

1. New Way Home

For years I worked out of Nashville. My record label and girl group the Rhythm Angels was there, I had a house there. Things fell apart and I hadn't returned for over 7 years. I came back, rented a little cottage from Dana Cooper and settled in to write songs with Sally Barris, (gold record, Grammy nominated writer and dear friend). This was the first song we wrote. It is about being road worn and wiser, and holding out hope for a new future. It is reflective of my own personal journey and universally about how we as humanity are being called into a new time.

2. Mercy

I started this song in collaboration with my local homeless shelter by interviewing people who had or were experiencing homelessness. At first, I avoided writing my own experiences with homelessness. I finished one song and felt I didn't go deep enough. So I started over and mined the depths of my own experience and Mercy was born. At first it was impossible to sing it without crying. It calls attention to the fact that we all need mercy, to receive and to give it. In this story I first point out wanting mercy from someone and then being the person who could have shown mercy.

3. Sanctuary

The title track to the album. This song was recorded with 5-time Grammy winning artist Sean Martin (Snarky Puppy) and the uber talented Saul Gates Choral. We recorded in a renovated church in Dallas TX. It was heaven on earth to work with such talented people in an extraordinary environment. This song was born and then recorded at the home of Suzy Batiz founder of Poo Pourri. She is a creative genius and is regularly shepherding extraordinary ideas. The whole idea of this album and the Sanctuary Project of bringing under-voiced peoples' voices to the mainstream was born here. I always felt like one of her "big" ideas jumped on me instead.

4. Through a Mother's Eyes

I didn't want to write this song. I was scared to write it, yet it felt cowardly of me to not put a song on race on an album that is dedicated to bringing marginalized peoples voices to the mainstream. I turned and faced into my fear of making big mistakes and asked for education and help. I connected with cowriter Heather Kawamoto a race education facilitator and after 9 months of tutoring me in my own relationship with racism we jumped into write the song. At that moment Dee Moore joined us. So 3 women of 3 different races wrote a song about race from the perspective of looking through a mother's eyes.

5. Brothers

I was invited to collaborate with a nonprofit, The Realness Project, and go inside men's prisons to talk and work with prisoners to write this song. I was excited and nervous. From my history I don't like getting trapped. I wrote the song with Grammy nominated producer, Mark Oblinger then had the experience of going back into the CO State Penitentiary to work with the men, in for life, and record them in their own

words. The experience changed me forever. My black and white thinking about “bad” people opened into a more expanded compassionate view. It also opened my understanding of the “male” model based in isolation, unemotionality, self-reliance, and toughness. All these men wanted basic human tenants of connection, communication, redemption, love, and being valued.

6. Only Kindness

This is the most intimate and personal song on this album. During recording, my husband who is one of my deepest sanctuaries, was diagnosed with cancer and almost died in surgery. It was written from one moment of time, when my husband looked at me as they wheeled him away and he said to me, “We’ve had a good run, honey.” My heart was breaking. There is a line in this that I wanted to put into a song for 20 years. It was said from a dear friend in his last week of living. He was nonresponsive as I sat next to him for days. Then he popped awake, sat up even and said, “Rebecca, I came back to tell you something. Everything in life is a garage sale item-our houses, cars, degrees...**the only thing light enough to take with you is love.**” Then he laid back down. Those were his last words to me. What a gift!

7. In My Little Town

This was written after the Parkland, FL shooting. It is about how we hear of these horrors on TV, but we distance ourselves from them. I wanted to write a song about how that distance isn’t as far away as we think.. After I wrote this we had a shooting in my little town of Boulder, CO at King Soopers. We lost a beloved member of our music community in that shooting. My brother was in that store an hour before the shooting.

8. Home

This song was written in the middle of the pandemic. I was leaning on nature to soothe my soul. I and the other co-writers, Steve Szymanski and Carli Zug are fortunate to live in wild open spaces. Carli talks to trees. I do too, but she is fluent. We called her our tree emissary. We listened deeply to nature and wrote this song. It was meant to help listeners face into the reality of our changing environment and along with feeling the pressing issue to offer hope. Steve is one of my favorite producers. Together we created a sonic tapestry of sound reflective of nature.

9. Walls

My first co-write with Dana Cooper. He is a fabulous writer. We wanted to write about the illusion of separation. A lot was happening with politics and building walls. We wanted to reflect the external building of walls and how that comes about by doing that internally. We dug into our theme in his little house in Nashville warm and inviting with his little dog overseeing.

10. 1,000 Yard Stare

This song jumped in last minute. I met co-writer, Bob, Lecy when he spoke at a benefit concert that I was playing for veterans’ group, the Warrior’s Storyfield. I was so moved by his talk; we decided on the spot to write this song together. Later, dwarfed by Warrior Storyfield’s 20’ metal sculptures we sat outside around a

woodstove, and with ash and snow raining down we went deep into putting his story into song. I experienced PTSD the next day from what I heard. If this was my experience from hearing his story of war, what are our soldiers carrying from their experiences? Every civilian should hear this song.

11. Power of Love

I partnered with the International Rescue Committee to offer “Open Your Voice” workshops to teen refugees. I was a little shaky facing a room of 20+ teenagers who had their arms and legs crossed in a “no” position. By the end of the first day, I couldn’t keep them off the stage. They offered a cornucopia of cultural songs, dances and stories. What richness the merging of all these cultures was. I then co-wrote this with 19-year-old Raqaya Alfaris a poet and refugee from Syria and IRC facilitator Mireille Bakhos. We journeyed from timid beginnings to showcasing this song at The International Folk Alliance Conference in 2020 to over 2,000 people. Raqaya is a rockstar!

12. Brilliantly, Boldly Alive

This song kind of kicked my booty. I went to write the women’s empowerment song for this album once, recorded it, then twice and recorded it, and ultimately concluded that those two songs were not enough on point. Both times I allowed myself to be swept up in my own insecurities and inadequacies in the writing and recording process and I didn’t step fully in my own power and keep ahold of the reins. So...in a Hail Mary moment, I had 10 days to write for a 3rd time what I really wanted to say and to record the song to meet our album deadline. I flew to LA and put together an all-women team of musicians, engineers, producers and studio owners and we created this song. Our producer, Andera Roberts is now up for a Grammy this year on Beyonce’s newest album. I am so happy. All these women were feisty, talented, professional, and fun. This song now says what I wanted it to say and working with an all-women team was extraordinary!

13. One At A Time

This song started out from multiple interviews with aging adults. I had an agenda writing about how aging adults are often invisible. But these elders didn’t want to write about that. They wanted to share their life wisdom and their hearts. The voice of this song comes from a person at the end of their life sharing what they learned with their younger self. I pulled all the pieces of wisdom the elders shared and put it into this song.