

REBECCA FOLSOM



sanctuary

'cause the old way's not working anymore



Written by Rebecca Folsom ASCAP / Easy World Productions, Sally Jill Barris SEASAC / St. Paulie Girl

New Way Home

Written by *Rebecca Folsom and Sally Barris*

Gotta find a new way of walking on this road
A new way to carry this heavy load
A step that moves a little lighter
Find a sky that's a little brigher
'Cause the old way's not working anymore
Gotta find a new way, a new way home

Looking for a new way of walking through the rain
Let it roll down my back and wash away
When I see those dark clouds coming
Instead of turning around and running
Gonna catch the wind and ride on out the storm
Gotta find a new way, a new way home

I'm going home, going home,
It's a risk worth taking,
A choice I'm making,
I'll find my way I know

Looking for a new way of breathing in and out
A way to find my feet on this shaky ground
All those answers I've been chasing
Well the truth's right here for facing
Gonna trust myself, I'll know which way to go
Gonna find a new way, a new way home

MERCY

Written by Rebecca Folsom

Standing on the corner, two homeless daughters
Young eyes that have seen too many things
Shivering there with broken wings,
Even now the memory stings

The rain was cold, cut to the bone,
The kind you feel when you're all alone
But the pain that hit even harder
Was the look on the face of our father,
Driving up in his car and choosing not to bother

Chorus

*We can make the angels sing, or we can make them cry
With all the trouble that living brings, can't help but wonder why
Mercy, Mercy, Mercy for heaven's sake
Oh Mercy, please heal this human ache*

I got out, but my sister's in deep,
Lost her mind living on the street
Caught in the undertow of mistreating
While I built a fortress of succeeding,
Lost track of her tender heart beating

If she's gone mad, how is it, that I'm the one acting crazy?
Like that night I dropped her last Christmas Eve
As the snow fell she turned the key,
To the storage locker where she'd sleep
And I pretended not to see

Chorus

My sister passed away this year,
Wiser now, the choice was clear
We brought her home before she departed
Going back to where we started,
with a prayer for the open hearted

Mercy, Mercy, Mercy for heaven's sake
Oh Mercy, please heal this human ache

Mercy, Mercy for how we break,
Oh Mercy, please heal this human ache

please heal
this human ache

sanctuary

Written by Rebecca Folsom, Kim Crecelius, Sally Barris, and Nick Forster

One voice, rising in the darkness
One voice, no matter how small
One voice, each of us together
Becomes the one voice
Of us all

One voice (one voice), one world (one world), one choice:
Love, show us how

Chorus

We can make a sanctuary
A safe refuge, a higher ground
One people living in one world
Each act of love, show us how

One world, we are brothers and sisters
One world, it's really rather small
One world, ours to care for
One world together, a Sanctuary for All

One voice (one voice), one world (one world), one choice:
Love, show us how

Chorus

Every wall that we break down
Every hand that reaches out
Everywhere that love is found
We're building a new dream
Every garden that we tend
Every broken heart we mend
Every battle that we end
We're building a new dream

Chorus

Through a Mother's Eyes

Written by Rebecca Folsom, Heather Kawamoto, and Dee Moore

Heartbroken, a mother's words are spoken
Bringing up a baby in a world that is unjust
With tears on her face, she says,
When will my boy, because of race,
Go from innocent to being framed as dangerous?
All I want is to connect, to love and have respect
Tell me when did our humanity,
Our sanity get trained out of us?

Chorus

Try, try, to see it through a mother's eyes
Our sons and daughters are suffering
Rise, rise, open your eyes
Can you hear my plea, have the courage to see
Through a mother's eyes?

It wasn't that long ago,
A white mother revealed during Jim Crow
We're at a Sunday picnic, our children by our side
For entertainment and control
Our husbands hung a black child from a pole
To save our own we sat there screaming inside
But did not cry out horrified
Shoved it down deep, closed our eyes
And went to sleep
For generations to carry the pain inside,
Bury the shame and deny, while the truth cries

Chorus

And these words echo still, from the mother of Emmett Till
Open my son's casket, show the world this racist crime
Lay him out in my living room, my agony for all to view
With hopes there will be change this time
If this was your child, you would be screaming "why?"
No longer blind

If you faced it, if you really faced it
You would have to do something
If you faced it, you would have to
Rise, stop the suffering
Try, together we can reclaim our humanity
Through a mother's eyes

together
we can reclaim
our humanity

brothers

Written by *Rebecca Folsom and Mark Oblinger*

I rub the sting from barbed wire fences
You push the stones out to reveal
We unbury the ache inside,
The sorrows and secrets we hide
So we can finally heal

Then the light of love comes calling
To our weary broken hearts
Relaxing fists, softening eyes
And it lifts us up, helps us rise

*Brother, brother, brothers, we are not alone
Can we listen to each other?
Let understanding be the way
That leads to brighter days
Let loving be the key that sets us free*

I'll drop the labels, you'll shed old stories
We'll repair the damage that's been done
Losing fear and pride, humble and dignified
We'll raise from the wreckage a new home

We are capable of so much beauty
So much to realize
Can we reach out to each other
Know our brothers, and make a better life?

*Brother, brother, brothers, we are not alone
Can we listen to each other?
Let understanding be the way
That leads to brighter days
Let loving be the key that sets us free*



can we listen to each other?

only kindness

Written by Rebecca Folsom

Our comfortable life in slow motion
In pieces shattered in the air
In stunning impact, silence exploding
Lies my heart torn apart by how much I care

And brace yourself, now we're spinning
I tried to catch you, but you're heavy in the fall
Past being brave in this battle we're to be winning
Are your eyes with sweet goodbyes, the tragic beauty of it all

Chorus

*When we've lost enough, dug enough graves, we become tender in our pain
When all the fight is gone, stripped to surrender, only kindness,
Only kindness remains*

And the world goes on, always in a hurry
After what, tell me why, going where
And our lives get lost in measuring and worry
When every breath, every breath we take, lord it's a prayer

Chorus

All that we do and all that we've done, and all that we have,
And all that we've won
When our time comes to pass through, all that will be taken too,
Only love is light enough to carry with you

only love
is light enough
to carry
with
you



IN MY LITTLE TOWN

Written by Rebecca Folsom



The crack of dawn hit upon, began to turn the day
Where it'd go was anybody's guess
How it would end in such mess
This kind of trouble you usually feel coming on the breeze
But the darkness surprised us, bitter cold and unjust
It has us on our knees

Chorus

*In my little town, people's eyes fall to the ground
They hang their heads and pray
In my little town, lives in pieces all around
What was lost, can't be found
It's on the wind, innocence has blown away
In my little town*

He was a good kid, kind of quiet, kept to himself folks would say
The truth was harder to believe, the shadows we don't want to see
A life tortured and twisted sitting next to us every day
Then, we arm him with a slick gun, years of pent-up ammunition
Well, he made somebody pay

Chorus

*In my little town, we never thought that we had anything to fear
Terror happens somewhere else it will never happen here
In my little town*

The crack of dawn hit upon, began to turn the day
Where it'd go was anybody's guess



HOME

Written by Rebecca Folsom, Steve Szymanski, and Carli Zug

The
Earth is crying,
Our oceans dying,
Our forests burning, the tide is turning
We are children of the earth, we are not apart,
Can we awaken the wisdom of our hearts?
Ignoring the price we'll pay, waste growing, we're throwing
But where is away?
Home, home, home, home, home our only home
Strong winds are blowing, anxiety growing, these seeds we're sowing,
The damage we have done
Now is the time to honor this sacred place, calling us out to what
We must face
Unraveling, we hope and pray, more questions than answers
Where is a way?
Home, home, home, home, home our only home
One thought, one change, one after another,
One drop, one seed, one movement together
Sitting with this helpless feeling, wonder can we make the change,
Grief calling out for healing, want to run want to look away
I am only one small person, what difference can I make
I can feel the balance slip away
Blood of our blood, bone of our bone, root of our being
Our only home

Where is away? Where is a way?



WALLS

Written by Rebecca Folsom and Dana Cooper

Walls hold things up, they keep us in our place
They're square, they're there for what we can't face
Our walls keep us safe, our walls keep us safe

Walls keep us from straying too far from our beliefs
They reject, they protect, they help us stay asleep
Walls silence the questions that lie beneath

I built a wall, hard and high
'Til I heard voices singing on the other side
I risked the fall, climbed up to see
That the people on the other side, they're just like me

*Slow down, soften for a while
Turn towards each other, open up and smile
Allow yourself to look into the other
And walk a mile, walk a mile, walk a mile*

Walls are built to crumble, walls are bound to fall
They lean, they mean to separate us all
No wall can defeat us, no matter how tall

We build our walls with wrong and right
Stacking up each judgment, blocking out the light
When my fear falls, I clearly see
That the people on the other side, they're just like me

*Slow down, soften for a while
Turn towards each other, open up and smile
Allow yourself to look into the other
And walk a mile, walk a mile, walk a mile*

thousand yard stare

Written by Rebecca Folsom and Bob Lecy

A young man sneaking up on the age of 21
Shellshocked, they're breaking me into the ways of war
Learning quickly day in and day out
The blood of children on my hands, insanity's shout
If I get out of here I'll never be the same
Anything soft you turn to stone
Every day dreaming of getting back home

Marching in with a hope and a prayer
Coming out with a metal heart and a thousand yard stare

They ship us home, purple ribbon for the chest
But the battle didn't stop here, no rest
Friends gather together but it's hard to hear
With the killing fields in the background always yelling in my ear
I tried, not to hide, and look natural at the party
But I left, thinking it best, it's hard to connect
With frozen eyes and a barbed wire chest


Marching in with a hope and a prayer
Coming out with a metal heart and a thousand yard stare

Freedom- Freedom-
Walking wounded, took me years to reveal
My pain to other veterans and theirs to me
Tears fall like ashes, rage burning hot
Gonna tell my truth now, gonna fire this warning shot
So many lives traumatized and for what?
Every word of mine, dynamite in service to heal
Gonna blow my story open so that I can feel

Freedom- Freedom-
To be free, I want everyone to see the true cost of war
Feel the agony, face the insanity of what we're fighting for
Can we fight just as hard to mend our soldier's scars and then
Make this war inside finally end?

Free- Free- Freedom
Freedom, Freedom, Freedom, Freedom, Freedom, Freedom
Can I find love, can I risk again, can I lay my own heart bare
Can I open, can I heal,
Can I cease fire with this thousand yard stare?

but
the battle
didn't stop here



I have a
dream to
build and
share

Power of Love

Written by Rebecca Folsom, Raqaya Alfaris, and Mireille Bakhos

I come from a dark night
I come from a warm family too
I am unique and different
And, I am just like you

I will rise to the challenge
I will rise above the fighting and fear
I am bold and I am real
And I have a voice to hear

*I am freedom, I am the power of love
I am coming home to all I've dreamed of*

I have hope for the future
I have a dream to build and to share

I have lived through injustice
And I am promise, rising in the air

*I am freedom, I am the power of love
I am coming home to all I've dreamed of*

I am more than even I know
From my lightest moments
To my deepest sorrow
I claim my past, it's made me strong
This is now, I am here, and I belong

*I am freedom, I am the power of love
I am coming home to all I've dreamed of*

(Chorus above In Arabic)

Brilliantly Boldly Alive

Written by *Rebecca Folsom*



As a little girl on my mama's knee
Steeped in the stories of Adam and Eve
Taught my sweet fruits would end in tragedy
And there was something wrong with me

Stay small, you're worth less, your body is dangerous
You put your hands on me, then I'm the one that's to confess
It is time to rewrite all these messages
Rise up from history to all I'm meant to be
No apologies, I am breaking free

Chorus

*Shine, shine with all my heart and soul this time
Show the world what I'm made of
Big and bright, in full sight, shining my light
Brilliantly, Boldly Alive*

Face the shadows, cut through the noise
Stand tall, raise my voice
Take back my body, take back my choice
I'm here to change the story, can no longer ignore me
I am a woman of power and glory

Chorus

I am on fire now, burning through fear and doubt
I'm embracing every part of me, and I'm gonna sing my heart out

Shine, Shine, Beautifully, Brilliantly, Imperfectly, Powerfully,
Tenderly, Gratefully, Alive, Alive
Brilliantly, Boldly Alive

One at a Time

Written by *Rebecca Folsom*



just take them one at a time...

Looking back when you were wide-eyed, early in the dance of life
Running hot with passion to burn, but told to sit and wait your turn
Make it through school, learn how to play it cool
Now the challenge is love, how to get ahold of all you dream of
Heart spinning as you reach out for more
Palms sweaty, feet heavy, how do you find the courage to walk across the floor
Just take one step at a time

Chorus

*One at a time, you'll make mistakes but you'll be fine
Leave your worries, your fears behind, and be on your way
One at a time, don't miss the beauty on the ride
Every one is precious, one of a kind, just take them one at a time*

From a walk to a run, on a roll, then it's square one
Balancing family and the uphill climb, all in the game of money and time
Juggling it all, don't let anything fall
There are days when you wonder what you do it for, then your kid with a baseball mitt stands waiting at the door
Heart stretching, but the love you give will grow
You're strong, the race goes on, and you wonder how much further you can go
Just take one day at a time

Chorus

Time marches on, and youth fades
Now I lay in this bed, talking with my younger self before I pass away....

Oh, by the way, thank you, as I fall into the other side
One breath at a time

CREDITS

LEAD VOCALS
Rebecca Folsom

ACOUSTIC GUITARS
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Sally Barris
Dana Cooper

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stripped to surrender,
only kindness remains...



sanctuary

www.RebeccaFolsom.com

*"Every time I listen to this song I feel my heart hum.
My heart recognizes the truth of love. One dream. One people. One world."*

Gillian F.

*"Beauty, truth and power all in one through Rebecca!
This moved me so deeply."*

Lynn G.

*"Your gift of voice and purpose confirms for me
that there are angels living on this earth".*

A. Brown