

1. GOING OUT OF TOWN  
2. CATCH A CAB  
3. DANCE  
4. RUNNIN' FROM ME  
5. I NEEDED MORE  
6. BETWEEN YOU AND I  
7. WRESTLING  
8. VANITY  
9. BLACKBIRD  
10. ALL WE IN LOVE  
11. MEMORIES  
12. OH, SO LONG

©+© 2006 THREEFOLD  
ALL RIGHTS RESERVED  
MANUFACTURED IN THE USA  
UNAUTHORIZED  
REPRODUCTION  
PROHIBITED BY LAW



881217-10392

THREEFOLD  
& I





THREEFOLD  
BETWEEN U&I



## GOING OUT OF TOWN

© 2006 Ekstedt & Nystrom

Makes me weak  
Makes me shiver  
To think about things  
From past to never  
Going out of town

You don't hear me  
But now that I have left you  
Covered in this haze  
Of love's old contest  
Will you listen now?

'Cause all I really need  
Is someone who needs me  
Someone who can see  
The helpless side of me  
That's why I'm leavin'

It's just as well  
It doesn't matter  
I'll disappear  
To make it better  
I'll tell this secret

For all I know  
You don't remember  
The things I said  
The pain I weathered  
Now we're moving on

I know this way  
Will lead to brighter days  
And I have headed inside  
Even though I cry

## CATCH A CAB

© 2006 Dane, Ekstedt & Nystrom

Running to catch a cab  
Raise up your arm to find  
I'm yelling to you from  
The curb on the other side  
The other side of life

A place where  
Sun-soaked leaves of green  
Air cooled in shade around  
You and me in summer time  
Where only love is found

Don't wake me up  
I must be dreaming

I don't want to see you go  
Let's run away together  
Turning daydreams into reality

Watching the clouds go by  
Shapes forming in our mind  
There goes a horse parade  
Right there before our eyes  
Before our time

If ever there were happiness  
Tales of love gone by  
You would be my princess  
And I would be your shining knight

## DANCE

© 2006 Ekstedt & Nystrom

I have a song in my mind  
You hear it too  
So we have this to find  
We're swept away by a tune  
You're here with me  
So let's feed the groove

Come and dance with me baby  
Move around in the silver moonlight  
It'll take us away  
A lucky star shines above us  
Make a wish as we dance  
Through the night  
Tonight

Time is no more racing on  
The world stops cold  
Like we've already gone  
Nobody knows where we are  
We're all alone  
In the cool of the dark

Move with me  
Swing with me  
Sway with me  
Let me sweep you off your feet

## RUNNIN' FROM ME

© 2006 Ekstedt & Nystrom

Wait just a minute let me see  
Why don't you come and bother me?  
Please tell me what is on your mind  
Don't try, don't try to hide

I know it's hard sometimes to find  
The want to let me peek inside  
What is it that you fear the most?  
What strips away your secret life?

It's like you're runnin' from me  
Runnin' from me  
And it kills me every time  
I have to ask you to stay  
Come back so we can do it all again  
Please stop runnin' from me

You've tried and tried to let me in  
What will it take to break through this  
Ten-foot wall you built between  
Me and the chance we have to live?

It's not like you to tell a lie  
To chain me up, hold me inside  
This prison cell you call the deepest  
I will ever get to find

## I NEEDED MORE

© 2006 Dane, Ekstedt & Nystrom

Wasting time, you're wasting time again  
In denial of what you haven't done my  
friends

Put out on the street  
I'm just outside your doors  
Can you hear my screams?  
How long can you ignore?

And I got caught in all this mess  
If only you had cared a little  
I needed more, you counted less  
If only you had spared a little

See me cry, see me under foot  
Turn your head, pretend I'm just a fool

You say that I'm unclean  
But what about secrets that you keep?

## BETWEEN YOU AND I

© 2006 Ekstedt & Nystrom

There's nothing in this world to own  
That doesn't cost your whole life  
Owed to something greater than yourself  
It takes a lot of work to hide  
A little splinter in your eye  
You'd be better off to sell your soul

I don't know how it ever came to this  
I don't know if I could ever change it

I'm not gonna let this ever get  
In between you and I  
I'll ask you to stay  
'Cause still you remain  
To ever be mine

How far you've run and not looked back  
And taken for yourself but lack  
The treasure that you seek  
You scream and cry for mercy  
Grace to meet you where you've fallen  
But believing is the key

Lay it down  
It will bring you back to life  
I hope that you see  
All that remains inside

## WRESTLING

© 2006 Ekstedt & Nystrom

Grabbing at nothing  
Taking on a scheme  
Searching for something  
Even if I have to bleed  
So many comforts  
I think that I deserve  
You owe me fortune  
I'll fight for my reserve

Nobody told me  
I found out for myself  
I'm out here wrestling with you  
Losing a battle  
I shouldn't have begun  
I'm out here wrestling

Asking a question  
But getting no response  
Beating the door down  
For all my selfish wants  
Don't want to give up  
I'll fight you tooth and nail  
'Til it all blows up  
And in pain I recall

## VANITY

© 2006 Ekstedt & Nystrom

I see them in gray  
Their faces show that they  
Have nothing new to find  
And all the other people  
Are staring at the sun  
Wondering what's become  
Of all their toil and strife  
In buildings on main street

Insanity  
It's all insanity  
Oh, vanity  
It's all vanity

The wind that blows is fair  
But not going anywhere  
The river runs to the sea  
But never stops flowing  
Kings will rise and fall  
Forgotten by us all

Who's left to live again?  
We're all going nowhere

## BLACKBIRD

© 1968 Lennon & McCartney

Blackbird singing in the dead of night  
Take these broken wings and learn to fly  
All your life, you were only waiting  
For this moment to arise

Blackbird fly, blackbird fly  
Into the light of a dark black night

Blackbird singing in the dead of night  
Take these sunken eyes and learn to see  
All your life, you were only waiting  
For this moment to be free

## ALL WE IN LOVE

© 2006 Ekstedt & Nystrom

Let me be free and for Thee  
All I have and all my foolish dreams  
Make me more than I could ever be  
Ever washed in blood and die with Thee

Sin of Man and darkness of our curse  
Adam's bone and dust of all the earth  
Molded with the breath of life You breathe  
We turn into sons and daughters freed

War with hell and powers nat of flesh  
Fighting with the spear and nails in hands  
Take my sin and profess me clean  
To Thy Father and Thy mercy seat

Light that shines on all the souls below  
Bring us home to worship and adore  
For You sent the one who You loved most  
And Your Son redeemed all we in love

## MEMORIES

© 2006 Dane, Ekstedt & Nystrom

I'm here all alone  
And I've no one to show me  
What I'm doing here  
So I'll just take a break from it all  
It's getting so old

I've spent all my money  
I gave all my love and my trust  
To a heart who can't take it  
So I'm on the road  
And life is so cold

I should've saw you were begging me  
Please turn around

I just couldn't see past my new frame  
You yelled and you pleaded  
You warned me  
But I never saw it your way  
Now all I have left are these memories

Sometimes the thing  
That you want the most  
Is the door to a life  
That steals all you love most  
And you're left  
With nothing you want

There's no getting past it  
The truth that you'll find  
Everything that brings life  
Is found only beyond who you are  
It's not who you are

## OH, SO LONG

© 2006 Ekstedt & Nystrom

We've talked the whole night through  
And now, our time has faded out of view  
It's hard to leave, I know  
But now, but now

Maybe this time  
Maybe this time, I'll say

Oh, so long, bye-bye  
Until we meet again sometime  
Oh, so long, farewell  
Fare thee well, fare thee well

The time we had was what I needed  
And yet, I feel so all alone  
However far I go  
I'll stay

I've been away so long, I'm tired  
I think of you waiting for me  
I'm on my way back home  
Hold on

THREEFOLDONLINE.COM  
BOOKING@THREEFOLDONLINE.COM  
MYSPACE.COM/THREEFOLDONLINE

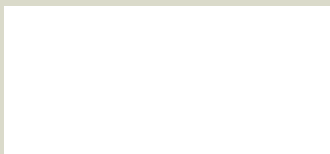
RECORDED AT SPUTNIK SOUND  
NASHVILLE, TN  
PRODUCED BY MITCH DANE

© + © 2006 THREEFOLD  
ALL RIGHTS RESERVED  
MANUFACTURED IN THE USA  
UNAUTHORIZED REPRODUCTION  
PROHIBITED BY FEDERAL LAW

DISTRIBUTION & MARKETING BY  
LIFT MUSIC, INC.



1. GOING OUT OF TOWN
2. CATCH A CAB
3. DANCE
4. RUNNIN' FROM ME
5. I NEEDED MORE
6. BETWEEN YOU AND I
7. WRESTLING
8. VANITY
9. BLACKBIRD
10. ALL WE IN LOVE
11. MEMORIES
12. OH, SO LONG



### THREEFOLD IS

BEN EKSTEDT VOCALS, PERCUSSION  
MATT NYSTROM ACOUSTIC GUITAR, MANDOLIN,  
GLOCKENSPIEL

### ADDITIONAL MUSICIANS

JEREMY LUTITO DRUMS  
AARON SANDS BASS  
ANDREW OSENGA ELECTRIC GUITAR, MANDOLIN  
BEN SHIVE ACCORDIAN  
MATT SLOCUM CELLO

### PRODUCTION

MITCH DANE PRODUCER, ENGINEER  
MIKE ODMARK ENGINEERING ASSISTANT  
VINNIE ALIBRANDI MASTERING  
MATT NYSTROM ARTWORK DESIGN & LAYOUT

### THREEFOLD THANKS

CHRISTA & LARRY MITCHELL, JENNIFER & REX NYSTROM,  
JOE MONTO, MITCH DANE, VINNIE ALIBRANDI, MIKE  
ODMARK, JEREMY LUTITO, AARON SANDS, ANDREW  
OSENGA, BEN SHIVE, MATT SLOCUM, JARS OF  
CLAY, NORTSHORE CHRISTIAN CHURCH, CALVARY  
CHAPEL, STACEY, KAREN, OUR FAMILIES AND YOU FOR  
PURCHASING THIS RECORD

