



SOD THE EARTH

DOOM / SLUDGE • GRAND RAPIDS, MICHIGAN • FORMED 2025

Apocalyptic suburban garage metal, for the drunk and disorderly.

ONE-SHEET

Sod The Earth are a Grand Rapids doom/sludge band that weaponizes suburban dread and working-class humor into slow, crushing riffs about the real collapse of American life. For fans of Crowbar, Weedeater, and the storytelling specificity of John Prine, they're carving out a distinctly Midwest identity in the heavy music underground with their debut album and follow-up EP already in the books and a second album arriving fall 2026.

BIO

Sod The Earth emerges from Grand Rapids, Michigan as a doom/sludge band that treats suburban American mythology like the subject matter of legitimate epics. While most heavy bands mine fantasy and horror for lyrical ammunition, Sod The Earth finds genuine dread in the real stuff: Getting in a fistfight at softball league, getting laid off to automation, drinking too much at your stepson's birthday party, and watching your 1997 Chevy Caprice slowly rust into nothing.

The band started as John Flynn's solo project and expanded into a full live band focused on blistering riffs and pure fun. What emerged was a vehicle for transforming the overlapping crises of working-class Midwest life into crushing songs that manage to be both hilarious and devastating. The songs work because the band doesn't wink at satire... they're deadly serious about it.

Live, Sod The Earth punches well above their weight class. All members are fathers juggling young kids and the demands of life. Their first album "Enter The Den" landed in December 2025, with a followup EP "Hardly Working Man" shortly after in January 2026. A second album is already tracked and set to roll out in fall 2026.

PRESS

Doomed Nation – Doomed Confessionary: John Flynn, Sod The Earth

Doomed Nation – Listen to 'Cracked Plastic Throne'

Prog Rock Journal – New single 'Cracked Plastic Throne'

The Heavy Desert Podcast – Interview with Dan Sierras



FOR FANS OF

Clutch, Crowbar, The Sword, Weedeater, Rickshaw Billie's Burger Patrol

RELEASES

Enter The Den – album, Dec 2025

Hardly Working Man – EP, Jan 2026

Getting High and Looking at Rocks – single, Feb 2026

Cracked Plastic Throne – single, Mar 2026

Second album – fall 2026

UPCOMING SHOWS

Sep 18 2026 The Pyramid Scheme, Grand Rapids – w/ Artillery

Oct 23 2026 Shakespeare's, Kalamazoo – w/ Fine Red Mist, Spiraling Suns, & Supergrudge

Nov 7 2026 Mulligan's Pub, Grand Rapids – w/ Glunkty

GENERAL & BOOKING

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