



DOUG
MacNAUGHTON

OLD
ENOUGH
TO
KNOW
BETTER

ALBUM PERSONNEL

Doug MacNaughton - guitars, bass, penny whistle, lead and backing vocals

Jessica Stuart - guitars, bass, percussion, backing vocals

Ryan Granville-Martin - drums, percussion, backing vocals

John Sheard - keyboards on So Lost Without You, My Funeral,

The Best Day Of My Life, Follow Your Silence, Nous, I Believe In Love

Anh Phung - flute on So Lost Without You, My Funeral, The Best Day Of My Life

Loren Vidri - fiddle on Energize

Jacob McCauley - bodhrán on Energize

Christopher Dawes - piano on Energize

Music and lyrics - Doug MacNaughton

Producer - Jessica Stuart

Recorded at the NUCULAR LIBRARY in Toronto

Recording and mixing engineer - Ryan Granville-Martin

Mastering - Fedge

Album design and cloud photo - Katherine Morley

Cover art - Alexander MacNaughton

THANK YOU'S

Jessica Stuart, this album simply wouldn't exist without you, and these songs would all be in a very different state without your mentorship. I cannot thank you enough ♥ Ryan Granville-Martin, you are as much of an artist behind the recording console as you are behind the drums ♥ John, Anh, Jacob, Loren & Christopher, thank you so much for the care and talent you brought into the studio ♥ Lee Milliken, Alexander MacNaughton & Jamie MacNaughton, thank you for your ongoing support, and for putting up with me all this time ♥ Jessie Fraser, thanks for tolerating all the noises coming from the room at the top of the stairs ♥ Catherine Charron-Drolet, Tim Isaac, Arnie Guha, Alexander MacNaughton & Katherine Morley, thank you for allowing me to use your beautiful artworks on this record ♥ Merci mille fois à mes amis de Québec, Elaine Normandeau, Jessica Latouche, Elizabeth Veilleux et en particulier, Catherine Charron-Drolet et Hugo Laporte pour leurs bons conseils et l'inspiration pour "Nous".

*Day
Nack.*

A huge shout out to all the people who have listened to these songs and encouraged me, and to those inspiring people I've met and heard on the Toronto scene: performers, mentors, supporters, enthusiasts & advisors ♥ thank you, thank you, thank you!

1. **So Lost without You** (2:43)
2. **My Funeral** (3:57)
3. **Energize** (4:21)
4. **The Best Day of my Life** (3:08)
5. **The Well of Friendship** (3:16)
6. **Follow your Silence** (2:59)
7. **Nous** (2:19)
8. **I Believe in Love** (3:39)

www.dougmacnaughton.com



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The image shows a close-up of a book cover. The cover is a deep, dark blue color with a fine, wavy, leather-like texture. It is divided into a grid of rectangular panels by thin, raised lines. Several circular metal studs, possibly brass or gold-toned, are embedded in the cover. One stud is in the top-left panel, another in the bottom-left panel, and a third in the bottom-right panel. A fourth stud is partially visible on the right edge. A horizontal, elongated metal stud is positioned in the center of the cover, overlapping the grid lines. The text is centered in the upper-middle section of the cover.

DOUG
MacNAUGHTON

OLD ENOUGH TO KNOW BETTER

we
are at the centre
of a blank
page

surrounded
by
nothing
but
possibilities

and we laugh

-D.MacN.

1. So Lost without You (2:43)
2. My Funeral (3:57)
3. Energize (4:21)
4. The Best Day of my Life (3:08)
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Booklet Cover Image "Enraptured by the Liquid Night Sky" by Tim Isaac
Silhouette Photos by Doug MacNaughton



SO LOST WITHOUT YOU

You were here for the best days of my life
Now you're gone, I don't know what to say
I lift my eyes, I just see darkness all around
The world was brighter in the days we stood
Together

Fear shouts – but love whispers and is heard
Fear doubts – but love whispers and I'm reassured
Fear's proud

I'm so lost without you...

I use your spirit as a lantern, your memory lights my way
Lift my eyes to what's around me, get me through from day to day
Chasing dreams is easy when you're the dream I'm chasing
I think of you as if we're still
Together
Together

Fear shouts
Fear doubts
Fear's proud
Fear...

Fear shouts – but love whispers and is heard
Fear doubts – but love whispers and I'm reassured
Fear's proud

I'm so lost without you
But I keep you in my heart
Can't hold you in my arms
So I hold you in my heart

MY FUNERAL

Bury me by some big tree
that everyone can see
Where the kids play in the branches
and the dogs all come to pee
People make out after picnics
spilling tea and wine and brie
I pray the powers that be
might let me see life's great pageantry

Not out on the lonesome prairie,
nor some spooky cemetery
With a fence and moss and tombstones
where the shadows are all scary
Where the kids wear fancy clothes
like Grandpa's tie, or Grandma's hose
And they can't laugh or play,
just walk between the rows

I believe the soul keeps giving
even after life is done
The waning of the moon, the setting sun
I may have left the living,
I still want to have some fun
Let me rest where I see everyone
Live your lives in joy
when I am dead and gone

If it's a Viking funeral pyre,
please don't set my stuff on fire
Give my guitar to someone poor,
show them what this thing is for
Select from my collection
so someone gains a new affection
For hearing Monk, Ravel, and Delta Will
Reading Sandman, Hulk, and Thor

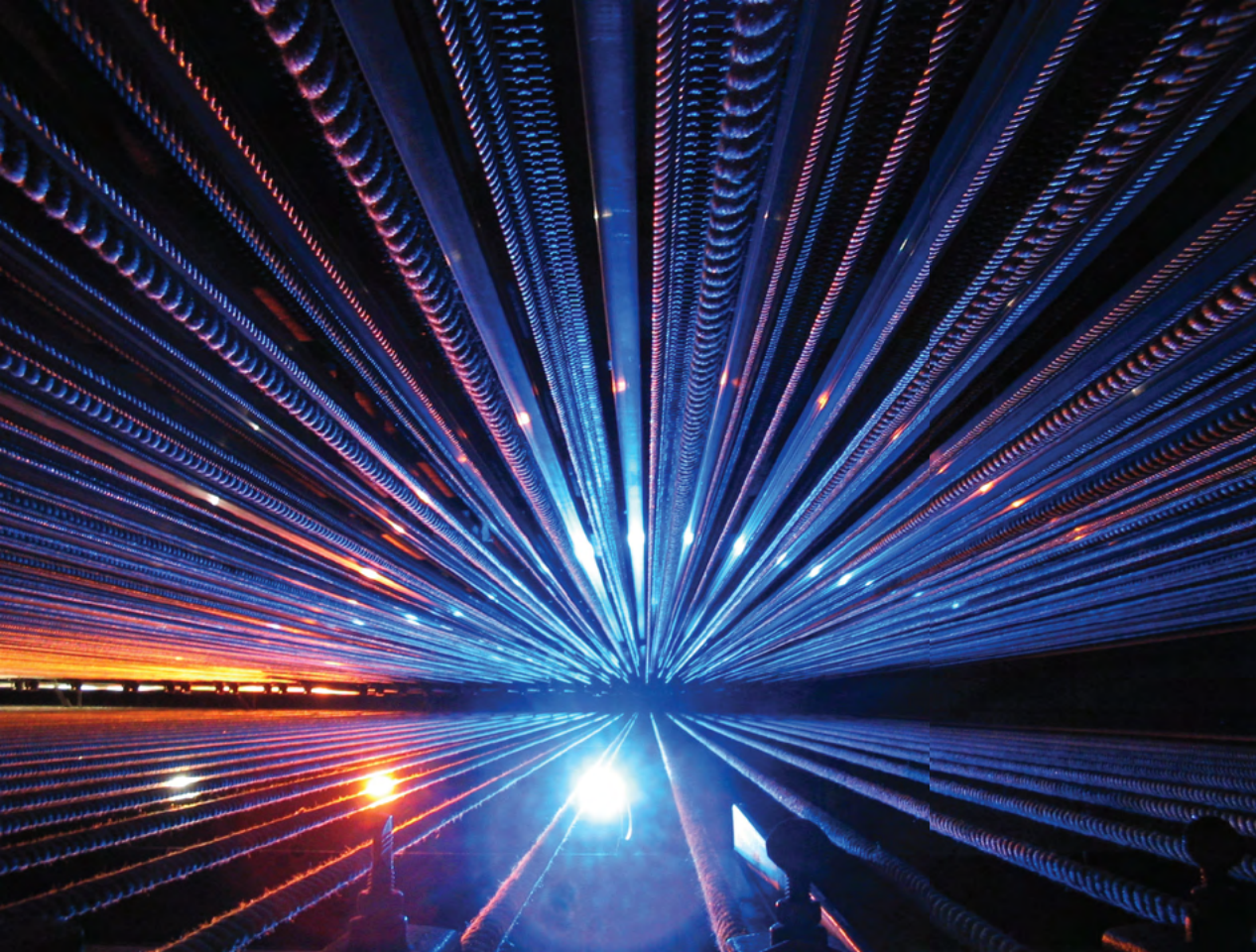
Or mix my ashes with the concrete
when you build a music venue
Three bands a night,
Open Mics and a tasty Vegan menu
I'll rejoice to be reminded
of the things that still unite us
How music feeds our souls, improves our lives
Excites us and delights us

With my friends down at the pub,
or some strangers in a club
The tapestry of life with all its strands
I wouldn't want to haunt them,
I only hang out cause I want them all
To understand, Heaven's where they stand
Live your lives in joy
when I've played my last hand

Let my grave become a haven
for those who hide their love away
People frightened by their feelings
who might be trans or bi or gay
Those whose hearts are broke and lost,
those whose souls are tempest tossed
Let me be a spirit that reminds them
all to love themselves each day

I believe the soul keeps giving
even after life is done
The cutting of the thread the Norns have spun
I may have left the living,
I still want to have some fun
Lemme rest where I see everyone
Live your lives in joy
when I am dead and gone





When I want to forget, but don't know how
When my best shot all night also sinks the white
When I'm just another voice in a chorus of noise
When the pens in my desk won't write

When my t-shirt's worth more than my music
When my candle flickers in the wind
When I can't find the conversation in the chaos
When I'm pulled all directions again

I rebound, I retrace
Drink some wine, make some space
Take a break from the race

Rhythms with me all the time –
Breath, heartbeat, soul, and rhyme

When my Sabbath candles burn out early
When my tires have both gone flat
When the world seems out of tune and out of touch
I've got something I do about that...

I rebound, try again
Walk the earth, smell the rain
Hear the whistle of a train

All our stories intertwine –
Myths, scripture, dreams, and signs

The sea dances to the waves and the tide
The trees sway to the wind and the rain...

Hear it under your breath –
Birth, loving, life, and death

Hear the music all around –
Notes, silence, noise, and sound

ENERGIZE

The Best Day of My Life



I lost my earring on the subway
Spilled hot coffee on my lap
Caught my suit on the office door
Heard it rip, and as I swore
Thirteen of my colleagues start to clap.

That was the best day of my life
That was the day I met my wife
Say the word, we need never be apart
Say the word, be the flame inside my heart

And I said "Do you know how beautiful you are?
If you like, I'll show you now!
Say the word, we need never be apart
Say the word, be the flame inside my heart!"

The second best day of my life
When I'm reunited with my wife
Say the word, we need never be apart
Say the word, be the flame inside my heart

I saw the toner on her jacket
A broken pencil behind her ear
That was the best day of my life
That was the day I met my wife
The second best day of my life
When I'm reunited with my wife

Did my monthly change of passwords
Didn't notice I had Caps Lock on
Spent the day from ten til three
Stuck with Jerry from IT
Couldn't do a thing til he was gone

I saw the toner on her jacket
A broken pencil behind her ear
I thought she'd had a day like mine
I thought she'd like a glass of wine
So I walked up and spoke, despite my fear

Right now we work in different cities
She's in NYC, and I'm outside of Guelph
She can't come back til The Plague is done
I can't go there til my Green Card's won
But one fine day, I'll see her for myself
And that will be

That was the best day of my life
That was the day I met my wife
The second best day of my life
When I'm reunited with my wife
That was the best day of my life
That was the day I met my wife





When your dragons and demons are winning
When everything's been heard before
Words are stale and meaningless
You don't know what to say anymore

Overwhelmed by the noise and the bustle
Your time is managing you
Lost in your own hustle
You know just what you need to do

Visit the well of friendship
Drink deep of what keeps you sane
Friends have peace, hope, love to share
Forget your worries, forget your pain
Forget your worries, forget your pain

When you're tired of what you see in the mirror
You're bored of everything that you eat
Existential ennui is getting nearer
You feel you're on the edge of defeat

Visit the well of friendship
Drink deep of what keeps you sane
Friends have peace, hope, love to share
Forget your worries, forget your pain
Forget your worries

You know the well is always refilling
It's a stream that'll never run dry
If you can't find a friend, then be one
To someone looking like they're ready to cry

Chance meetings with coffee or cocktails
Conversation that never ends
A listening ear to help you work out the details
I'll get by with a little help from my friends
With a little help from my friends
With a little help from my friends
Visit the well of friendship
Drink deep of what keeps you sane
You friends have peace, hope, love to share
Forget your worries, forget your pain

Visit the well of friendship
Drink deep of what keeps you sane
Your friends have peace, hope, love to share
Forget your worries, forget your pain
Forget your worries, forget your pain

THE WELL OF FRIENDSHIP

Daily life pulls us away
draws us apart, won't let love be
Weary at the end of the day
follow your silence, come to me

Just out of bed and now I have to run
Everyone wants a piece of me
When their shouting is all done
Follow your silence, come to me

And in the ending of that sound
A subtle, simple note unites us
Within this haven we have found
A single candle glows and lights us

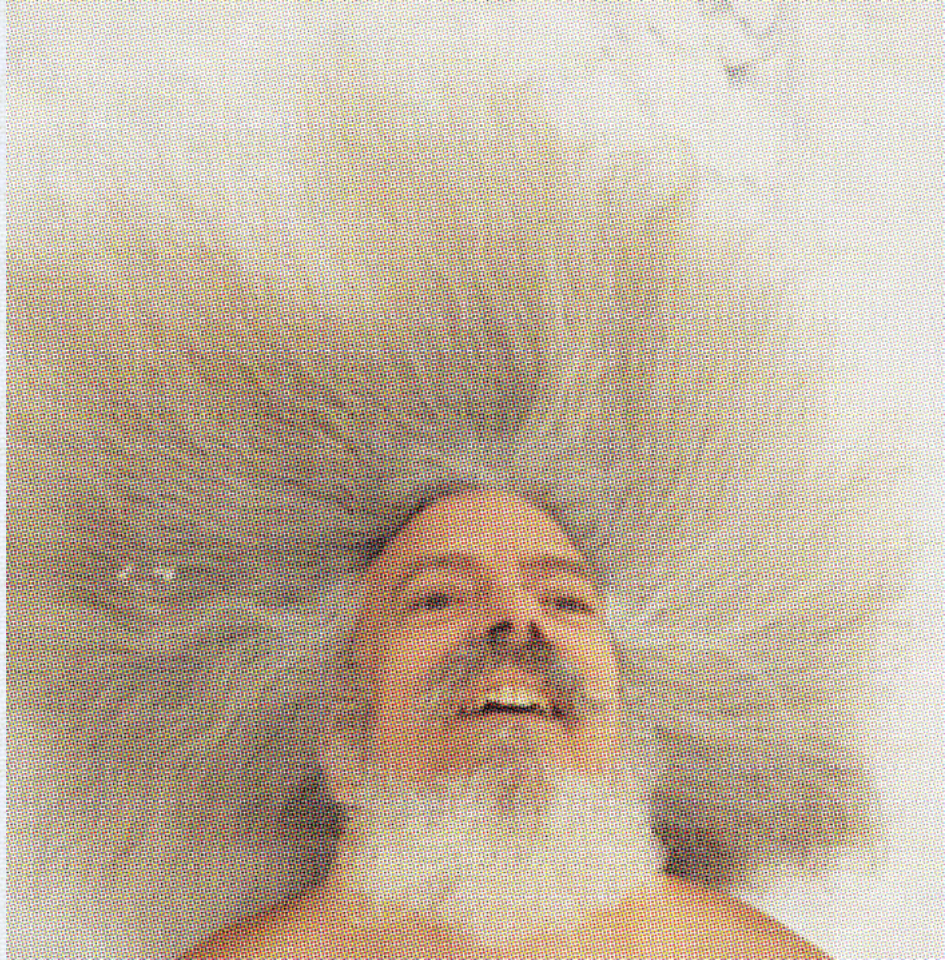
Rent and food sure cost a lot
The stress and noise are too much for me
Our quiet love is all I've got
Follow your silence, come to me

And in the ending of that sound
A subtle, simple note unites us
Within this haven we have found
A single candle glows and lights us.

And as the wave is welcomed by the shore
The river welcomed by the sea
We have each other, evermore
Follow your silence, come to me

Follow your silence
Come
Come to me

FOLLOW YOUR SILENCE





Y'a pas de moi, y'a pas de toi
Y'a pas de gauche, y'a pas de droite
Y'a pas de chasse, y'a pas de proie
C'est seulement nous.

Y'a pas de paix, y'a pas de guerre
Y'a pas de ciel, y'a pas d'enfer
Y'a pas de père, y'a pas de mère
C'est seulement

NOUS

Qui pouvons faire n'importe quoi
Protégerons la terre, la mer
Nous n'avons pas d'autre choix!
Vivons en paix, cessons de détruire
de salir, d'user comme des vampires!
Qui nous sauvera de nous-mêmes?
C'est seulement nous!
C'est seulement nous!

Y'a pas de païen, y'a pas de pieux
Y'a pas de jeunes, y'a pas de vieux
Y'a pas des autres, y'a pas de « eux »
C'est seulement nous!

Y'a pas de fou, y'a pas de sage
Pas de faiblesse, pas de courage
Pas d'sauvage, y'a pas de cage
C'est seulement

Nous

Qui pouvons faire n'importe quoi
Protégerons la terre, la mer
Nous n'avons pas d'autre choix!
Vivons en paix, cessons de détruire
d'salir, d'user comme des vampires
Qui nous sauvera de nous-mêmes?
C'est seulement nous!

You're not so sure; I understand
It feels like nothing's certain
like there's nothing planned
We have changed; we both will change
Sometimes we'll change together
sometimes in different ways, but

I believe in love
I believe in you
And if you believe in me
There's nothing we can't do

I hate when you're away
It hurts when we're apart
I need to feel your gentle touch
Hear the whispers of your heart
Love is stronger than distance; stronger than time
Not bound by this red tape
or these forms we've got to sign

I believe in love!
I believe in you
And if you believe in me
There's nothing we can't do

I believe in love!
I believe in dreams...

I BELIEVE IN LOVE



