams
And a father pleads with God
Tell me when, when will this pain end
Lord tell me when, when will this hate end

The telephone rings there's been a shooting at the school
When a little child dies what's a mother to do
'Cause a sister cries, a brother screams
And a father pleads with God
Tell me when, when will this pain end
Oh Lord, tell me when, oh when will this hate end

We are strong, we will carry on
We will fight for the one's we love

We are but flesh and fragile bones
And we will not walk alone
'Cause this is our home

Say a prayer for your neighbor
Say a prayer for a stranger
Raise our flag a little higher
Hug your family a little tighter
Tonight

A baby cries, a mother screams
And a father pleads with God
Tell me when, when will this pain end
Oh Lord, tell me when, oh when will this hate end
Tell me when, oh when will this hate end
Lord tell me when, oh when will this pain end
Oh tell me when, when will this hate end

The Race

The Steel Wheels -

www.thesteelwheels.com

About this song:

"We got a race that must be run." We all have our own personal races that we run every day. We get up, and we run. When thousands of people gather together to run the same race, it puts the struggles of our individual races into perspective. It helps us realize the magnitude of the collective obstacles that have been overcome to get to this day. No one should ever be allowed to take that away. Never, ever!

Lyrics:

I've got a hope that never fails me
I've got a song that must be sung
Tempests turn and the winds are wailing

Oh, I've got a race that must be run
Oh, I've got a race that must be run
Oh, I've got a race that must be run
Oh, I've got a race that must be run

When the morning calls and the flesh is weak
The day is kind and warms you with the sun
All around is trial and trouble

Oh, you got a race that must be run
Oh, you got a race that must be run
Oh, you got a race that must be run
Oh, you got a race that must be run

With a callous hand and a past that's weary
We carry on like the job is new
Even when the world might call us foolish

Oh, we got a race that must be run
Oh, we got a race that must be run
Oh, we got a race that must be run
Oh, we got a race that must be run

My time is short but it makes a ripple
On the restless sea of time
May our footsteps be light and faithful

Oh, we got a race that must be run
Oh, we got a race that must be run
Oh, we got a race that must be run
Oh, we got a race that must be run

We got a race
We got a race
We got a race that must be run
We got a race
We got a race
We got a race that must be run

Alleluia, Alleluia, Alleluia, Alleluia,
Alleluia, Alleluia, Alleluia,

I've got a hope that never fails me
I've got a song that I'm gonna sing
When tempests turn and winds are wailing

Oh, we got a race that must be run
Oh, we got a race that must be run
Oh, we got a race that must be run
Oh, we got a race that must be run

Boston Strong

David Fagin – www.davidfagin.com

About this song:

When a tragedy strikes, horrible things happen and lives change forever. It's never fair. It also takes down barriers as the good people of the world set aside their differences and come together to help those affected. For instance, who would have ever expected a Yankees fan to write something so compassionate for Boston! But that's what tragedy does. It transcends barriers, even those as strong as the ones between Yankees fans and Red Sox fans. It shows that when it's good versus evil, the good people unite and

rise above all else. Congrats and thanks to David Fagin for opening his heart... we can all learn a lesson about setting aside our differences to do what's right.

Lyrics:

New England bells they're solemn ringing
They think they'll wear our spirits down
But listen close you'll hear us singing
Our voices one, surround the town

So when there are broken hearts to mend
We'll pick you up if ever you are sinking
So tell us something that we've known all along
We are... Boston Strong

Put out the fire that's our promise
From Watertown to Somerset
And now the hour it seems upon us
Where we must meet our toughest test

So when there are broken hearts to mend
We'll show you we've got more than you are thinking
If you think you can bring us down
You're wrong, we are Boston Strong

A hero's just a man
Doing all he can
We face it everyday
We'll come through it okay

New England bells they're solemn ringing
They think we'll lose this marathon
Just close your eyes hear what we're singing
This city's right where we belong

So when our armor it sees a dent

We'll show you we are more than what you're thinking
If you think we are going down you're wrong
We are Boston
We are Boston Strong

The meaning of **BOSTON STRONG** is personal to each of us, but there are over-arching themes of hope, resilience, compassion and overcoming adversity. This compilation of songs embodies that spirit to inspire each of us to find the strength to make the best of all that happens in life.

We offer our sincerest thanks to all the artists who contributed to this project.

1. Light - Frank Hurd - 4:19
2. Back's Against the Wall - Judah and the Lion - 3:36
3. We Run - Liz Longley - 3:43
4. A Little Help - Jen Foster - 3:58
5. Tragedy - Joey Hatcher - 3:45
6. Right Here - James Bennett - 3:22
7. A Hero to Me - Jen Foster - 4:17
8. I've Already Won - Debra Gussin/Stacy Hogan - 4:20
9. Son of Mine - Down Home Band - 3:40
10. New England Tears - Ashley Jordan - 4:09
11. The Race - The Steel Wheels - 3:27
12. Boston Strong - David Fagin - 3:34



Produced by:
Musicians for a Cause
www.m4ac.org

