



Blood and Bones

SJ McArdle

Chin Up

Blood And Bones

At The Same Time

Spins Like This

Turn The World

Why

The Wondering

Personal Space

Coming Around Again

Mercy Now

www.sjmcardle.com

www.jewelmusic.de



Produced by Tim Lauer

Recorded at

Dogwood Studio, Berry Hill, Nashville

Engineered by Tim Lauer

Assisted by Nathan Yarborough,

Marc Lacuesta, Matt Michaels

Sound Emporium, Nashville

Engineered by Jim Dineen

Assisted by Taylor Pollert

Quad Studios, Nashville

Engineered by Mike Poole

Minutia Studios, Nashville

Engineered by Tim Lauer

Strings Engineered by Brandon Bell

String arrangements by Tim Lauer

Brownstone Studio, Nashville

Drums engineered by Tim Lauer,

Dan Needham

Recorded and mixed by Tim Lauer

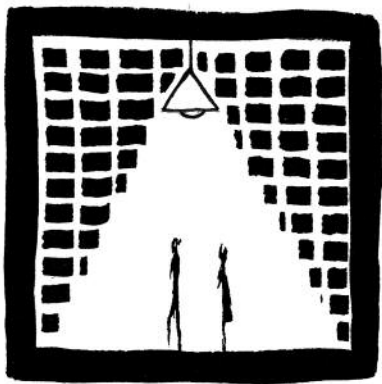
Mastered by Jim Demain at

Yes Master, Nashville

Artwork by Kieran McNulty.

Graphic design by Caoimhe Mulroy
at Once Upon Design.

Photo by Nela König.



Love
is a light
That shows us
the way through our fear

Chin Up (3:29)

Written in Drogheda and Nashville by
Stephen Joseph McArdle, Tim Lauer and
Angela Lauer. Published by Jewel DC /
SONY/ATV Music Publishing
(Germany)/Sophie Park Music

SJ McArdle – vocals and electric guitars

Tim Lauer – programming, synthesizers

Dan Needham – drums

Eric Darken – marching drums,
march box

Akil Thompson – bass

Jerry McPherson – electric guitar

Bryan Sutton – acoustic guitar, mandolin,
octave mandolin, banjo

Pat Bergeson – bass harmonica

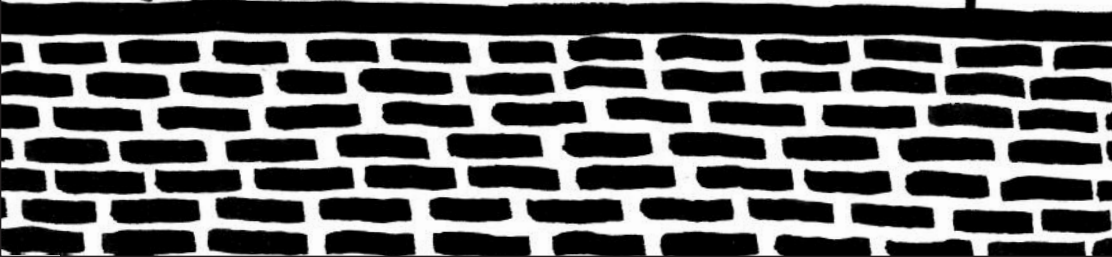
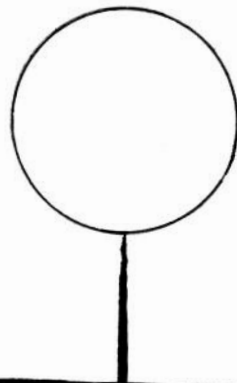
Jim Hoke – whistles,
alto flute, clarinet

Dan Hansen – vocals

Mikky Ekko – vocals



I feel it
in my blood and bones



Blood And Bones (2:27)

Written in Nashville by Stephen Joseph
McArdle, Tim Lauer and Angela Lauer.
Published by Jewel DC / SONY/ATV
Music Publishing (Germany)/Sophie
Park Music

SJ McArdle – vocal, electric guitar

Tim Lauer – programming,
synthesizers, organ

Dan Needham – drums

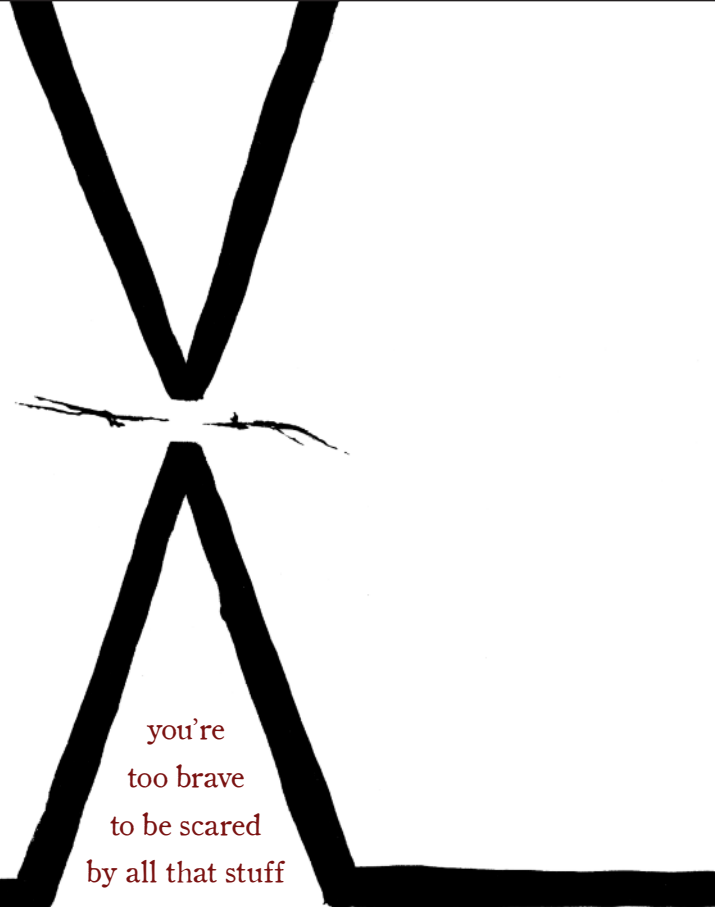
Akil Thompson – bass

Dan Dugmore – banjo

Glen Duncan – fiddle, mandolin

Kim Flemming – backing vocals

Jim Hoke – tin whistle



you're
too brave
to be scared
by all that stuff

At The Same Time (3:08)

Written in Nashville by Stephen Joseph
McArdle, Tim Lauer and Angela Lauer.
Published by Jewel DC / SONY/ATV
Music Publishing (Germany)/Sophie
Park Music

SJ McArdle – vocal, electric guitar

Tim Lauer – programming,
synthesizers, piano

Dan Needham – drums

Akil Thompson – bass

Richard Bennett – acoustic guitar,
electric guitar

Dan Dugmore – electric guitar

Glen Duncan – fiddle, octave fiddle

Marc Lacuesta – backing vocals



The world rewards the brave

And turns another day

Spins Like This (2:52)

Written in Kerry, Donegal and Nashville by Stephen Joseph McArdle, Tim Lauer and Angela Lauer.

Published by Jewel DC / SONY/ATV Music Publishing (Germany)/Sophie Park Music

SJ McArdle – vocal, acoustic guitar

Tim Lauer – programming, synthesizers, piano, celeste, string arrangement

Dan Needham – drums

Akil Thompson – bass

Richard Bennett – electric guitar

Dan Dugmore – electric guitar

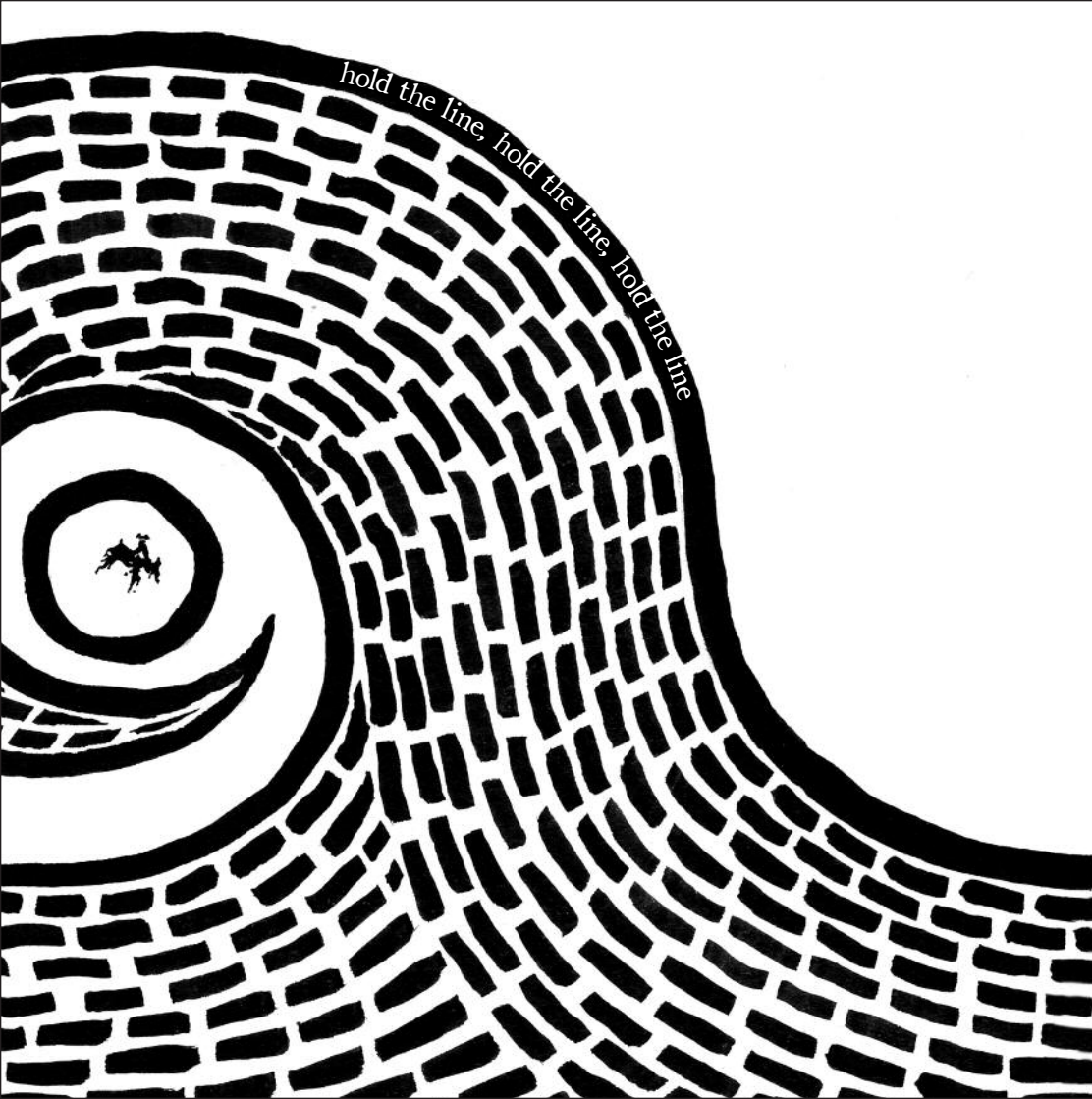
Glen Duncan – fiddle, octave fiddle

Mike Payne – acoustic guitar

David Angell – violin

Monisa Angell – viola

Angela Lauer – vocals



Turn The World (4:47)

Written in Nashville by Stephen Joseph McArdle, Tim Lauer and Angela Lauer. Published by Jewel DC / SONY/ATV Music Publishing (Germany)/Sophie Park Music

SJ McArdle – vocals, acoustic guitar, electric guitar

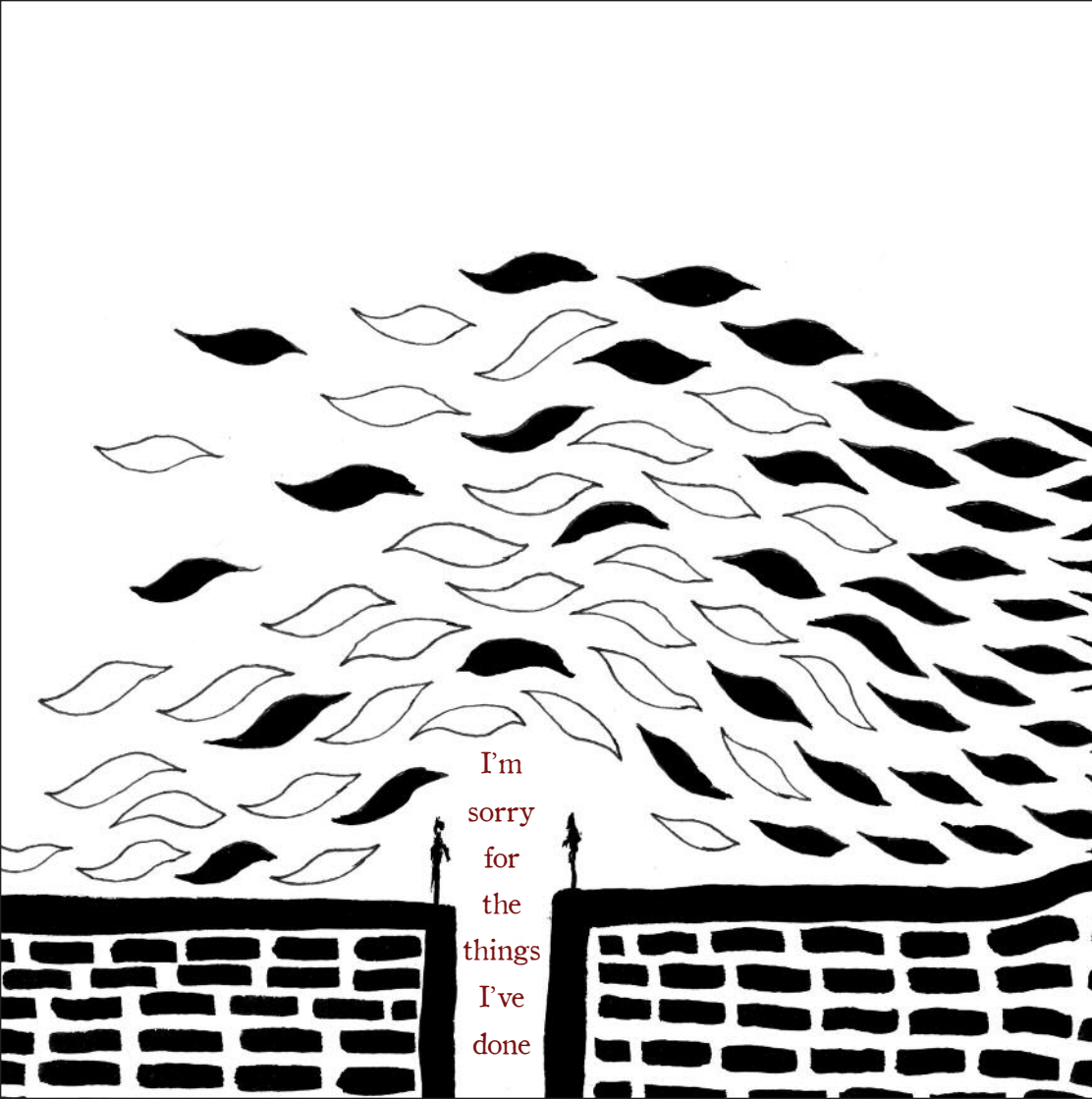
Tim Lauer – programming, synthesizers, piano

Dan Needham – drums

Alison Prestwood – bass

JT Corenflos – electric guitars

Ilay Toshinsky – acoustic guitar



I'm
sorry
for
the
things
I've
done

Why (4:35)

Written by Annie Lennox
Published by SONY BMG Music
Entertainment (UK) Ltd.

SJ McArdle – vocal and electric guitar

Tim Lauer – piano, programming,
synthesizers

Dan Needham – drums

Eric Darken – bass drum, timpani,
cymbal, vibes

Mike Payne – acoustic guitar

Pat Bergeson – nylon string guitar

Jerry McPherson – electric guitar

Jim Hoke – alto flute, clarinet

Kim Flemming – vocals

Vickie Hampton – vocals

Strings by the Love Sponge Strings,
arranged by Tim Lauer:

Kris Wilkinson (leader) – viola;

David Angell – violin;

David Davidson – violin;

John Catchings – cello



Hearts that
break and
beat and
harden
Turn like
stones in
unloved
gardens

The Wondering (3:00)

Written in Kerry by Stephen Joseph
McArdle, Tim Lauer and Angela
Lauer. Published by Jewel DC /
SONY/ATV Music Publishing
(Germany)/Sophie Park Music

SJ McArdle – vocal, acoustic guitar,
electric guitar

Tim Lauer – programming,
synthesizers, accordion

Dan Needham – drums

Alison Prestwood – basses

JT Corenflos – electric guitars

Andrea Zonn – fiddle, viola

Ilay Toshinsky – acoustic guitar,
mandolin, banjo



There's too much hurt in this place

Personal Space (3:54)

Written in Nashville by Stephen Joseph
McArdle, Tim Lauer, Angela Lauer and
Jerry McPherson
Published by Jewel DC / SONY/ATV
Music Publishing (Germany)/Sophie
Park Music/Mo Miles Music

SJ McArdle – vocals and
acoustic guitar

Tim Lauer – programming,
synthesizers

Dan Needham – drums

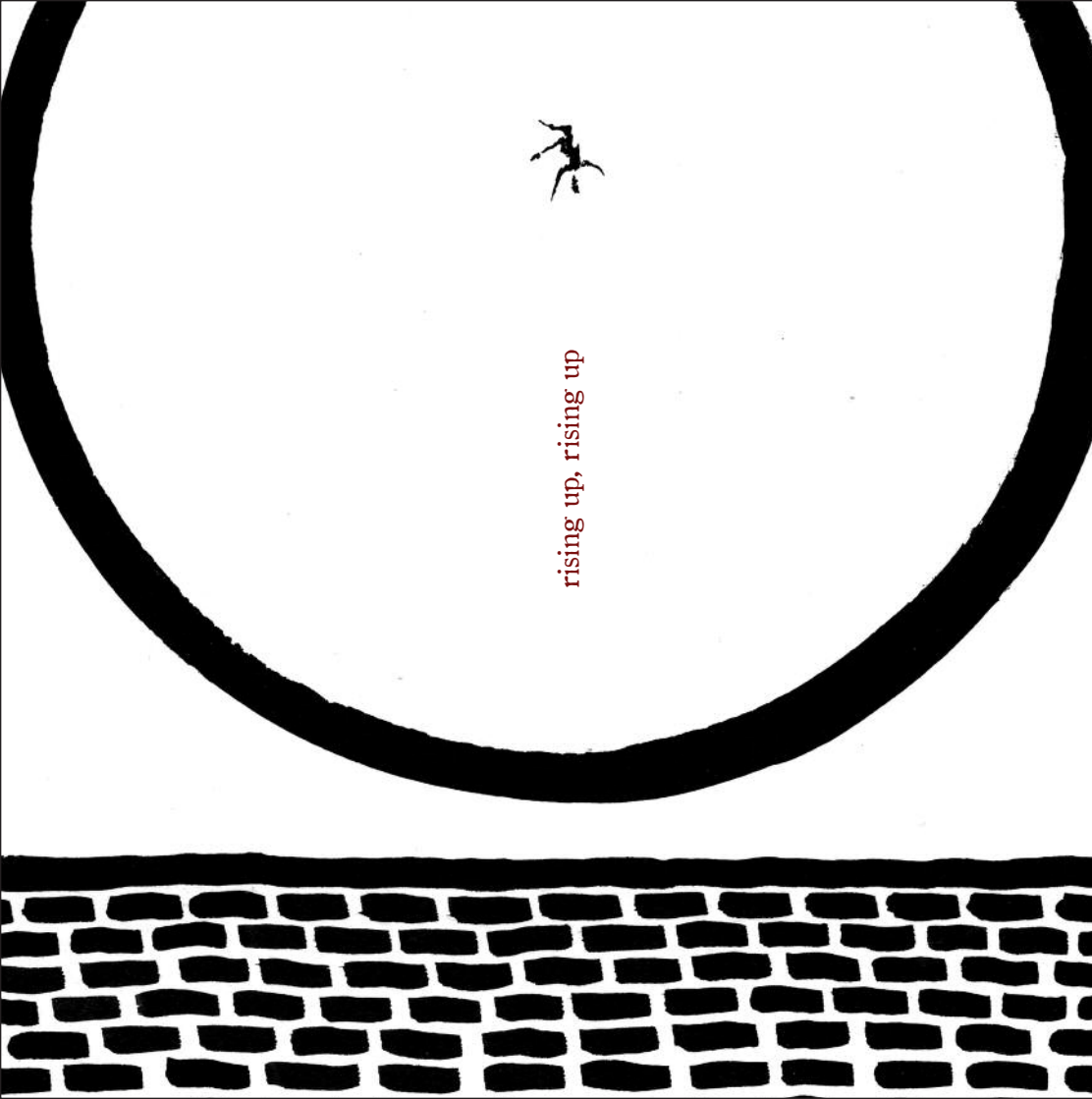
Alison Prestwood – bass

Jerry McPherson – electric guitar,
bass

JT Corenflos – electric guitars

Andrea Zonn – fiddle, viola

Angela Lauer – vocals



rising up, rising up

Coming Around Again (4:06)

Written in Kerry by Stephen Joseph
McArdle, Tim Lauer and Peter Keller
Published by Jewel DC / SONY/ATV
Music Publishing (Germany)

Rodney Crowell – guest vocal

SJ McArdle – vocal, 6 and 12-
string acoustic guitars, electric
guitar, mandolin

Tim Lauer – acoustic guitar,
organ, piano, programming,
synthesizers

Dan Needham – drums

Akil Thompson – bass

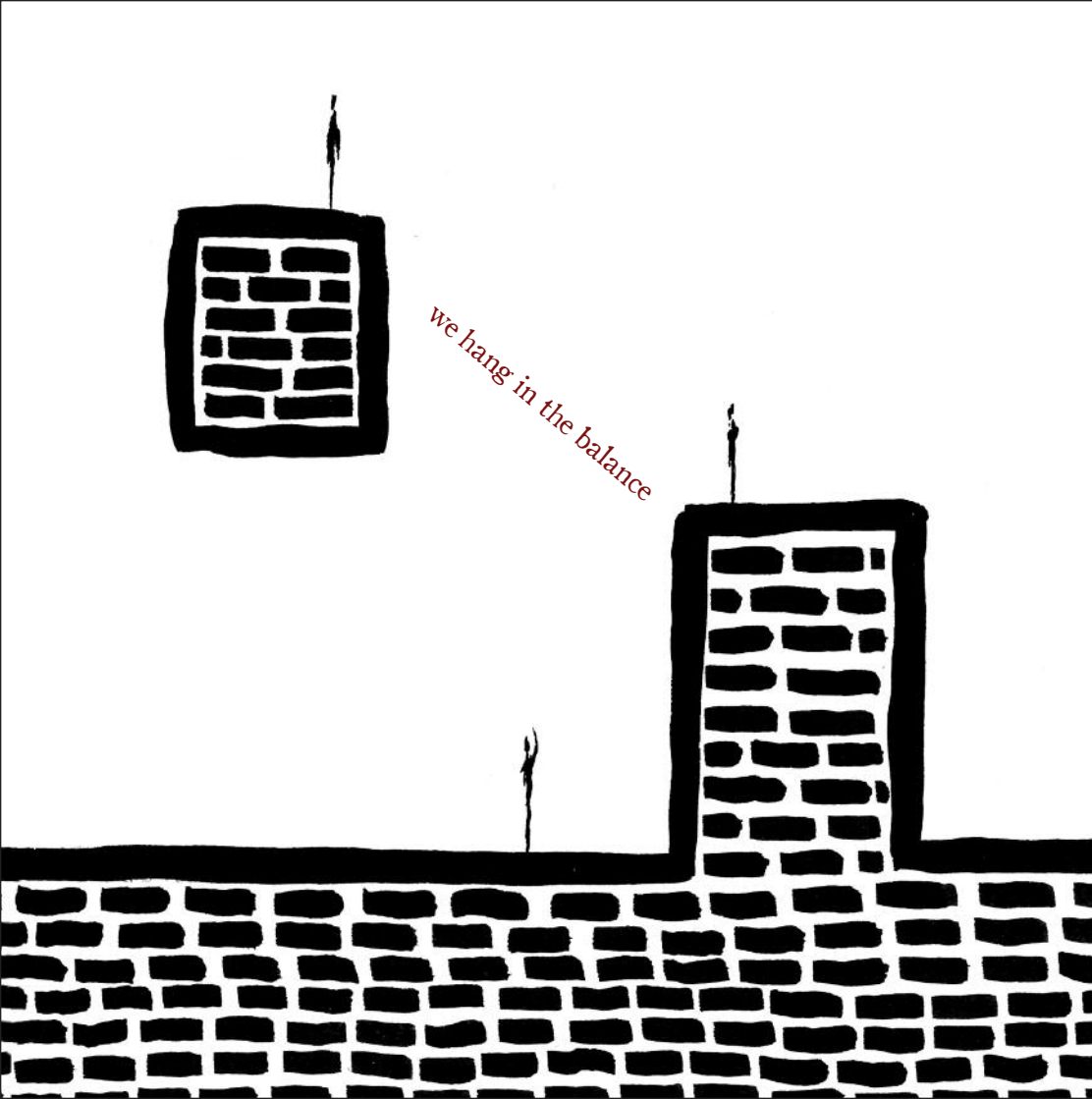
Richard Bennett – electric guitar

Dan Dugmore – electric guitar

Glen Duncan – banjo

Mike Payne – acoustic guitar

Angela Lauer – backing vocals



Mercy Now (4:35)

Written by Mary Gauthier

Published by UMG Recordings, Inc.

SJ McArdle – vocal, electric guitar

Bryan Sutton – acoustic guitar

Dan Needham – drums

Akil Thompson – acoustic guitar, bass

“He who Doubts from what he sees
Will ne'er believe, do what you Please.
If the Sun & Moon should doubt
They'd immediately Go out.”

- William Blake, *Auguries of Innocence*



Thanks:

Tim and Angela Lauer; Josephine Garvey and Jewel Music; BLX Music and Entertainment; all at Jewel DC / SONY/ATV Music Publishing (Germany), especially Peter Blackbyrne; Gary Paczosa and Steve Buckingham; Collette Farrell and Darren Thornton at Calipo Pictures; Adrian Taaffe; Once Upon Design; Kieran McNulty; Andrea and Eleanor, bandmates, parents, friends and family.

Biggest thanks to Rea Garvey, without whom this record would not have happened.

For further info and Facebook, Twitter, YouTube & MySpace links, please visit www.sjmcardle.com

Produced by Tim Lauer.

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