



Grace Before Meals - Press Release

Grace before Meals arrive at The Vanguard, Newtown to celebrate the Sydney launch of their double EP **Subtle Inflections : Inadequate Responses**.

Just home from an *international tour* of conventional and underground venues which saw them playing at festivals in old crumbling castles in Italy, grand stone churches in Holland and extensive travel through urban and rural environments in China, Italy, Germany, and Copenhagen. This tour saw Grace Before Meals playing with innovative performers such as Bob Rutman, collaborator with Einsturzende Neubauten and Wim Wenders and at such notable occasions as the 5 day *Itinerario Festival of Music, Art, Landscape, Performance and Architecture* at the Malatesta Fortress, built in 1330.

They combine their love of soft, creepy, beautiful music, with maddened carnival stomps.

Subtle Inflections : Inadequate Responses.

A double EP, two flavours for the price of one.

EP 1 contains songs, according to their more conventional format.

EP 2 is a travelogue of vast sounds, jams and experiments conducted throughout Australia - from remote outback locations, to tropical beach sides and snarling city environments.

Catch them as they launch this album on Saturday August 8th, joined by friends **Peter Fenton (Crow)** and **Post Lobsterman**, before they travel to Townsville for the Strand Ephemera Sculpture Festival where they will be developing a sound installation along the Townsville foreshore, then traveling to Melbourne for a Double EP album launch.

In Sydney, the members of **Grace Before Meals** run a warehouse venue/exhibition space called The Cad Factory www.cadfactory.com.au which had just received Australia Council funding to host a 10 month program of music/art events.

They are also establishing a rural artist residency program in Narrandera NSW.

Visit the MySpace page below to hear music and to view recently completed film clips

See contact details below for further information/interviews/reviews etc



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