The Running – c2008-2020 Helpyourselfmusic.com

*All Songs Written, Composed, and Performed by John T. Wurzer except for Vocals on Tickle My Fancy which were contributed by Susan Haefner*

Facebook

After the October 31st, 2008 release of an album on which my cousin Susan and I collaborated; which was called “Disconnected” (the title track of which encouraged everyone to go “off-line” and reconnect with people in person) I was somewhat ironically introduced to Facebook as a means of “getting my music out there”.

Wow!

My first couple of months on Facebook were like watching my whole life flash before my eyes. I suddenly became “friends” with everyone that I’d ever met in the first 47 years of my life. It was a “mind-memory-melt”; from preschool to elementary school to middle school to junior and senior high school through college and my first marriage through my career at Diamond Comic Distributors and oops here I am.

That said…

The album “Disconnected” received better feedback than any of my previous musical endeavors and I immediately set out to write another set of songs that my cousin and I could record as a follow up album.

Duets

Inspired by 47 years of nostalgia on Facebook and the prospect of collaborating with a professional singer once again; I set out to write songs that could be recorded as male/female duets and/or songs with juxtaposed themes to show both sides of looking back at lost love or looking forward towards love to be. I wrote in bars, on my back deck, in the state parks of Maryland, in front of my computer late at night, and at Jiffy Lube while waiting for my Honda Civic to have its oil changed. Many of the songs were written with the idea that someone who sings much better than I do would be singing them.

And Then Life Stepped In…

My cousin landed a job with the Billy Elliot Tour. My professional life became considerably more complicated as we migrated our IT, meta data and data processing to accommodate doing business with “big box retailers” such as ToysRUs, Spencer Gifts, GameStop, Target, Amazon, etc.

So, I set aside this group of songs and wrote another album called “Perfect Nonsense and 14 Other Unresolved Issues” which I recorded at my dining room table in a single afternoon in order to prevent myself from quitting my job.

Explanation

A long time ago when I took my first full-time job with Diamond Comic Distributors, Inc. I promised myself that if I could not produce at least one album of original music every year then I would quit my job with Diamond and go back to doing what I love to do…writing and recording music. When I realized that this album was not going to happen in 2009 I took the appropriate measures which produced “Perfect Nonsense”… and then this album didn’t happen in 2010 (Plastic Slacks) or in 2011 (THIS) or 2012 (This, That, and The Other and The USA to Play) or 2013 when Susan and I actually got together and ran through these songs one afternoon to no avail because…

I Became a Vice President…

Which took up pretty much every waking hour I had except for the time I spent writing “Cockroaches of the New Millennium” (2013) followed by “Light Railroad Guy” (2014), “Descending Stares” (2015), “Pokey Maslow” (2016), and “Mississippi Sunset” (2017); leaving this group of songs to marinade in the subtle spicy rivulets, streams, and rivers running through my life.

Until I Retired…

After which I thought that I would have more time to myself than I could ever know what to do with. Surely, I could find a way to get together with Susan and record these songs. Oops…except that suddenly I was moving to Kansas and Susan was consistently gainfully employed and somehow inexplicably involved in a romantic relationship with a drummer from Canada. (😊) I also had other things on my mind such as “Cliff Walk” (2018) and “A Werewolf’s Thesis” (2019) until this happened:

Pandemic

Some people washed their hands, cleaned out their closets, basements, attics, garages or consciences. Some people took to social media in droves recounting exactly how much they weren’t doing or weren’t allowed to do. My thoughts turned back to this lost set of songs that I’d been holding in my pocket all these years. I promised myself that I would do it this time with or without Susan. I never actually touched base with Susan until the project was almost done. At that point I asked her if she would sing one of the many songs on this album that I don’t feel vocally comfortable with…Luckily, she said yes! (“Tickle my Fancy)

And so it was

That I finally got this done. It isn’t what I imagined it to be when I first I envisioned the playful back and forth between my raspy John Prine / Bob Dylan / Leonard Cohen kind of voice and Susan’s sweet melodic tones; but it is done and she’s on the album and I hope everyone enjoys it.

The Running

Is more about how we run through our lives and our lives run through us; than it is about rivers or streams or machines or athletes on a track or pantyhose or watching time expire…or maybe it isn’t. I’m still making my way downstream wondering what I will see when I finally arrive at the shore of the endless sea that is eternity.

Lots of love,

Keep hoping and praying for peace on earth,

Stay safe and love one another constantly

John

For Lyrics and notes on the songs please visit [www.helpyourselfmusic.net](http://www.helpyourselfmusic.net)