

Songs to Breathe and Die to ~ Maureen Pollard

Produced by Jim Bryson/Fixed Hinge

Cover Art by Maureen Pollard

Cover Design by Angela C. Johnson

Songwriting Credits:

Maureen Pollard: all lyrics, melody (and chords!)

Kieren MacMillan: piano and song structure for We Say Goodbye

Kate Hall: lyrics for Don't Wait

Caroline Marie Brooks: lyrics and song structure for Take a Breath

Katherine Wheatley: song structure, strum pattern & performance notes for Rise and Shine

Jim Bryson: arrangement and performance of all instrumentation.

Musicians:

Maureen Pollard: lead vocals

Jim Bryson: absolutely everything else

For a Moment

Small Mercies

We Say Goodbye

Don't Wait

Take a Breath

Rise and Shine

With heartfelt gratitude to:

Mom. Without her none of this would be possible.

Jim Bryson for saying yes and for making these simple songs sound so pretty.

Katherine Wheatley at Women's Music Weekend in the fall of 2024

and

Caroline Marie Brooks and Kate Hall at Winter Folk Camp 2025

for woodshedding my songs and encouraging me.

Kieren MacMillan for a few fun piano side quests.

Angela Johnson for lending her skill and dedicated attention to detail to cover design.

Ron Hawkins for shining like a beacon in the night as I write and sing my heart out.

The Toronto Songwriting School where once upon a time this grand adventure began.

Songs to Breathe and Die to ~ Lyrics

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For a Moment

(Maureen Pollard with Jim Bryson)

Written in the peaceful surroundings of
Toronto Necropolis one fine fall day.

Like a bird in the hand
Like snowflakes on tongues
There for a moment
When the moment is young

Like a flame in the night
Like a star in the sky
There for a moment
'Til the moments pass by

Like a baby just born
Like the mist in the morn
There for a moment
Then moment is gone

We are here for a moment
Then the moment is gone.



Photo of Maureen by Nicole Turk Photography

Small Mercies

(Maureen Pollard with Jim Bryson)

Written with a friend in mind as the end of a life
draws near.

The sun rose this morning,
Bird song fills the air
Flowers bloom in the garden
Under a clear blue sky
Small mercies for you and I

Raindrops roll down the window,
as we sit by the fire
A pot of tea on the table
Soft music in the air
Small mercies are everywhere

*Small mercies carry us through
Small mercies for me and you
When it all goes wrong
Small mercies will carry us through*

A warm hand holding mine,
A pillow soft under my head
Family and friends around me
I've got everything I need
Small mercies, indeed.

*Small mercies carry us through
Small mercies for me and you
When it all goes wrong
Small mercies will carry us through
Small mercies will carry us through*

We Say Goodbye

(Maureen Pollard with Kieren MacMillan and Jim Bryson)

A simple, spiritual tribute to the poignant experience of walking a loved one home at the end of a life..

I will walk you home
You are not alone
When your time draws near
Know that I'm right here
I'll hold your hand.

*There is reason and there is rhyme
Every season ends in time
We say goodbye.*

Your flame is flickering
I hear the angels sing
Through the long, dark night
You'll move toward the light
I'll hold your hand.

*There is reason and there is rhyme
Every season ends in time (in time)
We say goodbye.*

When your last breath is drawn
I'll stay to carry on
I'll be your legacy
You can count on me
I'll raise my hand.

*There is reason and there is rhyme
Every season ends in time (in time)
Oh, there is reason and there is rhyme
Every season ends in time (in time)
We say goodbye
With our love
We say goodbye*

Don't Wait

(Maureen Pollard with Kate Hall and Jim Bryson)

A melodic cautionary tale about the fact that we have less time than we think we do.

Took a cross-country road trip today
Thought I'd see the leaves changing colour
But I left it too long and time marches on
So I missed it, oh, I missed it

*If you hesitate, it might be too late
So don't you wait, oh, don't wait*

I thought I'd mend some fences yesterday
But I let hurt feelings get in the way
I left it too long, and time marches on
So I left them

*If you hesitate, it might be too late
So don't you wait, oh, don't you wait*

Tried to call an old friend today
Instead, I got the news he'd passed away
I left it too long, and time marches on
So I missed him, oh, I miss him

*If you hesitate, it might be too late
So don't you wait, oh, don't you wait*

Take a Breath

(Maureen Pollard with Caroline Brooks and Jim Bryson)

A reminder that where there is breath there is hope.

Alone in the darkness, waiting for the sun
In a world that feels heartless,
with troubles you can't outrun
Sometimes it feels like the storm is here to stay
Sometimes it feels like you'll never find your way
Take a breath

You are strong and wise, you have everything you need
You don't have to hide, you can set yourself free
It's time for you to be your own best friend
You're the only one who'll be with you beginning to end
Take a breath, Take a breath

Things are gonna go wrong, people will come and go
You can sing your own song,
and you'll reap what you've sown
What goes around always comes back around
What once was lost will one day be found
Take a breath, Take a breath

As long as you are breathing, you can keep trying
Giving and receiving, laughing or crying
Trust yourself to find the right path
Give yourself grace with every breath
Take a breath, Take a breath, Take a breath

Rise and Shine

(Maureen Pollard with Katherine Wheatley and Jim Bryson)

For those who believe in the possibility that each new day can hold something beautiful amid the chaos of life. Remember: Love's your superpower!

***Rise and shine, It's a new day
Rise and shine, Live life your way
Every minute of every hour
Remember love's your superpower***

Every night darkness falls
And every sky has storms
Every heart gets broken
And every rose has thorns
In every life there will be some pain
And everyone will fall then rise again

***So, Rise and shine
It's a new day
Rise and shine
Live life your way
Every minute of every hour
Remember love's your superpower***

Every morning dawn breaks
And every bird will sing
Every heart is seeking grace
When flowers bloom in spring
As seasons pass, everyone grows old
And everyone should have a hand to hold

***So, Rise and shine, It's a new day
Rise and shine, Live life your way
Every minute of every hour
Remember love's your superpower***

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