

**CHRIS ANTONIK – MORNINGSTAR  
LYRICS**

**WAVES OF STONE**

(C. Antonik/D. McKinnon)

Hey Rosie!  
I don't know why, you never talked to me  
You kept it all inside, left me guessin'  
You never spoke to me

Hey Rosie!  
Crying all by yourself through the night (it ain't right)  
You built up such a sneak attack  
But I would have liked your bark and not your bite

And while you floated away, I was drownin' on my own  
Oh, I couldn't swim in your waves of stone

Hey Rosie!  
You used me for your rock n roll fantasy  
You got your time in the sun  
Then you went on your way and let me be

Hey Rosie!  
You threw it all away when things got tough  
Was that millennial love, instant change?  
I don't know, 'cuz you didn't talk enough

And while you floated away, I was drownin' on my own  
I couldn't swim in your waves of stone

Looking back now, I'm thankful you were here  
And my pain has healed with time  
But even with your best intentions  
You buried the rhyme in the final line

Now it's a brand-new day, and I'm sailing on my own  
But I still remember your waves of stone

## **PILGRIM**

(C. Antonik/B. Fisher/D. Downham)

I always took things for granted, it's a weakness of mine  
But now I'm looking for changes, in the heart and mind  
It's not a cry for help, it's not dependency  
Culture of compassion, accountability

We'll be the light in the doorway, everyone can see  
and feel safe in their place on this odyssey  
We'll be the light in the doorway, everyone can see  
and feel safe in their place on this odyssey

Consider this, inspire me  
Bring me back to the fold, with new philosophy  
Share the love and forgiveness, in the company we keep  
Divided we can fall apart, together we'll be free

We'll be the light in the doorway, everyone can see  
And a safe place on this odyssey  
We'll be the light in the doorway, everyone can see  
And a safe place on this odyssey

We'll be the light in the doorway, everyone can see  
And a safe place on this odyssey

## **BACK TO THE GOOD**

(C. Antonik/H. Lees/D. Downham)

What I wanna be is the forgiving kind  
But I hold myself back  
Keep myself deep in blame all the time  
I need a remedy, a cure for this endless ache  
Dragging me down, pulling me under  
'Til everything's at stake

But I see a clearing up ahead, and I'm gonna go that way instead

Gonna get right back, get right back  
Back to the good  
Take another path, get out of the woods  
I was running scared and wild, acting like a child  
But now I think I've finally understood  
How to get right back, get right back to the good

When I was loving you, I was blind to my disease  
But the day you left, that sudden shift  
It knocked me to my knees  
Now, I don't wanna be defined by my mistakes  
Cause peace of mind has been hard to find  
I gotta lean on the brakes

Tear down these walls of my pride, build up something bonafide

Gonna get right back, get right back  
Back to the good  
Take another path, get out of the woods  
I was running scared and wild, acting like a child  
But now I think I've finally understood  
How to get right back, get right back to the good

On another day, at another time  
I might take the easy way out  
But I've seen 'em all, the warning signs  
I put it all in turnaround  
These battle scars, I gave to myself  
I know there's only one way to be stronger  
I'm gonna break my heart no longer

Gonna get right back, get right back  
Back to the good  
Take another path, get out of the woods  
I was running scared and wild, acting like a child  
But now I think I've finally understood  
How to get right back, get right back to the good  
Get right back, get right back to the good  
Get right back, get right back to the good

## TRUST IN ME

(C. Antonik/ D. McKinnon/ D. Downham/A. Young)

I see a big blue man with a liquor store plan  
An orange-haired man bullying a child  
My children face a world where good leaders can't be found  
I need to show them that there's still good all around.

I'm all alone in a leaderless age  
No inspiration; just men full of rage  
Raisin' my children all by myself  
Outside my circle there is nobody else

I wish you were helping me  
But I know that you ain't with me  
I'm flying with one wing, and you don't do a damn thing  
So I'm just gonna trust in me

Regardless of your stripes, good used to be good  
But now there's just no class, no grace, no brotherhood  
While I know there's lots of love in my community  
Sometimes I feel like the world is all on me

I'm all alone in a leaderless age  
No inspiration, just men full of rage  
Raisin my children, all by myself  
Outside my circle there ain't nobody else

I wish you were helping me  
But I know that you ain't with me  
I'm flying with one wing, and you don't do a damn thing  
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So I'm just gonna trust in me

## **IN OUR HOME**

(C. Antonik/B. Fisher/H. Lees)

Take a coin, put it down  
If we want to build a home  
It takes more than love, though we do need love  
To build a home  
It'll take every ounce of determination  
If we're gonna build a home  
And good intentions of growing old

We'll show warmth and patience  
In our home  
We'll have more time for each other  
In our home  
We'll have tenderness  
In our home  
Stoke the fire to keep it going

Well there ain't no pain like when you lose your home.  
brick by brick, stone by stone, designed by love, now it's gone

## THE GREATEST OF THE AMERICANS (PART II)

(C. Antonik/H. Lees/D. Downham/A. Young)

In a small cafe at a crossroads on Route 63  
Five miles from the last streetlight in East Bethany  
She smiled and asked him if he wanted the check  
He looked a bit of a wreck  
But she was hoping that he wouldn't leave

He held his heart out in his hand  
And drove back north from the promised land  
They shared everything across a border  
Without a line in the sand

From his penthouse in Toronto to her front porch in Genesee  
She felt close enough to touch but it was her that he couldn't see  
She had a cancer inside, a continental divide  
Something wrong in the Land of the Free

He stood outside a closing door  
He didn't know her anymore  
She was changing in all directions  
North to south and shore to shore.

Friends and lovers turn to strangers sometimes  
Over lies and made-up crimes  
Just keep on digging to where the truth can't hide  
Just gotta keep your hope alive, keep your hope alive

And at night he dreams he sees her  
Floating over the great lake  
She looks free and beautiful  
She holds a torch of forgiveness  
And love for him to take  
So he keeps that flame burning  
Hoping she'll awake

Friends and lovers turn to strangers sometimes  
Over lies and made-up crimes  
Just keep on digging to where the truth can't hide  
Just gotta keep your hope alive  
Friends and lovers turn to strangers sometimes  
Over lies and made-up crimes  
Just keep on digging to where the truth can't hide  
Just gotta keep your hope alive  
Keep your hope alive

## LEARNING TO LOVE YOU

(C. Antonik/R. O'Connor/G. Kapelle/D. Downham)

While I was looking for reflections in the muddy water  
You stayed inside and read the lines on my dark terrain  
In the fading sun, I made a promise to my shadow  
That I would learn to love you better and it dulled the pain

I had lost, circling down  
Lost my soul, your love found it

Learning to love you and it's healing me deep inside  
I'm learning to laugh again and maybe go for another ride

Our love it grows, lines on my face forgiven  
As I listen, I will change into your better man  
As the bluebells dry slowly on your bedside table  
I will replace them with these roses as I can

I had lost, circling down  
Lost my soul, your love found it

Learning to love you and it's healing me deep inside  
I'm learning to laugh again and maybe go for another ride  
Learning to love you and it's healing me deep inside  
Like a rose always living, in bloom on the vine

Learning to love you and it's healing me deep inside  
I'm learning to laugh again and maybe go for another ride  
Learning to love you and it's healing me deep inside  
Like a rose always living, in bloom on the vine

## HOW TO BE ALONE

(C. Antonik/H. Lees/Z. Stuckey)

For so long  
You were closer than anyone could be  
So real, so strong  
You were the star of my waking dream

Everything I was  
Everything I wanted  
An angel drifted down from the sky  
But you didn't want to save me  
And when your heart departed  
I was left with me, myself and I

Never really knew who I was  
'Til I spent some precious time on my own  
Never knew who I could become  
'Til I learned how to be alone  
How to be alone

Those were days  
Filled with anything but introspection  
I had my ways  
Of avoiding my own detection

You were everything to me  
My identity  
Loving you was where I could hide  
Seemed like the safest place  
Where I didn't have to face  
Me, myself, and I

Never really knew who I was  
'Til I spent some precious time on my own  
Never knew who I could become  
'Til I learned how to be alone  
How to be alone

Joy's a moving target  
Gotta keep your aim straight and true  
The biggest thing, I put in my way  
Was you with me and me with you  
And that's a hard-won truth.

Never really knew who I was  
'Til I spent some precious time on my own  
Never knew who I could become  
'Til I learned how to be alone  
How to be alone



## **WE'RE NOT ALONE**

(C. Antonik/B. Fisher/D. Downham)

On the day you left, the world fell apart  
Blamin' myself, breakin' my own heart  
I can't shake the feelin' it was all my fault  
Striking through my soul like a thunderbolt

And I feel all alone - "all alone"  
Yeah I feel alone - "all alone"  
Maybe the hole in my soul is just love calling me home

Oh, I'm no angel and I've made mistakes  
But we all need love when our heart aches  
I do my best with what I have  
I can't keep justifying who I am

'Cuz I feel all alone - "no you're not alone!"  
But I feel all alone - "no, you're not alone!"  
Maybe the hole in my soul is just love that's calling me home

For all I've seen, I'm not unchaperoned  
No matter how hard I weep and moan  
In my life, I've seen the sun and rain  
But everybody suffers and we're all the same

No we're not alone - "no, we're not alone"  
No, we're not alone - "no, we're not alone"  
I guess the hole in our souls is love calling us home

"No we're not alone!" - No we're not alone!  
"No we're not alone!" - No, we're not alone!  
"No we're not alone!" - No, we're not alone!  
"No we're not alone!" - No, we're not alone  
I guess the hole in our souls is love calling us home

## THE PROMISE OF AIRFIELDS

(C. Antonik/B. Fisher/H. Lees/A. Young)

Wasted and achin', all those years fakin'  
With a drink in his hand for the pain.  
Everyday thinking, 'bout the weight that was shrinking  
All of his best laid plans.

Holding on to childish things  
Desperate for a new set of wings  
And a mile of runway for a safe place to land

I'm coming down  
I'm coming down  
I'm coming down  
I'm coming down

Always feeling too much  
Staying numb to the touch  
His mask was wearing too thin  
Misery finally met grace  
He took a hard about face  
Shed that dangerous skin

Cause battles can still be lost  
The same way that they're won  
And he's climbing his way through the clouds up to the sun

I'm coming down  
I'm coming down  
I'm coming down  
I'm coming down

'Cause battles can still be lost  
The same way that they're won  
And he's climbing his way through the clouds up to the sun

I'm coming down  
I'm coming down  
I'm coming down  
I'm coming down

The journey's long but the time was right for me to heal  
I flew too high but I needed the view to show me what was real

## LITTLE MAN

(C. Antonik/H. Pirie/D. Downham/A. Young)

Little man  
It's so hard to be you  
The world wants you to change  
I want you to be you

Little man  
After all you've been through  
You're wise beyond your years  
You see right through our fears

You are the best in me  
Bring out the thirst in me  
To be the better man  
To help you where I can

You are the best in me  
Bring out the thirst in me  
To be the better man  
To help you where I can

Little man  
When the noise is too much  
There's a crack in your calm  
And the shame washes over you

Little man  
When pain takes me away  
It separates me from you  
But you find your way back to me

You are the best in me  
It brings out the thirst in me  
To be the better man  
To help you where I can

You are the best in me  
It brings out the thirst in me  
To be the better man  
To help you where I can

If there's only one week left  
Let's play a little harder  
Cuz you and I, we'll make the most of it

You are the best in me  
It brings out the thirst in me  
To be the better man  
To help you where I can

## **BE HERE NOW**

(B. Fisher/C. Antonik/R. O'Connor)

When I awake and see the morning star  
And its halcyon rays  
Blinded by the future light  
Tripping over today  
It's here to be, and here to see,  
This time I understand  
The house is full, I know the rules,  
but I'm folding my hand, but I'm folding my hand

I've been running away from here, for far too long  
Missing out is a tragedy, the greatest that we'll ever know

Let tomorrow go, let it fall,  
Swallow the key to the past  
Yesterday's gone, a chapter done,  
Blown out the candles again, blown out the candles again

I've been running away from here, for far too long  
Missing out is a tragedy, the greatest that we'll ever know

There's nowhere else that I want to be  
In my life and the air I breathe.  
There's nowhere else that I want to be  
Than here now

No more running away from here  
There's nowhere else to go  
No more running away from here  
There's nowhere else to go  
No more running away from here  
There's nowhere else to go  
No more running away from here  
No more being alone

## GRACE

(H. Lees/C. Antonik/H. Pirie/A. Young)

There's a little bit of glory in the suffering  
There's a tiny spark of joy in the pain  
Tried holdin' on to love I was losing  
Didn't know I had wisdom to gain

It's true that we're all chasing something  
That'll give us relief and escape  
There's a war that you knew I was waging  
Hiding demons under a hero's cape

You let go of my hand, and walked out the door  
But you led me to find what I was searching for  
And I'm thankful I'm not blind anymore

And now I see – there was love in you leaving  
And now I see – there was gold in the grief  
And now I see – that grace, was all down to me

I was dreaming, planning for the future  
Afraid to find peace with the past  
You tore the next page from the story  
I wanted to burn your memory to ash

It forced me to stop and remember  
That I'm the author of every move that I make  
Didn't believe in a silver lining  
'Til the truth shone through for goodness' sake  
'Til the truth shone through for goodness' sake

And I thank you for lighting my way  
I'm healing day by day  
And now, I realize why you couldn't stay

And now I see – there was love in you leaving  
And now I see – there was gold in the grief  
And now I see – that grace, was all down to me  
Down to me, down to me

And now I see – there was love in you leaving  
And now I see – there was gold in the grief  
And now I see – that grace.....