

**SO** KYRIKA  
THERESA

# Tongue n Groove

518 5<sup>th</sup> Street South, Lethbridge AB

## Sunday, Sept. 4

Doors at 8:00 p.m.      Show at 8:30 p.m.

Advance tickets \$20

Door tickets \$30



### Theresa Sokyrrka Online

- 👁️ website: [TheresaSokyrrka.ca](http://TheresaSokyrrka.ca)
- 👁️ Twitter: [theresa\\_sokyrrka](https://twitter.com/theresa_sokyrrka)
- 👁️ Facebook: [theresasokyrrka](https://facebook.com/theresasokyrrka)
- 👁️ Sonic Bids: [theresasokyrrka](https://sonicbids.com/theresasokyrrka)
- 👁️ Myspace: [theresasokyrrka](https://myspace.com/theresasokyrrka)

Tickets available at  
Blueprint Entertainment  
519 4<sup>th</sup> Ave South

# Theresa Sokyryka

The musical talent of Canadian singer/songwriter, Theresa Sokyryka is coming to Lethbridge. If you like smooth, inoffensive songs sung with a smoky tone, you'll adore Theresa. If you don't mind listening to music where you can "feel" the music, you will respect her personal style. Theresa Sokyryka's smoky vocal tone evokes emotion and soul.

Music has been a large part of Theresa's life. She began her musical career at the age of nine when she started violin lessons. You can't pigeon-hole Theresa's music — she sings folk, rock, jazz and pop, goes beyond playing the violin and is now busy singing, song writing and performing for Canadian audiences. She was one of the featured performers in Toronto on August 6<sup>th</sup> 2011 for the Trek4MS Benefit Concert.

Among her albums are *These Old Charms* (gold and Juno-nominated) and *Something Is Expected* (adult alternative album of original music) that contains two tracks ("Waiting Song" and "Sandy Eyes") with subsequent videos that played on the Much Music network.

## Four Hours in November



Five original songs written and arranged by Theresa and recorded in November 2004: Change the World, Diamond Joe, I Believe in You, Turned My Back and She Let Her Hair Down.



## These Old Charms (2005)

gold & Juno-nominated



Selections from Canadian Idol appearances "God Bless the Child", "Summertime", "Come Away With Me", "Good Mother" & "Cruisin"; favourite jazz standards, "Angel Eyes", "This Masquerade" & "Corcovado"; and original compositions, "Turned My Back", "Change the World" & "She Let Her Hair Down".

## Wrapped in Ribbon



Eight track holiday album: Christmas Song, Have Yourself a Merry Little Christmas, Let it Snow, Last Day of the Year, What Are You Doing New Year's Eve?, White Christmas, Winter Wonderland, Baby I's Cold Outside / duet with Matt Dusk.

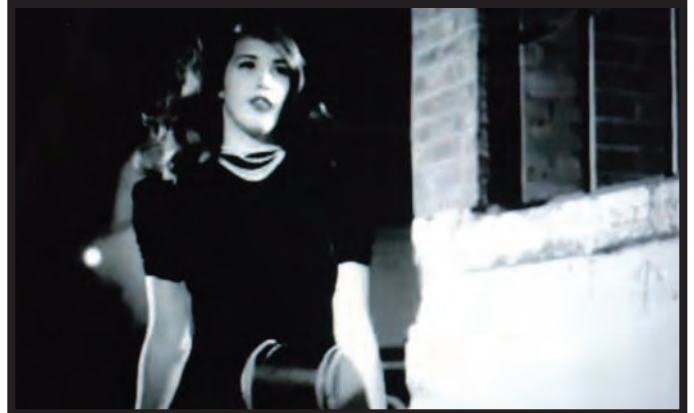
## Something is Expected (2006) tracks



Theresa Sokyryka's *Something Is Expected* collection of indie pop, sweet ballads and gossamer dirges was recorded in Toronto and Vancouver by Michael Timmins of Cowboy Junkies fame and New Pornographers members/respected studio duo John Collins and David Carswell ("JC/DC"). It is an adult alternative album of original music that demonstrates Theresa's beautiful vocals and song writing skills. "Waiting Song" and "Sandy Eyes" were featured in videos.

## Waiting Song

The album's first single, "Waiting Song" was featured as a video in 2006, produced by Anita Doran in Toronto, Canada. The following images are from the directed video produced by Maple Music Recordings in co-operation with VideoFACT, a foundation to assist Canadian talent and supported by the MuchMusic / MochMoreMusic / MusiquePlus network.



*Images from the video of "Waiting Song" produced in 2006 by Maple Music Recordings in co-operation with VideoFACT.*



*Image from Falcon Beach episode that featured "Waiting Song".*

The song was featured in a Falcon Beach episode

### Waiting Song lyrics by Theresa

I wonder if I cheated all the things  
that have been mistreated in your life.  
And maybe I just planted a view  
that could've been quite slanted, how can I win?  
You travel more than me and have seen  
so many things, I've seen and so much more.  
I feel the need to follow only for the words  
I swallowed if I ever believed.

Chorus:

And you're waiting by the door.  
And I can see from a mile away  
your roots have thorns.  
And you're waiting by the door.

I'll probably never be to as many places  
I've seen in my mind.  
And I know that if I sit here and grin  
then maybe it'll be all right.  
Though I know my story will go well  
with all your glory, I feel it just the same.  
I realize, I never really knew about that anyway.

Chorus

## Sandy Eyes



Sandy Eyes, Theresa Sokyrka  
*Something is Expected* (2006) Maplemusic Recordings Universal Music

### Sandy Eyes lyrics by Theresa

Woke up this morning with my head in my hands  
and my sandy eyes.  
Poured myself some coffee,  
faded off to bed never get ahead.

Chorus:  
And when I hear you call my name.  
Well I fear that my life will never be the same.  
And when I hear you call my name,  
well I'll, I'll be okay again.

Living changed back when you said goodbye,  
I didn't want to cry.  
Memories of what I was when you were around  
Just get me down.

A video of "Sandy Eyes" was featured in 2007 and produced in Costa Rica.

The "Sandy Eyes" and "Waiting Song" videos can be seen on YouTube.

And when my thoughts are of you  
I feel I'm living in the past.  
All the traits I've borrowed from you,  
seem to be real at last.

### Chorus

Woke up this morning with my head in my hands  
and my sandy eyes.

## Ukrainian Roots (2010)



This 2010 album is filled with songs dear to Theresa's heart and her roots as a 4th-generation Canadian of Ukrainian descent. It was produced with assistance from the Schevchenko Foundation and is dedicated to the late Kvitka Cisyk and Volodymyr Ivasiuk. Renowned violinist, Carissa Klopoushak, Benoit Morier and accordionist, Andy Czerny accompany her.

### Bluebird lyrics by Bryce Janssens

The stars have gone from the sky,  
and tears are here in my eyes.  
And I, I don't want this to be.  
I don't have you but you still have me.  
I try but the words come out wrong.  
I lie awake all night long

And oh, when it's raining it pours.  
You're not mine, but I am still yours.  
The happy bluebird sings a beautiful melody.  
But oh such a song is meaningless  
Without you to hear it with me.  
I cry cause I know that it's true.  
You don't love me, but I still love you.



## Believe Me lyrics by Theresa

I can see your ass sitting on your seat.  
I'm hoping for once you'll take me seriously.  
You can see that I've called so many times.  
Don't you think it would be nice to  
call me back once or twice?

You've got to believe me when I tell you that I,  
don't really think it's about you or I.  
You've got to believe me when I tell you that I've tried.  
Well you told me once, but I know you lied.

Someone is more important than me right now,  
I look into your eyes and I can see how.  
I never felt that important anyway,  
maybe it's just time for me to fade away.

You've got to believe me when I tell you that I,  
don't really think it's about you or I.  
You've got to believe me when I tell you that I've tried.  
Well you told me once, but I know you lied.

Nothing makes sense anymore.  
Nothing can close this door.  
Nothing I breathe is true.  
There's nothing left for me and you.

Why have I cried? Why did I let you see me inside?  
I know I can't give it up now so I've got to live it up now.

You've got to believe me when I tell you that I,  
don't really think it's about you or I.  
You've got to believe me when I tell you that I've tried.  
Well you told me once, but I know you lied.

## Tell Me Why lyrics by Theresa

She walked into the door and walked into my life.  
I never asked her for anything,  
but she gave me her whole life.  
Greeting cards are a dollar  
and laughter seems to be free.  
The yuppie that had no money,  
well she didn't bother me.

Tell me why you want to love me.  
Tell me why you want to help.  
Because you just told me all about me  
and expect me to get there myself.

Never knew why I did it.  
Always made me sick in the end.  
But I'll bet you why I did it  
had something to do with you my friend.  
Well you told me much about being strong,  
made me feel like my feet belonged.  
I told myself I'd be replaced by your lovely arms,  
and I'd never trace back to those old charms.

Tell me why you want to love me.  
Tell me why you want to help.  
Because you just told me all about me  
and expect me to get there myself.  
Tell me why you want to love me.

Tell me why you want to help.  
Because you just told me all about me  
and expect me to get there myself.

## Enemy lyrics by Theresa

I'm tripping downstairs because I feel the music coming  
To hear a laugh from you makes me feel like I am flowing.  
I've placed a belief in myself that I've left behind quite  
quickly  
If you can't market me then I see you'll see the end of me.

The end of me is the enemy,  
Yeah the enemy is gonna be the end of me.

Cause I'm crossing a road now and I feel my feet start to  
wander.  
And all that I've learned now seems to be too much to  
squander.  
I've placed a belief in myself that I've left behind quite  
quickly.  
If you can't market me then I see you'll see the end of me.

The end of me is the enemy,  
Yeah the enemy is gonna be the end of me.

Cause I'm crossing a road now and I feel my feet start to  
wander.  
And all that I've learned now, seems to be too much to  
squander.  
I've placed a belief in myself that I've left behind quite  
quickly.  
If you can't market me then I see you'll see the end of me.

The end of me is the enemy,  
Yeah the enemy is gonna be the end of me.

## Falling Out lyrics by Theresa

I see the pictures that you've painted in your mind,  
even before you got them down.  
I see the ones I've painted of you inside,  
I think I've got them memorized.

Now it's realized that the pain I feel inside,  
is more than I should be taking.  
I see your dreams revealed in a wide, open field  
and I choke down my heart that is breaking.  
Why can't I just fall in love like others fall,  
and not feel every minute?  
Why does it hurt so bad to be falling in  
and out of love with you?

Don't know if my heart has a glass case around it.  
I know if you touch it she will bleed.  
Up until now I thought the only way I could tame it,  
was letting it grow just like a weed.

Now it's realized that the pain I feel inside,  
is more than I should be taking.  
I see your dreams revealed in a wide, open field  
and I choke down my heart that is breaking.  
Why can't I just fall in love like others fall,  
and not feel every minute?

Why does it hurt so bad to be falling in  
and out of love with you?

### Something is Expected lyrics by Theresa

I come here for motivation.  
I am slipping thoughts through stations.  
I am losing fast and leaving, I have given up the grieving.

And my thoughts fade to you now.  
And I'm watching the lines on your face.  
Cause I just stared at you and realized I'm nothing.

I come here for forgiveness.  
I know it's not my business.  
I believe something is expected,  
I can't believe I left it.

Yes I've gone far away now.  
And I don't know if I'll ever be back.  
Cause I just stared at you and realized I'm nothing.

### Yours is Yours lyrics by Theresa

First call to wake me up in awhile,  
I guess I've lost my style.  
Wouldn't you like to know?  
I hear your voice on the other line,  
I guess you're doing fine,  
you don't care to know.  
I feel like I've built a mountain around me,  
like it was a necessity instead of crying to sleep.  
And here you're asking so easily for a lucky penny,  
a fall that I'd never leap.

What's mine is yours,  
and it didn't take long to find out  
what's yours is also yours.

The sky is lit up with some messed up hue  
and I'd trade my view to see the sun set in the east.  
I hear you calling from the outside in  
and you're living with sin as much as the rest at the feast.

You can't help a bee that's fallen in honey,  
The future is looking sunny from his point of view.  
I throw the towel in and tell you no  
a word you'll grow to know,  
but you're a grown up now too cause,

What's mine is yours,  
and it didn't take long to find out  
what's yours is also yours

### Riverbend lyrics by Theresa

Your calloused hands have freckled me,  
placed my thoughts in places they've never been.  
Times before this, I was withered and old,  
but you sweetly stole my soul.

Take me to the river bend.  
Take me wherever you want.  
Cause you've shown me to places I've never been  
and I plan to stay for some time.

Scattered pasts have placed us here.  
Quicker lives and younger years.  
My soul is awake with a heart that won't break  
and I hope that you'll stay for some time.  
Blow through my hair, with your gentle words.  
Feed me timeless wisdom all night.  
I feel your energy all over me  
and I hope that you'll stay for some time.

Take me to the river bend.  
Take me wherever you want.  
Cause you've shown me to places I've never been  
and I plan to stay for some time.

### Without Waking lyrics by Theresa

He'll love you as long as you sing and as tall as you  
stand on the lovely land.  
You wonder if he'll go away  
the one day you're not looking.  
and still when you hang your head with the loneliness,  
You'll forget he's there.  
Why did it come to this?

Just when you thought there was nobody there,  
he became aware, noticed you were scared.  
Who said you weren't allowed to be so proud of all that  
came your way on this lovely day.

I sang the blues, I paid my dues.  
Still feel abused but who said it mattered anyway?  
Wrote these words before, never felt them more.  
Whoever hears them is the only one you should ignore.  
He sleeps without waking, you'd know if he was up.  
And your heart it keeps taking, noticing it all was a bluff  
And he sleeps without waking, you'd know if he was up.  
And your heart it keeps breaking, noticing it all was a  
bluff

I paid my dues, I sang the blues.  
Still feel abused but who said it mattered anyway?  
Wrote these words before, never felt them more.  
Whoever hears them is the only one you should explore  
He sleeps without waking, you'd know if he was up.  
And your heart it keeps breaking, noticing...

### Here I Am lyrics by Theresa

Billboards scattered in a town I used to know.  
Almost flattered now that I have nowhere to go.  
Pity all the publicity. Pity it all for you and me.  
Why do I have to see your face on every magazine?

Isn't it funny how the train keeps going,  
and I stand in one spot and keep shouting here I am?

Standing in the lime light, don't know what your name is.  
Why does everything good have to turn out like this?

Pity all the publicity. Pity it all for you and me.  
Why do I have to see your face on every magazine?

Isn't it funny how the train keeps going,  
and I stand in one spot and keep shouting here I am?

