STEPHEN HENDERSON

My Life Is Just a Story

THE FOURTH ALBUM · A PACIFIC SOUL RECORD

Fourteen songs · recorded live · filmed in full



00 AT A GLANCE

The record, the story, the status, the ask.

THE RECORD

My Life Is Just a Story — fourteen original songs, six solo and eight collaborations, my fourth album. Recorded live with a full band, every song captured on film. Written across twenty years; gathered from family, ‘ohana, and ‘āina.

THE STORY

My mid-life record — received from the generation above, tested in the middle years, handed to the generation below, with my ‘ohana’s voices on it. Three movements: the river, the storm, the ocean.

THE STATUS

Phase 0 complete — all fourteen written, demos done, collaborators signed, sessions organized. Recording begins where the funding lands; top studio options identified across the islands and Nashville with Concord.

THE ASK

$115K makes all of it: the album ($45K), the films ($60K), the launch kit ($10K) — fundable whole or by line through the Henry Kapono Foundation, with quarterly impact reporting and named access to the work.

The story is the inheritance — sing it while you can.

What is Pacific Soul?

Soul is the widest vein in the Pacific. It runs through Hawai‘i, the West Coast, Japan, Aotearoa, and Australia. Pacific Soul is that vein sung from the middle of the ocean — island warmth, R&B bones, a live band breathing in one room.

Nothing on this record was invented — it was gathered, from family, ‘ohana, and ‘āina. ‘Āina to world: the source is the place, and the sound is built to travel every coast the ocean touches.

“I want to put a stamp on what Pacific Soul is, from a Hawaiian artist’s point of view.”

- Island soul warmth
- Live-band R&B
- Songs of home, family, grief & joy
- One room, one take honesty

02 WHAT MAKES IT MINE

Only one person can make this record.

Born of the Pacific

Hāna-raised, Hilo-rooted — Kanaka Maoli, Tongan, and Filipino. The ocean isn’t a theme; it’s the bloodline.

Writer, producer, and voice — one person

Twenty years of craft. Every song written, arranged, and produced by the voice singing it.

A studio life and a stage life

A working producer with his own room in downtown Hilo, and a live act already in rotation on Hawai‘i radio.





03 THE STORY IT TELLS

This is my mid-life record.

I turn forty next year. My parents both died at fifty-nine; my brother at fifty-two. By my own family’s arithmetic, these are my middle years — the phase that is the hardest and the richest at the same time: holding the generation above me, raising the generation below me, in the busiest and most precious stretch of my children’s childhood with me.

Nothing on it was invented — all of it was gathered, handed to me by the environment that raised me: family, ‘ohana, ‘āina. Songs from high school to now, kept for twenty years until I was ready to sing them together. The title isn’t a theme. It’s an inventory.

The last album was the wrestle with grief. This one is what comes after — connection to myself, my ancestors, and my future; the joy after pain, the love that deepens through the storms. Written for my children and grandchildren, so they hear my voice in their own middle years — and for everyone standing where I stand.

The story is the inheritance — sing it while you can.

The river. The storm. The ocean.

I · THE RIVER

Where I come from

Mother

Where’s the Water Flowing

On My Mind

Make It Right

“All my bones are in this river, where mother brought me as a child.”

II · THE STORM

What tested me

Circles

Pictures

Memories

When You Are Around

Hurricane Fire

“I’m imperfect still, but I’m better when you are around.”

III · THE OCEAN

What I surrender to, and send forward

Talk Soon

Catching Feelings

Flying the Moon

Run

Ocean

“Baby, I’m done fighting the ocean.”

In Run, “Papa sang you this song” becomes “we sang you this song” — the inheritance changing hands inside the lyric itself.

05 WHY NOW

Because later isn’t promised.

THE CAREER MOMENT

Nā Hōkū 2025 Finalist · in rotation on Hawai‘i radio · Concord songwriter · 7.5M+ streams · a Foundation partnership and a first believer already leaning in.

THE LIFE MOMENT

Twenty years of building at night, funded by the day job. The demos are done, the collaborators are signed — this album is the bridge from protecting the music to living it.

THE CULTURAL MOMENT

Pacific Soul is wide open. Island artists are breaking regionally, soul is surging globally — and no one has planted a flag where they meet. Someone will. It should be planted from home.

Timing is the last key to the code. Don’t delay. Don’t fear. Take the next step.

06 WHAT IT MEANS FOR ME

This is the all-in.

I have asked myself the Foundation’s question honestly: am I ready to run? This album is my answer. It is the record I would make if I only got to make one more — my story, my sound, my island, my people on it.

It is also the proof my family and I need: that the music can carry what the day job carries now. Fourteen masters, fourteen films, a Hawai‘i launch — the evidence that lets a father of three go all in with open eyes.

I am doing this regardless. Support doesn’t start the engine — it decides how fast the story gets told.



Fourteen songs. One room. Every take on film.

14

Original songs — written & produced by Stephen

6 + 8

Six solo · eight collaborations with Pacific artists

100%

Recorded live with a full band, in one room

14

Performance films — one for every song

✓

Demos complete · collaborators signed · sessions organized

4th

Album overall — third studio record

Full demos & tracklist: s.disco.ac/hxihmdxcvmgs

An ‘ohana in a room.

My baby sister sings for our mother. My cousins sing for my father, for the family’s ho‘oponopono, for the fire they survived. Not a features list — the people the songs came from, singing them back.

Henry Kapono

Kamalani

Keilana

Analea Brown

Pohai

Seven Suns

Payton Sullivan

Jason Arcilla

Natalia Pikula (The Jets)

Six songs stand solo — the through-line voice. And every guest is also a cross-audience, a co-sign, and a radio story: all signed, all Pacific.

Every song, captured live on film.

One room, one take

Each track filmed as a live performance in the Scary Pockets style — the band, the singers, the moment. Honest by design, built to travel.

Long form first

One performance film per song, plus session documentary footage — then every long-form piece is cut into a wave of short-form for Instagram, TikTok & YouTube.

The engine’s fuel

Fourteen films become 100+ pieces of content: a year of releases where every single ships with its film, its cuts, and its radio story.

Why a crew is essential

A live record gives one take — the performance that makes the album is the only chance to film it. A crew captures that without slowing the session, and frees the artist to do his one job: perform. Half this project’s value is on film.

Five ways to cut this record.

OPTION	TIMELINE	EST. ALL-IN	STRENGTH	TRADE-OFF
Island Sound Studios · O‘ahu	3–4 months	$45K + films	Top room in the islands · Foundation partnership · Sight & Sound on video	Highest ticket
Shawn Pimental Studio · Honolulu	4–6 months	~$40K + films	Fast, great gear, film capability on site · a trusted Hawai‘i producer name	Bandwidth unconfirmed
Couture Music Productions · Maui	3–5 months	~$40K + films	Proven — Ryan Willis’s room, where the last album was cut	No trusted videographer on-island
Nashville with Concord	4–6 weeks + home sessions	$45K + $10–15K travel	World-class players who play for the music · Concord team incentivized (co-pub) · the name travels	Away from family · features track at home · story needs a hybrid answer
Ohana Studios · Hilo (DIY)	9–12 months	~$18K	Lowest cost, total control, home	Slowest · no live-band sound · every hat on one head

The preferred path: a full live-band studio with film in the room — Island Sound first, walked down from there. Final choice made with the Foundation once funding shape is known.

Phase 0 is done. The tape rolls next.

✓

Written

14 originals

✓

Demos

complete

✓

Collaborators

signed

✓

Sessions

organized

5

Recording

now — live band

6

Films

with the sessions

7

Mix & master

the bench is set

8

Release

distribution + waves

Currently tracking rhythm & drums at Ohana Studios — building it brick by brick until the funding lands.

$115K makes all of it.

The Album

$45,000

Fourteen live-band masters: players, engineer, room, mix & master — ~$3,200 per track, all-in.

The Films

$60,000

Two shooters in every session, a performance film per song, and the full short-form edit wave.

The Launch Kit

$10,000

Distribution setup, artwork & assets, and the release calendar — the machine that carries it out.

Fund a line whole or in part — the album, the films, or the launch. Each carries your name across its outcomes.

EVERY FUNDER RECEIVES

- A tax-deductible gift through the Henry Kapono Foundation
- A personal impact statement
- Quarterly reports against the plan’s numbered targets
- Named access: session visits, first listens, film credits

The songs are written.

The story is ready to be told.

MY LIFE IS JUST A STORY · STEPHEN HENDERSON



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In partnership with the Henry Kapono Foundation