

1. Within Everything (3:03)
Composed by Brian Blade (Middle Way Music/BMI)

2. Body and Shadow (Noon) (3:09)
Composed by Brian Blade (Middle Way Music/BMI)

3. Traveling Mercies (4:32)
Composed by Jon Cowherd (The Colonel's Music/BMI)

4. Have Thine Own Way, Lord (Solo) (1:20)
Arranged by Jon Cowherd, Lyrics by Adelaide A. Pollard, Music by George C. Stebbins (The Colonel's Music/BMI)

5. Have Thine Own Way, Lord (Band) (1:14)
Arranged by Brian Blade, Lyrics by Adelaide A. Pollard, Music by George C. Stebbins (Middle Way Music/BMI)

6. Body and Shadow (Morning) (1:43)
Composed by Brian Blade (Middle Way Music/BMI)

7. Duality (8:21)
Composed by Jon Cowherd (The Colonel's Music/BMI)

8. Body and Shadow (Night) (2:57)
Composed by Brian Blade (Middle Way Music/BMI)

9. Broken Leg Days (5:20)
Composed by Jon Cowherd (The Colonel's Music/BMI)



THE FELLOWSHIP BAND

BRIAN BLADE: Drums JON COWHERD: Piano, Harmonium, Mellotron CHRIS THOMAS: Bass
MELVIN BUTLER: Tenor Saxophone MYRON WALDEN: Alto Saxophone and Bass Clarinet DAVE DEVINE: Guitar

Produced by Brian Blade and Jon Cowherd

Recorded by Brian Webb and Jeff Prystowsky at Eyeland Studio
at the Columbus Theatre, Providence, RI
Assistant Engineers: Sam Dallas and Brigham Brough
Eyeland Studio Technician, Inventor and Engineer: Ben Knox Miller

*Within Everything, Body and Shadow (Morning) and (Night),
Traveling Mercies, Have Thine Own Way, Lord (Solo) and (Band)*
Mixed by Aaron Nevezie at Bunker Studios, Brooklyn, NY
Body and Shadow (Noon)

Mixed by Steve Sullivan at Foxtrot Studio, Shreveport, LA
Duality and Broken Leg Days
Mixed by Brian Webb at Eyeland Studio at the Columbus Theatre, Providence, RI
Additional mixing on *Duality* by Steve Sullivan at Foxtrot Studios, Shreveport, LA

Mastered by Mark Wilder at Battery Studios, New York, NY

Proudly presented by the Blue Note/Capitol Team: Rachel Jones,
Cem Kurosman, Justin Seltzer, Colby Silon, Don Was, Michael Cantor,
Steve Cook, Sydney Nichols, Eduardo Ribeiro, Ian Sefchick, Iain Snodgrass,
and Eileen Wlehehan

Cover Photo: Brian Blade
Interior Photo: Erin X. Smithers

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Richard Hundley and Avery Piano. Aarin Clemons and The Dean Hotel.
The Grange. Julian's. Susan Dupre. Eric Jackson from WGBH. Rachel Blumberg.
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Everyone who attended our concert at The Columbus Theatre.

