

Written & Produced by Lily Talmers  
Engineering and mixing by Morgan Brown  
Track 11 mixed by Tyler Chester  
Track 12 engineered by Nico Osborne  
Mastered by Kate Derringer  
Arranged collectively by each ensemble

**FEATURED MUSICIANS:**

Aidan Cafferty– upright and electric bass

Aidan Scrimgeour– piano

Alec Spiegelman– clarinet, bass clarinet, flute

Ben Green– trumpet, string arrangements

Ben Wood– slide guitar

Courtney Lubin– violin

David Ward– drums and percussion

Ellie MacPhee– violin, vocals

John Cushing– vocals, trombone, piano

Jon Taylor– drums and percussion

Julia Knowles– cello

Konstantinos Revelas– bouzouki

Lily Talmers– vocals, acoustic guitar, electric guitar

Lauren Pulcipher– violin

Madeline Warner– viola

Nicole Patrick– drums and percussion

Olin Clark– electric guitar

Pele Greenberg– drums and percussion

Raffi Boden— cello

Sam Talmadge— electric and acoustic guitar

Tyler Chester— piano

### **Track by Track**

1. Daylight Goes Before Me

Lily Talmers— vocals, electric guitar, 12-string guitar, music, lyrics

2. Beautiful Place

Lily Talmers— vocals, acoustic guitar, music, lyrics

Raffi Boden— cello

Konstantinos Revelas— bouzouki

3. I Missed You Today

Lily Talmers— vocals, acoustic guitar, music, lyrics

Raffi Boden— cello

Konstantinos Revelas— bouzouki

Alec Spiegelman— clarinet, bass clarinet, flute

4. It Is Cyclical, Missing You

Lily Talmers— vocals, acoustic guitar, music, lyrics

Raffi Boden— cello

Konstantinos Revelas— bouzouki

Alec Spiegelman— clarinet, bass clarinet, flute

David Ward— drums, percussion

5. The Big Idea

Lily Talmers— vocals, electric guitar, music, lyrics

Aidan Cafferty— electric bass, vocals

John Cushing— vocals, trombone, horn arrangement

Ben Green— trumpet, horn arrangement

Pele Greenberg— drums

Nicole Patrick— percussion

Sam Talmadge— electric guitar

6. New York, Early Summer

Lily Talmers— vocals, electric guitar, music, lyrics

Aidan Cafferty— electric bass

John Cushing— vocals, trombone, horn arrangement

Ben Green— trumpet, crazy sounds, horn arrangement

Pele Greenberg— drums

Nicole Patrick— percussion

7. Circular Feeling

Lily Talmers— vocals, electric guitar, music, lyrics  
Aidan Cafferty— electric bass  
Olin Clarke— electric guitar  
Pele Greenberg— drums

8. Man of Stone

Lily Talmers— vocals, 12-string guitar, music, lyrics  
Aidan Cafferty— electric bass  
John Cushing— Wurlitzer piano  
Jon Taylor— drums  
Ben Wood— slide guitar

9. You Can Do Whatever You Want To

Lily Talmers— vocals, electric guitar, music, lyrics  
Aidan Cafferty— electric bass  
Pele Greenberg— drums  
Sam Talmadge— electric guitar

10. Everything's a Blessing

Lily Talmers— vocals, 12-string guitar, music, lyrics  
Aidan Cafferty— electric bass  
John Cushing— Wurlitzer piano  
Jon Taylor— drums  
Ben Wood— slide guitar

11. Wounded Creature, Reaching

Lily Talmers— vocals, acoustic guitar, music, lyrics  
Aidan Cafferty— upright bass  
Tyler Chester— piano, mixing  
Pele Greenberg— percussion  
Nicole Patrick— percussion  
Alec Spiegelman— clarinet, bass clarinet, flute  
Sam Talmadge— acoustic guitar

12. At Our Best

Lily Talmers— vocals, acoustic guitar  
Aidan Scrimgeour— music, lyrics, piano  
Aidan Cafferty— upright bass  
Ellie Macphee— violin

13. Nothing is Spiritual, John

Lily Talmers— vocals, electric guitar, music, lyrics  
Ben Green— string arrangement  
Julia Knowles— cello  
Courtney Lubin— violin

Lauren Pulcifer— violin  
Madeline Warner— viola

### **B-SIDES**

1. I Am So Happy

Lily Talmers— vocals, acoustic guitar, music, lyrics

2. I Felt You So Gently

Lily Talmers— vocals, acoustic guitar, music, lyrics

Aidan Cafferty— upright bass

Ellie MacPhee— violin, vocals

Aidan Scrimgeour— piano

3. These Things We Do

Lily Talmers— vocals, acoustic guitar, music, lyrics

Aidan Cafferty— upright bass

Aidan Scrimgeour— piano

4. New York, Late September

Lily Talmers— vocals, electric guitar, music, lyrics

Aidan Cafferty— electric bass

Pele Greenberg— percussion

Nicole Patrick— drums

Sam Talmadge— electric guitar

5. It is Cyclical (Alt. Version)

Lily Talmers— vocals, guitar, music, lyrics

Alber Baseel— drums and percussion

Aidan Cafferty— electric bass

John Cushing— vocals, trombone