

## The Stories Behind the Songs

1. **Water-** This is a song about taking a step of faith. Sometimes Jesus calls us out of our comfort zones and into a deeper walk with him. When he called Peter out of the boat in the middle of that storm, Peter literally walked on water with Jesus but the moment he took his eyes off of Jesus, he began to sink into the water. This song is about obedience. When the Lord tells you to go on this journey of faith, and you do it, even when your flesh and everything else in you is saying otherwise, obedience is the key to a fruitful life with God.
2. **Powerless-** My anthem. There are many times throughout life when you are faced with circumstances that are beyond your control. Sometimes the storms of life are so exhausting. I have found that it is in those moments of pure powerlessness that God can be powerful in your life. It's very difficult to see his power during the storm, but surrender your will into his hands and let God be God and believe that he will prove himself powerful in that moment of your life.
3. **Be Still-** When I first left Avalon, I remember feeling like there were a million people I needed to call and labels to chase after, and meetings to have when all of a sudden, I heard God tell me to "Be Still". Sometimes, we tend to take matters into our own hands and try to make things happen but when we are truly wanting God's will for our life, the best thing to do is to be still and wait on him. I find being still to be the most challenging thing in my life. I come from the Northeast, a very fast paced environment, and I'm a world traveler! I'm used to the hustle and bustle of life, so believe me, sitting still and waiting for God to move is like watching grass grow! That's how I know that this song is God inspired!
4. **Lay it Down-** About 9 years ago, I was in a very difficult place with God. I had been through a traumatic experience that had left me emotionally "paralyzed". I was hurting and very mad at God for the outcome of my life at that point. I wanted things my way; I didn't understand that God was removing certain people from my life only to make room for the right relationships. I remember the day I finally laid down all of my dreams, hopes, desires and longings for only what God wanted for me. I will never forget how this process changed my life.
5. **The Other Woman-** This song really gives you a true glimpse of my life. I am constantly battling my flesh, always trying to react the right way to different circumstances in my life. The battle is a tough one. When I feel like throwing my hands up to God and screaming to the top of my lungs, the other woman or aka "the spiritual woman" will bow down and kneel before God and humbly make her requests known. When I feel like being stingy, the other woman gives. When my temper is hitting the roof, the other woman is kind, sweet and gentle. "The Other Woman" is a call for every person to fight the flesh and be the servant God calls us to be.
6. **The Sweet Life-** This song is so special to me. I'm Italian and pretty proud of it. I don't speak much Italian but one of the phrases I learned as a child is "La Dolce Vita"- The Sweet Life. I have learned that you can look to your spouse, your children, your careers, or your wealth to fulfill you but you will always find yourself unfulfilled. Knowing who you are in Christ and knowing just how much Christ

loves and adores you is the only way you will ever find true fulfillment. When I wrote this song, my Mom and Dad were actually going through a very difficult time so there were many days when I was writing in “faith”. As I was writing this song, God kept promising me that he was going to take care of them and that he alone promises to give them a sweet life. Always look to God for your every need so that you also can experience the true essence of La Dolce Vita.

7. **You Move Heaven-** This is my love song to the Lord. Throughout my life, I’ve watched God move me from place to place, traveling all over the world, and giving me my heart’s desires. I know that Jesus is the only one that can truly move heaven and earth for his bride (us). When you feel like no one will ever understand you and that you are unwanted and unloved, just remember that God will move heaven and earth just to get to know you better. He wants to be one with us in our hearts just like a bride and groom are one with each other.
8. **Hazel Eyes-** This song can only be about one person on this planet, my husband, Kevin E. Adams. I had the pleasure of meeting Kevin 5 years ago at a wedding and my life has never been the same. The thing that I remember the most about meeting Kevin that day were his eyes. They are the most beautiful set of hazel eyes you will ever see. As I got to know him better, I realized that this song has such a deeper meaning. It’s not only about how beautiful the color of his eyes are, but it’s also about the way he views life. My husband is great man of faith and a hero, not only because he rescued my broken heart, but in real life, he’s a police officer and he saves people’s lives every day. The thing I love most about him is the fact that he never waivers in his faith in God and he loves God with all of his heart. He puts God first in everything he does. Poetically, lyrically, and musically, this is one of the songs I’ve written that I’m most proud of.
9. **Something About the Rain-** This song is about the storms of life. I never really understood why God allowed me to experience so many treacherous storms through out my life until I finally made it through them. Now that I’m on the other side, I’m actually thankful for the storms I experienced. They brought me closer to God; they forced me to trust in him more. They made me see that it’s not all about me and that for every bad thing that ever happened to me, God had a plan in it all to help others who are going through similar things. That’s the call of my life, to help others ride the storms. With that said, I’ll welcome the rain, once in awhile.
10. **Grieve for You-** I was inspired by the Lord to write this song on my last trip home from Rhode Island. I had gone up there to help my parents close a chapter of their life. It was painful for all of us. My father’s family business was finally coming to a close after a 37-year partnership with his brother. My father is a man of God, my uncle is not. We tried to bring Jesus to him for many years but unfortunately, my uncle chose a lifestyle completely contrary to God’s word and choosing evil instead of good. It was brought to our attention that my uncle had been embezzling money from the company for most of those years. I remember being on the plane with my head up against the window thinking about all that had happened. My uncle’s face flashed before my eyes. All of a sudden, God began to show me his heart towards my uncle. This overwhelming feeling of grief came over me and I began to weep uncontrollably. For the first time in many years, all my feelings of bitterness and anger towards my uncle turned into a genuine concern for his soul. I kept hearing the words “I grieve for him, I grieve for him...” So I began to write this song. As I was writing the song, others came to my mind. People that had known the Lord, but for whatever reason had chosen to live lifestyles contrary to

God's word and lifestyles that were definitely not God's will for their life. And then, I remembered a time period when I myself grieved the heart of God with some of the choices I made. Somehow, I found my way back to the path that God had chosen for my life. This song is for those who have fallen off the path. When we fall, we grieve not only the heart of God, but all of those around us that love us.

11. **Funny-** This is a very ironic title for a song that is definitely not funny at all. July, 2002 my friend by the name of Grant Cunningham passed away. It was a terrible, unexpected accident that took his life and changed Avalon's life forever. Grant was our producer/creator/writer of Avalon's greatest hits and if it weren't for him, I may not even be here in this position. When I went to the funeral, something really grabbed my attention. There was his wife, mother of 3, standing near Grant's picture with a smile on her face. She was shaking the hands of thousands of people and offering comfort to all those mourning his death. I was shocked. I knew that if that were me and it was my husband who had just passed, I would probably be a basket case and I doubt that I would be able to offer comfort. Then it hit me. She had a peace about her that passes all understanding. Only a really tangible God with a lot of power could perform such a miracle for this hurting soul. Her disposition that day totally inspired me to have more peace in my daily life....So....Isn't it funny that I have peace?- I have peace because I know we will see him again.