



Rebecca Aadland

"Fix This Mess"

(Single release date: September 16, 2026)

Show with Paul Winchester &
Ryan Inselman

Thursday, September 17, 8 pm
318 Cafe

318 Water St, Excelsior, MN 55331

"Fans who attend her concerts are treated not just to her soulful music but to her warmth, humor, and unguarded honesty — a rare combination that invites listeners to find strength in their own broken places."

– Stevie Conner, *The Sound Cafe Magazine*

Rebecca Aadland is a Minneapolis singer-songwriter, bridging styles of folk, rock and blues. She has recently sold out large venues in the Twin Cities with her 8-pc. Band. This special evening at the 318 Café will be a more intimate show with Rebecca and her guitar, joined by multi-instrumentalist, Paul Winchester, on the keys and baritone guitar and Ryan Inselman on auxiliary percussion. Her new song, **FIX THIS MESS**, addresses the divisive political climate at this time. As disturbing as all that is, she encourages the listener to still find beauty and joy midst the turmoil. Having also worked as a music teacher, psychotherapist, and public speaker, she is drawn to courageous stories of overcoming tragedy. The new single is recorded and produced by **Kevin Bowe** (Johnny Lang, Paul Westerburg, 3 Dog Night) and mastered by **Greg Reiersen** (Prince, The Cure, Dan Wilson), the track features **Luke Schoper** keys, **Lantz Dale** guitar, **Jacqueline Ultan** cello, **Greg Schutte** drums and **Kevin Bowe** bass. **Rebecca** provides vocals. She is now actively writing and recording her third album with Kevin Bowe. Since her highly acclaimed album **Stronger Broken (2022)**, this powerful song breathes fresh air and hope

FIX THIS MESS

Words & music by Rebecca Aadland

VS 1: What's it gonna take, how many hearts are gonna break
A daily bitter pill, from the house on the hill
Shape shifters on the tube, make us mad & confused
Maybe just today turn your troubled thoughts away

CHORUS: Well I don't know how to fix this mess
And I don't know what to do
But they say there's power in things that seem small
And I guess I could start by loving you
Yeah I guess I could start by loving you

VS 2: Try to leave the neon noise, learn from little girls & boys
Who build castles out of sticks, in a world as beautiful as this
Laugh a little more, stop your own petty wars
Make the world a better place in your own little space

CHORUS: Well I don't know how to fix this mess...

VS 3: Open up your eyes, look around this room
All the good you see, it won't be in the news
Don't give yourself away, stay here in this day
Then take a little stroll, toward the things that make you whole

CHORUS: Well I don't know how to fix this mess...

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YouTube: <https://www.youtube.com/@rebeccaadland4292>

Facebook: <https://www.facebook.com/RebeccaAadlandMusic/>

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Rebecca was selected as the **Midwest Regional Finalist** in the prestigious 2009 **NewSong Contest**. Her song *Where's The Light* was chosen as a **semi-finalist** in the **2024 International Unsigned Only Music Competition**. In 2023 & 2025, Rebecca and her band performed a **sold-out shows at Crooners** in Minneapolis. The sold-out **Icehouse show** featured **Rebecca's All-Star Band** includes: Tommy Barbarella, keyboards | Jacqueline Ultan, cello | Lantz Dale, lead guitar | Nick Salisbury, bass | Noah Levy, drums | Patricia Lacy & Jordan Zais, backing vocals.

For tickets, go to:

<https://www.exploretock.com/318cafe/event/618010/rebecca-aadland-with-luke-schoper-ryan-inselman>