

## Loving Cup

## Calling All Captains

I don't want a hand out  
I just need a hand up  
I'll hit you back with a drink from my loving cup  
Don't be the next straw on my broken back  
Condescend til the end  
Hey what's up with that?  
(Hey what's up with that?)  
Hey what's up with that?

Wish you could see me now  
Cause I have been around  
I was always lost and you were always found  
I bet it tastes so sweet, so bittersweet  
To never sleep between the sheets, I know  
But that's the way it goes

People die every day  
Why's it different when it's someone you know?  
People die every day  
Why's it different when it's someone you know?

Face down on the floor again  
In a crowded room at a friend of a friend's  
And when I woke up alone  
I was drunk I was stoned  
Had to find a way out, had to find a way home

So I'll fly away from it all, don't try to call  
My head has been pinned to the wall, for far too long  
I feel the weight on me, do you feel it too?  
I see the gray only, but I hope one day I see in blue

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And when I woke up alone  
I was drunk I was stoned  
Had to find a way out, had to find a way home  
Sometimes I think I'm being too hard on myself  
But I made it out of the drugs and the filth  
I'm trying to rebuild what can't be rebuilt  
I've got to sift through the sand and the silt

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