1. Milestones (no. 1)  
   Composed by John Lewis (1920-2001)

2. Lazy Bird  
   Composed by John Coltrane (1926-1967)

3. Mr. Johnston
4. When We Met

5. The Best Thing for You (Would Be Me)  
   Composed by Irving Berlin (1888-1989)

6. Truth and Actuality/Song for Tomorrow

7. I’m Telling You, Now  
   feat. Gregory Broughton

8. Soulmates

9. Just In Time  
   feat. David D’Angelo  
   Composed by Jule Styne (1905-1994)

   All compositions by James Weidman unless otherwise noted.
I'm Telling You, Now
James Weidman
Composed 1984

I'm telling you, now,
I'm telling you, now,
Just open your hearts and you might see how
to love and to feel
to live and to deal
with life today.
There is no time to play,
for time is at hand
to get up and stand I'm telling you, now
if you want to see how.
so, try and see
what you can be within yourself,
Now, Now, Now, Now!

I'm telling you, now,
I'm telling you, now.
If we live in the past
there's no way we can last.
We must start anew.
It's long overdue.
Fear, killing and hate
are sealing our fate.
We must stand on our own
And sing a new song
I'm telling you now
Don't you want to see how
Start living today.
Perhaps you might find the right way.
Now, Now, Now, Now!