

The Band Steele is passionate to recognize those who serve and sacrifice to risk their lives to lend aid to others--our military service men and women, and our veterans. Inspired by the brave, The Band Steele wrote and released the song, and corresponding music video, titled "Sit Awhile." Filmed at various locations in Atlanta, Georgia, the video highlights the special appearance of an Army Corporal and Operation IRAQI FREEDOM Veteran (8 Years of Service) who co-stars. To assure authenticity and demonstrate heartfelt honor in their sincere tribute, Musa Military Entertainment Consulting (a production company owned and operated by seasoned military veterans with modern tactical combat experience and broad entertainment expertise) was enlisted to offer direction.



Written by Bo Steele and Ben Rubino

I take this walk once a week
Cool my beer in a runnin' creek
Take the boots of my feet and just sit awhile
With my back against an old oak tree
I close my eyes, and pretend it speaks
Tell it all my troubles and my fears

If this tree could talk, it'd say hush up boy
Just be quiet, everything's gonna be alright
Now son dry up those tears
And free your mind from all those fears
And just sit awhile

So I wipe away my last tear
And finish up my last beer
Put on my boots and leave with a smile
From these woods in the south
I head to an old brick house
Walk up on that porch and just sit awhile

If this house could talk, it'd say hush up boy
Just be quiet, everything's gonna be alright
Now son dry up those tears
And free your mind from all those fears
And just sit awhile

Now houses will crumble, and trees they fall down
But the empty spot in my heart still remains
And that creek may stop runnin'
And I may leave this town
But the words in that stone will never change

So I take a drive when I'm weak
Late at night when I can't sleep
And turn your favorite station up real loud
Leave my headlights on your name
Then I kneel beside your grave
And start to pray, man it's been a while

If He could talk, He'd say, hush up boy
Don't be scared, cause I'm everywhere
Now son dry up those tears
Close your eyes, 'cuz I'm right here
Let's sit awhile
Yeah, let's sit awhile

"I don't think a song has ever hit me so hard. Maybe it's the fact that I can relate due to my time in the service and I've done everything he sings in this song. In just the first 30 seconds, I began tearing up...focused...hanging on to every single lyric. I listened to it on repeat for nearly two hours." -- Sgt. XX USMC-Retired

"My husband of 40 years, and a Marine forever, lays in a VA home. He has no legs and his memories are gone. We watch this video, and we cry. Thank you for this song."

"One of the best songs I have ever heard. I lost my cousin 13 years ago; he was my best friend...my brother. I heard this song and I immediately felt like he was sitting right next to me. I listen to it when I'm driving, so it is like he's riding with me. As a vet myself, it says so much."

"This old veteran thanks you from his heart. You may not know it, but this song will save lives. We lose 22 vets a day to suicide; I'm active in many groups to try to cut that number down. This song will heal the hearts of many."

"I sit on my rack in a VA treatment facility; I suffer with PTSD. Your music gives me hope that I can overcome the traumas I have suffered. The song has become a daily coping skill for me in my recovery. When treatment gets too intense, I slip my headphones on and just listen. Your music has given me strength to continue."

"As a Veteran, I want to thank you for this song. I lost a friend in Desert Storm and this song helps to remind me not only of the sacrifices made, but that they (our brothers and sisters of service) are never forgotten and always here with us. Anyone who has served and lost a brother or sister in combat knows the sacrifices, and this song will help the healing process."

"Coming from a solider, you guys did an amazing job on this song; I cannot watch this video without getting teary-eyed."

"'Sit Awhile' really touched home for me. I am a disabled U.S. Army Veteran. I was seriously wounded overseas and was not expected to make it, but I did. Three of my brother's did not. I live with it everyday and it's been a very tough road. Your song made me think a lot about the good times we had while stateside and across the pond."

"I am a disabled veteran who fights with PTSD. I have been through four wars, been shot twice, and blown-up once in service to my country. Your music has touched my life, and to be honest, it's saved me once or twice."