

*Seán* McDONALD



A POSTCARD FROM THE HEART

## Seán McDonald

Full Irish name Seán Macdhomhnaill, was born on February 1 1954 at the Railway Crossing in Mountmellick, County Laois , Republic of Ireland.

Educated in Salford/Manchester, England where he worked until 1994 and then spending some time living and working in Holland and Germany.

Seán moved back to his home town of Mountmellick (which is cradled in the Slieve Bloom Mountains), in 2009 where he lives to this day.

Seán married an English lass, Arlene and has one son Gary and grandson Jack.

'A Postcard from the Heart' is Sean's 3<sup>rd</sup> Album following 'Time Flies' and 'Amankila'.



*"Poets, Writers, Artists, Music and Love is ultimately the only answer to save the world"*



"This One's For You" is dedicated to Hilda Halliwell, a special lady.

## THE FRAGRANCE OF THE LONELY TREE

*"The Fragrance of the lonely tree,  
where lovers meet spirits free"*

It was a long hot summer's day  
When we first met  
A moment in time  
I shall never forget  
My body and mind  
At the speed of light  
My heart had to catch up  
In an awesome flight  
You opened my mind and set it ablaze  
Everything covered in a saffron haze  
The sky was clear, as blue as a dream  
Love in my veins flowing rivers and streams  
You make me smile  
Enchanting, magical, sublime  
You make me laugh  
Our world's a cartoon, not a photograph  
Memory of a thousand kisses on your face  
Like soft rain falling on a beautiful place  
When I travel far away in my dreams  
I fear I may not return and pray  
You make me smile  
Enchanting, magical, sublime  
You make me laugh  
Our world's a cartoon, not a photograph  
The white light of forever is everywhere  
How I love the flow of your golden hair  
A tender soft morning we are gracefully entwined  
Like a work of art, just yours and mine  
It was a long hot summer's day  
When we first met  
A moment in time I shall never forget  
My body and mind at the speed of light  
My heart had to catch up in an awesome flight  
You make me smile  
Enchanting, magical, sublime  
You make me laugh  
Our world's a cartoon, not a photograph  
You make me laugh, you make me cry  
You make me smile



## FADE AWAY

You wake up alone in the morning  
As moonlight gives way to day  
You walk into storms without warning  
But I guess something's never change  
So you find yourself lost in a moment  
When you wish things were still the same  
But the moment was gone in an instance  
With nowhere to place the blame  
There's no weight on your mind  
Turn the clocks back  
But there's no way to rewind  
You hope and you pray  
But you know you can't know  
You know that you just can't say  
But you won't let it fade away  
When you're lost and you can't be found  
Cause you open up but you don't make a sound  
When you walk in the Sun  
But your worlds breaking down  
You can feel yourself fallin' fallin' fallin'  
You're fallin' don't let it fade away  
But you know you can't know  
You know that you just can't say  
But you won't let it fade away  
Fade away, Fade away, Fade away  
You just can't let it fade away



## LET'S GO OUT TONIGHT

Where the cars go by all the day and night  
Why don't you say what's going wrong tonight  
Pray for me, praying for the light  
Baby, baby, let's go out tonight  
Where the lights all shine like I knew they would  
Be mine all mine. Baby I'll be good  
Pray for me, praying for the light  
Baby, baby, let's go out tonight  
I know a place where everything's alright, alright  
Let's go out tonight  
Where the cars go by all the day and night  
Why don't you say what's going wrong tonight  
I pray for love  
Coming out alright, yeah  
Baby, baby, let's go out tonight, yeah  
Baby be my baby, let's go out tonight  
Tonight yeah, tonight, yeah, tonight

## EMOTION

Opening your eyes to find yourself soaring way up above  
Above mountains and cascading waterfalls  
Happy just lying in the meadow but feeling  
A subtle need to weep  
As the day passes look beyond the mountain  
Where the sun goes to sleep  
You wonder why you have sadness so deep in your heart  
Like falling snow flakes, no sound, you are absent, apart  
Driving like crazy no headlights all through the night  
Avoiding inside what you are trying so hard not to fight  
What is it you just don't understand  
Like a message written in the sand  
But you can call it emotion  
It runs as deep as the ocean  
Some of it beautiful some of it bad  
Without it our lives would be empty and sad  
You strongly grapple with that  
Grapple with that  
Walking the moors in the morning mist  
You can hardly find your way  
Talking for hours on end, escaping what you depend  
One day planting in a flower bed  
Hoping for a blossom so red  
Hunting a man, he was impolite not true  
But it's not what he said to you  
What is it you just don't understand  
Like a message written in sand  
You can call it emotion  
It runs as deep as the ocean  
Some of it beautiful some of it bad  
But without it our lives would be empty and sad  
You strongly grapple with that  
Grapple with that  
Closing your eyes to stop something in your heart  
But not in your mind  
Your mind is not blind  
Opening your eyes to find yourself soaring way up above all  
Above mountains and cascading waterfalls  
You can call it emotion  
It runs as deep as the ocean  
Some of it beautiful some of it bad  
But without it our lives would be empty and sad  
Emozione....emotion





## WISH YOU WELL

You were a stranger when you fell to earth  
From far away out in the universe  
Our little universe  
I was there to hold you first  
With so much love was lost for words  
Now every day's a gift to us  
So I take you to the wishing well  
Because all I want to do is wish you well  
And I'm counting on a shooting star  
To guide us where ever we are  
At first the morning was the warmer light  
Your shadow fades with the evening light  
Our kisses will decide  
But if we sail together through the storm  
I know that there's a chance we'll make it home  
You won't be on your own  
So I take you to the wishing well  
Because all I want to do is wish you well  
And I'm counting on a shooting star  
To guide us where ever we are  
So what if all these might have beens  
That started off as fantasies  
Will all come true  
Stick my hand up just stop talking  
Through that door we keep on walking  
All dreams are made to last  
So I take you to the wishing well  
Because all I want to do is wish you well  
And I'm counting on a shooting star  
To guide us where ever we are  
You know I wish I had a wishing well  
Because all I want to do is wish you well  
And if we try a little harder now  
I know well get there some day somehow



## THIS ONE'S FOR YOU

For all the things I never said  
I'm sorry that I never did  
I thank you for your precious time  
For teaching me how to climb  
I love you more than summertime  
You've been such a good friend of mine  
And every sacred word is true  
I learned to love because of you , and  
Oh mama I saw the world  
And it was good and full of kindness  
Every step I took you held my hand  
And watched me grow  
You'll never know how much I love you  
And I am not afraid, I'm not afraid  
I finally grew  
Mama this one's for you  
Your love it lights up my heart  
Gives peace to my thoughts and dreams  
It awakens my very soul  
It keeps me sheltered from the cold  
You always look beyond the dark  
You told me joy lives in my heart  
And life is what you make of it  
Make sure to cherish every bit  
Oh mama I saw the world  
And it was good and full of kindness  
Every step I took you held my hand  
And watched me grow  
You'll never know how much I love you  
And I am not afraid, I'm not afraid  
I finally grew  
Mama this one's for you

## ANGELS SHARE

Twilight dampened the air, a watery haze  
Weighing down every leaf in the garden  
Sounds from the world outside faded away  
With the sad ending of a beautiful day  
Sadness was my constant companion  
It greeted me each morning  
Memories a devilish dance to haunt me all day  
With me as the moon retreated behind the mountains  
Sometimes it follows me into my dreams  
When life gets really tough we should never despair  
If we are always honest and true god will be kind, be fair  
Until destiny arrives you have to reach out, be there  
The rewards will be endless, for even the Angels share  
Crossing the bridge of dreams, the world awakens me  
A lullaby to my ears, sun rising inside me  
Bees dance from flower to flower, one drop of gold  
The Charcoal maker takes the tree, takes our very soul  
*The goddess of memory*  
*The goddess of forgetting*  
*Who is older?*  
*Memory must exist before forgetting*  
When life gets really tough we should never despair  
If we are always honest and true god will be kind, be fair  
Until destiny arrives you have to reach out, be there  
The rewards will be endless, even the Angels share  
When life gets really tough we should never despair  
If we are really honest and true god will be kind, be fair  
Until destiny arrives you have to reach out, be there  
The rewards will be endless, for even the Angels share





## OUR PRAYER

God bless Daddy, Mammy, Joan,  
Elizabeth, Michael, Mary, Josephine,  
Winifred, Bernadette, Johnjoe, Peter Paul  
And make them all good  
Oh and by the way God Bless JFK

## MOUNTMELICK 1963

It was in the summer of 1963  
As a little boy at the 'Crossings' everything seemed wild and free  
I remember the gates and railway line there  
Memories of the past on the breeze, a world without care



## THE RAILWAY CHILDREN

I remember our cows Jenny and Babe  
The pigs still squealing from our pot belly riding days  
They were to fatten to pay for family shindigs  
For Winnie and I it was the olympics for those pigs  
There was an incredible sight around noon one day  
The bees just packed up, no longer wanted to stay  
They were missing Granddad Joseph, Dad and our Michael it seems  
They swarmed, like a black cloud, like a wild dream  
One day back in the mists of time  
A beautiful white swan crashed the power line  
In our vegetables it landed stunned and dazed  
Dad & Mr Wall got her back to flight as we all watched amazed



## THE DONKEY IN THE HOUSE

"Why was there a donkey in the house?" I said  
Being fed our precious daily bread  
The size of his teeth really frightened myself  
Plus the fact that he might smash all our delph



## THE BOY IN THE BRILLIANT WHITE SHIRT

On a lovely summer's day in June  
Washing powder smells from our living room  
Mother hung my white shirt on the line  
"I want to wear it now please it's mine!"  
I stood behind the dry stone wall  
A big smile on my face I show off to all  
As the sun and breeze caught my shirt so white  
I felt like I could glide like a bird in flight  
As Mrs Culleton passed by on her bike  
"How are you Johnjoe?" she beamed with delight  
She was on her way to town you see  
Getting messages, something nice for tea



**JFK**

Everyone remembers where they were on that sad day  
When an assassin in Dallas, Texas, he took our JFK  
My Mother was crying as was everyone else  
I watched their grief not knowing what to do with myself  
I thought of the Fab Four just to cheer myself up  
I knew my sisters loved their music as it was great Pop  
They loved to dance, twist and shout  
With their Cinderella dresses twirling about



**BETTY**

B is for Betty, our dear sister R.I.P.  
D is the Dark day he stole all her dreams to be  
I is for the Innocence that he took from her  
H is for Hell where he will surely burn



**OUR ROVER**

When the daffodils dance along the banks of the line  
Our Rover has gone for the second time  
"He's been chasing car tyres again", Mammy said  
If he carries on like this he could end up dead

He's gone on his holidays  
Up the Slieve Bloom  
Where there are no cars  
He's got plenty of room



**US AND THEM**

Is it in Belfast town where we live?  
Where 'The Troubles' prevail and there is sin  
No it's a sleepy small town in the mountains  
Holier than thou church decides who is kin  
Far away to the Slieve Bloom Mountains  
To dear Mrs Lowndes is where I was sent  
Cast aside and rejected by others  
Because born was she a Protestant  
Like a Mother to me our prayers to keep  
She was simply, just heaven-sent  
But the church they snatched me away from her  
In a black car down the mountains we went  
Shame on ye all  
Your excuses to say  
To give to Saint Peter  
On Judgement Day





## MIGRATION

So in 1963 after 83 years  
The trains they finally stopped  
The kings of the road took over from the trains  
There was no need for the beet crop  
Before we finally left I said a sad good bye to all  
The house, the gates, even the dry stone walls  
I remember saying farewell to the trees and the sheds  
Places of adventure, treading water in the shallows of my head

## URBAN

Multitudes of tenements, slums some would say  
Was what met us young adventurers in the big city that day  
It was a million miles from our small town hollow  
It was difficult to take, very hard to swallow  
Red-topped double deckers cars galore I swear  
Travelling back and forth, God only knows to where  
An Old Trafford slum where we first lay our heads  
Then Gravel Street and Arrow Street at last we got ahead  
England was good to us  
It educated us all  
It gave us full employment  
It gave us the wherewithal



## HOME (by Matt)

Feeling lost and out of place  
Empty eyes look upon my face  
Nowhere to go, nowhere to run  
I just want to find someone  
To take me home, take me home  
Take me home, take me home  
Take me home, take me home  
Take me home  
Wish that I could belong  
I've been searching for so long  
This place I'm in makes me feel numb  
I just want to find someone  
To take me home, take me home  
Take me home, take me home  
Take me home, take me home  
Take me home  
Take me home  
I wanna go home  
I wanna go home  
I wanna go home  
I wanna go home





# A POSTCARD FROM THE HEART

Seán McDonald

## *Part 1: The Collection*

INTRO POEM (*Lillian's voice*)  
THE FRAGRANCE OF THE LONELY TREE  
LET'S GO OUT TONIGHT  
FADE AWAY (*Portlaoise Pentecostal Choir*)  
EMOTION (*Elena's voice*)  
WISH YOU WELL  
ANGELS SHARE (*Carol's Backing Vocal*)  
THIS ONE'S FOR YOU



## *Part 2: The Crossings*

OUR PRAYER (*Shelley Adcock*)  
MOUNTMELICK 1963  
THE RAILWAY CHILDREN  
THE DONKEY IN THE HOUSE  
THE BOY IN THE BRILLIANT WHITE SHIRT  
JFK  
BETTY  
OUR ROVER  
US AND THEM  
MIGRATION  
URBAN  
HOME (By Matt)

