

## Songs Remember Loved Ones that have Passed Away

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SAN LUIS OBISPO – April 1, 2008 – Eulogies have been recited, sympathy cards have dwindled, casserole dishes have been returned, and friends no longer call to ask how you're doing. But grief doesn't go away just because others are back to "business as usual". It's a process of healing that can take months and years after the loss of a loved one.

To help with the healing process and pay tribute to the memory of those who have passed on, San Luis Obispo resident, Judy Philbin, compiled songs that she has sung at local grief support events over the past 15 years. Titled "*Candle in the Window*" the CD explores the many levels of grief while affirming that love, itself, never dies.

"Music offers solace and healing in a very powerful way," explains Philbin. "These songs can take the listener deep inside, to a place that may not otherwise be accessible. Some of the songs cut to the heart of loss, while others celebrate the love and connection that lives on."

According to Philbin, the CD is something you might buy for yourself or give as a gift, immediately after a loss or later, perhaps at an anniversary, birthday or holiday time. It's the type of collection one might listen to for a while, then pull out again three or six months later with a very different emotional response.

Philbin explained that several years ago her friend, Marilyn, introduced her to the song "*You Are There*" by Dave Frishberg and Johnny Mandel. After her husband died, Marilyn said she often felt she just couldn't cry anymore, yet she knew her grieving was far from finished. By listening to that song, over and over, she was able to continue to unleash the tears and emotions that were so necessary for her recovery.

"On the other hand, a year later that same song might elicit pleasant, wistful memories," says Steve Thayer, LMFT, counseling program coordinator for Hospice of San Luis Obispo. "Judy's voice is both beautiful and healing in its quality. Each song on the CD has a different story to tell, and as we walk our individual paths through grief, we will be moved in different ways."

"After a tragic loss, it's important to take steps to get back out into the world, as you're able to rebuild your life," explains Thayer. "But very often there is work that simply needs to be done on your own. Activities such as journaling, reading or writing poetry, quiet walks, and listening to music are all good ways to work through the powerful emotions of grief. These songs can help support that process"

Instrumental arrangements were created by Adam Levine of Paso Robles, who also plays guitar on most of tracks. Other local musicians include Bob Harway, piano, Warren Hamrick, guitar, Dylan Johnson, bass, Jim Stromberg, drums, Barbara Spencer, cello, Dave Becker, flute and saxophone, Garrett Philbin, vocals, Tim Beckwith, African drums, and Scott Bailey, weissenborn and mandolin. Christ the Church Choir of Kampala, Uganda, is also featured on one of the numbers. The choir was visiting San Luis Obispo in June of 2007 for the first-ever California International Choir Festival and Competition, sponsored by the San Luis Vocal Arts Ensemble, and Philbin invited them to join the project.

10% of each CD sale is donated to local grief support services. Information and song samples can be found at [www.candleinthewindow.net](http://www.candleinthewindow.net). CDs may be purchased from the website or locally at Hospice of SLO, 1304 Pacific Street, San Luis Obispo; Coalesce Book Store, 845 Main Street, Morro Bay; Street, Chelsea Bookshop, 721 12<sup>th</sup> Street, Paso Robles; Boo Boo Records, 978 Monterey Street, San Luis Obispo.

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Additional Supporting Information:

**BIOS:**

**Judy Philbin, vocals**

In addition to singing for grief-support events, Judy has performed in a variety of venues, focusing on non-profit causes. She has sung with a jazz trio, vocal jazz quintet and Irish band, performed cabaret and musical theater, created musical programs for children, and sung with the San Luis Obispo Mozart Festival Chorus. She is a featured member of the San Luis Vocal Arts Ensemble and Central Coast Follies.

**Adam Levine, guitar / arrangements**

(for photo please contact Adam: [GTRLessons@aol.com](mailto:GTRLessons@aol.com))

Adam composes and produces music for television, film and recording projects from his home in Paso Robles, California, while continuing his career as a studio musician. Currently, Adam performs with his eclectic group, *Human Nature*, and is the jazz guitar instructor for the National Guitar Workshops in San Francisco. His influences include world music, acoustic steel string fingerstyle, jazz and blues. Adam is also a trained facilitator for *Awakening the Dreamer* symposiums, an organization committed to bringing forth a socially just, environmentally sustainable and spiritually fulfilling human existence on the planet.

**Sources for information regarding grief counseling in SLO:**

Steve Thayer, LMFT, Counseling Program Coordinator, Hospice of SLO: 805-544-2266

Claire Aagaard, Bereavement Coordinator, Hospice Partners: 805-782-8608

**Additional thoughts on grief and grieving:**

Writer Anne Morrow Lindbergh, whose son was kidnapped and killed when he was a baby, advises: "One must grieve, and one must go through periods of numbness that are harder to bear than grief. One must refuse the easy escapes offered by habit and human tradition. The first and most common offerings of family and friends are always distractions ("Take her out" – "Don't let her sit and mourn") when it is mourning one needs.

Courage is a first step, but simply to bear the blow bravely is not enough. Stoicism is courageous, but it is only a halfway house on the long road. It is a shield, permissible for a short time only. In the end, one has to discard shields and remain open and vulnerable. Otherwise, scar tissue will seal off the wound and no growth will follow."

James A. Peterson in his book *On Being Alone: A Guide for Widowed Persons*

To grieve is "to celebrate the depth of the union. Tears are then the jewels of remembrance, sad but glistening with the beauty of the past. So grief, in its bitterness marks the end...but it also is praise to the one who is gone."

**Song List:**

- You Are There (Dave Frishberg, Johnny Mandel)
- Candle in the Window (Judy Philbin)
- Cry You a Waterfall (Kristina Olsen).
- Really Gonna Miss You (William "Smokey" Robinson)
- Love Survives (Al Kasha, Joel Hirschorn, Michael Lloyd, Mike Curb)
- I Still Can't Say Goodbye (Robert Blinn, James Moore)
- Wanting Memories (Ysaye M. Barnwell)
- My Father's Piano (Kristina Olsen)
- Remember You (Teresa Jennings)
- Carry Me (Like a Fire in Your Heart) (Chris de Burgh)