

PRESS RELEASE

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FOLK BAND RECLAIMS THE STAGE, BREAKS SILENCE ON MENTAL ILLNESS

LANSING, MI – April 15, 2016 – After nearly three years of silence, classical-folk band Doug Mains & the City Folk is returning to the stage to release their sophomore album, *These Broken Members*. Fusion Shows will host the concert at The Loft on Saturday, May 14th, 2016. The night will also feature Nashville songwriter, Sarah Lou Richards, and Lansing’s own Gifts Or Creatures.

“We recorded most of the album in 2013 but have kept it to ourselves since,” Mains, the band’s singer-songwriter explains. “We were in a great spot; we were jelling, touring—we had a lot of good momentum but that was all drowned out by my personal struggles with anxiety. I fell into some dark times and dragged the project with me.” The band announced their breakup soon after, having never released the album.

With instruments closeted, the break has hosted many life changes for Mains which, in hindsight, have paved an essential roadway to his return to the scene. “A lot of good has happened and one of the best things that I’ve done has been counseling,” Mains confesses. “Fears of being labeled kept me away for years but we are all broken and can all benefit from talking to someone. It’s important to admit that.”

Mains returns with a fresh approach for relating to the audience. Written inside Mains’ music folder are the words of Billy Joel, “Musicians want to be the loud voice for so many quiet hearts.” The quote serves as a reminder of his responsibility to write and perform for those who are quietly dealing with their own struggles. He says, “I have been selfishly silent, hoarding these songs for myself when others could benefit from what we’ve created.”

Lyricaly, *These Broken Members* touches upon Mains’ feelings of regret, depression and anxiety—themes which make this project his most vulnerable yet. But even in the darkest valley of a song, when nothing is heard but the lonesome lullaby of a guitar and the honest confessions of a broken songwriter, there is a faithful hum of hope that persists throughout the album. As said in their track “Stones Awakening,” “where we find brokenness, we are sure to find grace.”

Doug Mains & the City Folk offers listeners *These Broken Members*—honest laments of an anxious soul gifted to the quiet, yet hopeful hearts. To be released on May 14th.

Doug Mains & the City Folk consists of Doug Mains (vocals, guitar), Kelly Briski (violin, vocals), Rob Germeroth (percussion), Kim Wren (upright bass, vocals), and Josh Michels (cello, accordion). Find out more about the band at dmandthecf.com.