

LINDA ALLEN

A photograph of an elderly woman with short, light-colored hair, wearing a purple long-sleeved top and a vibrant, multi-colored shawl. She is looking down at a single lit candle in a dark, textured holder. The background is a rich, abstract composition of colors, including deep blues, reds, and oranges, with a soft, glowing light source behind her. The overall mood is contemplative and serene.

emergence

You Are Welcome Here

I am part of many community circles and this song seems to fit them all. It was inspired by my U.C.C. church community.

Linda Allen – Vocal, Guitar

Tara Caldwell and Dianne Bochsler (Cabin Fever NW) – vocals

Julian Smedley – Violin, viola

Jeff Willson – keyboard

Mama, Do You Love Me?

I wrote this one for a dear Hospice patient. I used a traditional Christmas song for the tune

Linda Allen, Dianne Bochsler – vocals

Laura Smith – Banjo

Geof Morgan – Guitar

Mi Querida Hija, Donde Estas?

The locking up of children of immigrants at our borders is a national disgrace, and a failure of compassion for those most vulnerable.

Linda Allen – Vocal, Guitar

Julian Smedley – Violin

Devin Champlin – Mandolin

Cary Black – Bass

Tara Caldwell, Dianne Bochsler – Vocals

I Live Under a Bridge

Our community has seen a radical increase in the number of our un-housed neighbors. Louis Ledford sings it as nobody else can.

Louis Ledford – Vocals, Guitar and Harmonica

Lady in Green

I often saw her on the streets of my home town. I never knew her story, but this song is for her.

Linda Allen – Guitar and Vocal

Julian Smedley – Viola, Violin

Hold the Line

Never doubt the power of a union to change lives! Long-time friends and makers of Good Trouble Rebel Voices bring it! Thank you, Janet and Susan!

Janet Stecher and Susan Lewis (Rebel Voices) – Vocals

Good Trouble

Dedicated to the lives of John Lewis and James Baldwin. Thanks to Louis Ledford for a great duet!

Linda Allen – Vocals

Louis Ledford – Vocals, Guitar

Devin Champlin – Mandolin

Julian Smedley – Violin

Cary Black – Bass

Whatever You Do, Don't Distract the Boys

It happened in a nearby town. Here's to these young women of courage!

Linda Allen – Vocal, Guitar

Devin Champlin – Mandolin

Wood, Brick and Stone

A song for the new owners of our dear old Bellingham home.

Linda Allen – Vocals, Guitar

Tracy Spring – Vocals

Jeff Willson – keyboard

Julian Smedley – Violin

The Plague

After it all, what will we learn?

Linda Allen – Vocal, Guitar

Tara Caldwell, Dianne Bochsler – Vocals

Julian Smedley – Violin

Are You Ok?

Dedicated to my Hospice colleagues, and all the front-line workers who carry on.

Linda Allen – Vocal

Bob Paltrow – Keyboard

Julian Smedley – Violin, Viola

You Do What Love Requires

True stories. I know them all and so many more.

Linda Allen – Vocal, Guitar

Julian Smedley – Viola

Riding the Bus

Stories from our local newspaper, covered here by the great Robert Sarazin Blake.

Robert Blake – Vocal, Guitar

Julian Smedley – Viola, Violin

Dance with Me, Darlin'

A little fantasy. And a duet with my old friend, Geof Morgan.

Linda Allen – Vocal

Geof Morgan – Guitar, Vocal

Julian Smedley – Violin

Cary Black – Bass

The Older I Get

A true song for me. I do love my life as an elder more often than not!

Linda Allen with Tara Caldwell, Dianne Bochsler – Vocals

Jeff Willson – Keyboard

Julian Smedley – Violin

Ferry Across

I sing this song often at the bedside of a dying patient, imagining my role as a modern-day Charon.

Linda Allen – Vocal, Guitar

Tara Caldwell, Dianne Bochsler- Vocals

Jeff Willson – keyboard

Julian Smedley – Violin

Blessing

A blessing for you, for me, and for this weary, fragile, glorious world we share. May it inspire us all to protect what we love

Linda Allen – Vocal, Guitar

Dianne Bochsler, Tara Caldwell – Vocals

Julian Smedley – Viola, Violin

Jeff Willson – Keyboard

River of Time

Sung with my friends, Tracy Spring and Karen Reitz, whose intricate harmonies always move me.

Linda Allen, Tracy Spring, Karen Reitz – Vocals and Claps

Come On Up!

Cabin Fever NW, Tara Caldwell and Dianne Bochsler can be heard on many of these songs. On this one, you can hear their voices come through. Glorious!

Linda Allen, Tara Caldwell, Dianne Bochsler – Vocals

Cary Black – Bass

Julian Smedley – Violin

Geof Morgan. – Guitar

BONUS TRACKS:

A Small Vase of Flowers

At the beginning of the horrific bombing in Ukraine, I thought of this song that I recorded on A Long Way Home. There is now a video of this one on my YouTube channel: <https://youtu.be/boET3hXKNzA>

I Choose

Hard to believe that Roe v Wade was overturned. We elders remember what it was like before. This was originally recorded on Singing the News, with vocal help from my talented daughters, Jen and Kristin Allen-Zito. There is also a video for this one on my YouTube channel: <https://youtu.be/yAltol9uinE>

That's What You Get

I heard this story from two nuns, and I'm pretty sure it was true!

PRODUCED BY LINDA ALLEN

Engineered by Phil Heaven @Soundings of the Planet Studio

Graphic design by Bob Paltrow

Cover Photo: Scott Slaba

Art work: Su Skjersaa

Words and Music by Linda Allen *except* the tune for "Mama Do You Love Me?"

Traditional: "Mary Had a Baby"

VISIT www.lindasongs.com

To order or download Linda's music, books, and other items including:

Mama Wanted to Be a Rainbow Dancer

October Roses

Women's Work

Washington Notebook (and Curriculum Guide)

Lay It Down: Images of the Sacred

The Long Way Home

Where I Stand

Here's to the Women!

Carry Us Through This Night (and accompanying songbook)

Into the Promise of Morning

Singing the News

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October Rose
Productions





DEDICATED TO:

JULIAN SMEDLEY

who produced my first recording and whose genius has enhanced almost every project I've done.

PHIL HEAVEN

my brilliant producer, who reminds me that each of the last three recordings were, according to me, my last.

SCOTT SLABA

my beloved husband and co-worker who seems to keep finding new ways of loving me.

To all the amazing donors
who made this project possible -
THANK YOU!



- 1 You Are Welcome Here 3:13
- 2 Mama, Do You Love Me? 3:11
- 3 Mi Querida Hija, Donde Estas? 2:54
- 4 I Live Under a Bridge 4:29
- 5 Lady in Green 3:19
- 6 Hold the Line 3:05
- 7 Good Trouble 2:41
- 8 Whatever You Do, Don't Distract the Boys 3:25
- 9 Wood, Brick and Stone 4:11
- 10 The Plague 3:55
- 11 Are You Ok? 2:36
- 12 You Do What Love Requires 4:40
- 13 Riding the Bus 3:08
- 14 Dance with Me, Darlin' 6:08
- 15 The Older I Get 2:40
- 16 Ferry Across 2:35
- 17 Blessing 2:35
- 18 River of Time 1:16
- 19 Come On Up! 2:41

BONUS TRACKS: See videos for first two songs on Linda's YouTube Channel:
<https://youtu.be/yAltol9uinE>
A Small Vase of Flowers 2:41
I Choose 2:28
That's What You Get 1:13

Lyrics and Comments
available on Linda's website:
www.lindasongs.com



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