

Soul Filter Addresses Insecurities In Latest Single “Letters To Myself”



Life happenings, a line up change, and the relentless pace of a post-pandemic world; it's been almost 3 years since the band released new music. Now, Soul Filter delivers a call for help with an undeniably catchy and enlightening track.

Diving Deep: The Story Behind the Song

‘Letters To Myself’ is a cathartic journey through the darkness of insecurities and surrender of self-acceptance. Frontwoman Karen Penton describes the song as a metaphorical unearthing – “that dusty shoe box of old letters hidden in the closet” representing the outdated narratives and often unconscious thoughts we cling to. It’s about acknowledging these stories, understanding their impact, and ultimately choosing to let them go. “I want to re-write the letters I’ve been sending myself” says Karen.

Release Information:

- Title: Letters To Myself
- Release Date: April 22, 2026
- Genre: Alt Pop Rock
- Label: Independent
- Available on all major streaming platforms



Sonically “it blends sounds straight-out-of-the-late-90's alternative world, with a modern pop flare that leaves you wanting to revisit the song again and again.” says drummer Andy Adams. Alanis Morissette meets Dido meets alt rock. The introspective lyrics paired with a fun, punchy mid-tempo vibe and quirky guitar ear-worms perfectly portrays the intentional contradiction – just as the chorus line says “If you ask me how I am, I’ll say I’m well”. How many times have we replied “everything’s fine”– Keeping our vulnerabilities and self-doubts hidden, because deep down maybe we really know they’re just the stories we tell ourselves.

The song is set to release April 22, 2026 on all major streaming platforms.

The self-produced track was recorded at Penton Productions Studio, and mixed and mastered by Brent Chaisson at Studio Dimanche.

- Contact: Karen Penton
- Email: info@soul-filter.com
- Website: www.soul-filter.com

Band Bio

Soul Filter is a Summerside, PEI-based Alt Rock-Pop band, known for their 90s-inspired sound and heartfelt, confessional lyrics. Fronted by the husband-and-wife duo Karen and Mike Penton, the award nominated four piece band blends introspective themes with catchy, anthemic melodies, soulful vocals, pop hooks and gritty guitar, while taking inspiration from artists like Alanis Morissette, The Cranberries and Sheryl Crow with a touch of Matt Mays. Their live performances deliver a dynamic mix of original music and a female fronted retro rock pop, heart & soul. Members are: Karen Penton; lead vocals & acoustic rhythm guitar, Mike Penton; electric lead guitar, Ronnie Arsenault on bass, and Andy Adams on drums.

The band’s current upcoming shows:

- May 30th –Holy Whale Beer Hall– Riverview, NB
- June 5th – The Cap – Living Roots Festival – Fredericton, NB

Soul Filter Acoustic Duo shows:

- May 23 – Founder’s Hall – Charlottetown, PE
- Aug 14 – Saltbox Shining Waters – Tantallon, NS
- Aug 15 – Lightship Brewery – Lunenburg, NS
- Aug 15 – King Street Brewery – Bridgewater, NS